



Protecting Mental Wellbeing During the Coronavirus Outbreak

The coronavirus (covid-19) has impacted on all of us. We are following the government guidance to stay at home and on social distancing; schools are closed to the majority of students and people are working from home or having limited time within schools. We may also have concerns about vulnerable family members. It is really important that we protect our mental wellbeing by taking some proactive steps to feel calm.

There are some simple things you can do to help you take care of your mental health and wellbeing during these times of uncertainty – and doing so will help you think clearly and make sure you are able to look after yourself and those you care about.

<https://www.nhs.uk/oneyou/every-mind-matters/>

The NHS has the following advice:

Stick to the facts:

- Find a source for information you can trust like gov.uk or the NHS website.
- Fact check information from social media sites
- Limit the amount of time you spend watching the news or reading the newspaper

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Stay connected:

- It is important to maintain good healthy relationships by phoning, texting or via social media
- Talking to others can help you to keep a balanced view of the situation **Talk about your worries:**
- It is ok to share your worries with someone you trust and this may help them too
- If you cannot speak to someone or you remain worried there are help lines available



Mind – 0300 123 3393 www.mind.org.uk

Anxiety UK – 03444 775774 www.anxiety.org.uk

Men's Health Forum – 24/7 stress support for men
www.menshealthforum.org.uk

Samaritans – 116 123

Look out for others:

- Helping someone else can benefit you as well as them
- Try to think of things you can do to help those around you. Are there any community groups you could join to support others locally? Helping others needs to be in line with the current

guidelines on social distancing

Make a plan:

- Try to keep routines during the week different from those at the weekends or save different things to do at the weekends
- Make time on 'work days' to collaborate with your work colleagues electronically
- Plan breaks within your working days and take time away from communication such as work emails.

Look after your body:

- Try to eat as healthily as possible and drink plenty of water. Avoid getting into bad habits.
- Keep active – you could try a home workout
<https://www.nhs.uk/oneyou/for-your-body/movemore/home-workout-videos/>

Try to stay on top of things:

- It is easy to become overwhelmed by worry so try to focus on things you can control like who you speak to and where you are getting your information from.
- If you are feeling anxious try listening to an audio tape to help reduce anxiety

<https://www.nhs.uk/conditions/stress-anxietydepression/moodzone-mental-wellbeing-audio-guides/>

Do things you enjoy:

- When we are anxious it is easy to stop doing things we enjoy.
- We are all restricted now with what we can do in terms of sport and outside hobbies so try a new indoor hobby or take up some on-line learning.
- You can go for a walk or bike ride once a day keeping the recommended social distance

Focus on the present:

- Try to focus on each day rather than worrying about the future
- Try some relaxation or mindful thinking which can be accessed via the NHS moodzone website

Sleep well:

- Good quality sleep helps with physical and mental health so try and keep to a normal sleeping pattern

<https://www.sleepfoundation.org/articles/healthy-sleeptips>

