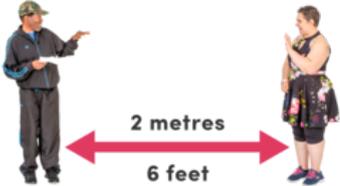


## Managing your Mental Health and Wellbeing during the coronavirus

 <p>Corona virus COVID 19</p>	<p>Infectious diseases like Coronavirus (COVID 19) can be scary and can affect our mental health.</p>
	<p>It is important to stay informed about the facts to keep yourself safe.</p> <p>Each day there is an official update on BBC news usually at 5pm.</p>
 <p>2 metres 6 feet</p>	<p>The government are telling us to stay 2 meters away from anybody that we do not live with.</p> <p>You should only go out for essential items like food or medicine.</p>
	<p>This means we have to spend a lot of time at home and many of our social activities are not available at the moment.</p>



How you react may be different to other people depending on how you respond to other stressful things.



Negative reactions may include:

- constantly worrying about your health or family and friends.
- Fear.
- Avoiding doing healthy things like walks.
- Problems with sleeping
- Physical symptoms such as stomach aches.

You may need to ask for help to know the difference between these mental health symptoms and symptoms of the physical illness.



### **Tips to help you look after your mental health**

There are also ways to support and manage our own wellbeing during difficult times.

Here are some tips to help you look after your mental health during the coronavirus lockdown time.



You are not alone.

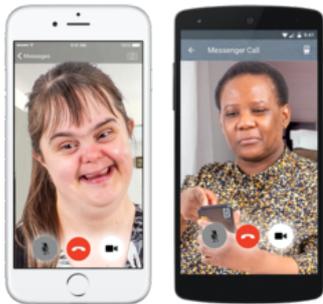
This is affecting everyone around the world.

We are all in it together.



It is important to try to see this as a different time in your life even though we did not choose it.

This will pass.



Connect with others regularly.

Talk to people who are calm and positive.

People who are responding to the virus calm and confidently whilst following all the precautions will be able to give you better support.



Create a new routine for yourself.

Our normal routine has to change but you can use this time to create a new plan to include things for your own self-care.



This should include daily exercise like walking, running or cycling if you are able to.



Try relaxing things like yoga, stretching, meditation or having a warm bath.



If you feel distressed acknowledge the feelings.



It is ok to get upset about the coronavirus, but try to avoid unhealthy habits like drinking too much and smoking.

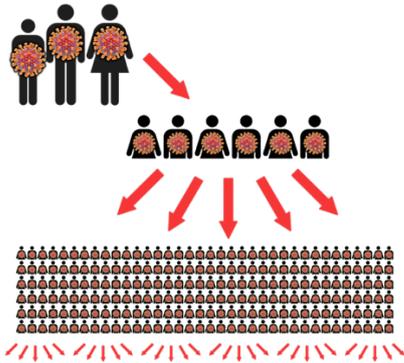


Scrolling through social media and reading lots of news can make you feel worse. Not everything you read will be true.

Try to limit your screen time.

**STAY UP  
LATE**

**GIG  
BUDDIES**  
SOUND PEOPLE



Try not to put blame on other groups of people for the virus spreading.

The virus can affect anyone.



If you need more support for your mental health talk to a professional like a GP or a counsellor.

Or talk to someone in your support network.