



Steps you can take to maintain good mental health during this time:

Limit your news intake, including social media. It's good to be up to date with what is going on, but you need downtime, be strict with yourself. Make sure you fact check your news stories, there is a lot of fake news around.

Ration your worry time, If you find yourself fretting about the current situation, try measures such as: limit the number of times you wash your hands or surfaces each day, giving yourself a set time each day to think about the current situation and avoid thinking about it the rest of the day.

Remind yourself of the facts, most people will have mild symptoms and make a full recovery, in the main, strategies and plans being put in place are largely to help manage the health care services.

Stay in contact with family and friends, using video calls or phone calls, feeling connected to our loved ones is crucial at this time especially if you are isolated. If you need to talk to someone you can also contacting helplines for emotional support, e.g. Samaritans, MIND, Shout, Rethink Mental Health.

Anticipate stressful feelings, these are normal, try to think about how you will cope when you feel anxious or scared. It's important to acknowledge these feelings.

Manage your stress by eating a healthy balanced diet, (if you have more time now might be the time to try that new recipe). Try to avoid or limit alcohol or smoking, it might feel like they help reduce stress at the time, but actually alcohol can increase anxiety and stress.

Take time out to relax, its ok to put yourself first sometimes! Do something you enjoy and feel good about, e.g. read a good book, play a game, online or with someone you live with, watch a good film, listen to uplifting music..and sing along!! (Singing is great for the soul).

Mindfulness is a proven way of managing stress and anxiety. Access mindfulness videos on youtube and aim to have 10mins a day mindfulness practice, or more if you can! Visit my website www.clairecrawtecounselling.com , client downloads, for further information on mindfulness.

Sleep Hygiene, restful sleep is so important for our mental wellbeing. Visit my website for 'Sleep Self Help' in client downloads.

Manage your inner critic, don't be too hard on yourself, find something to appreciate about yourself every day.

Do some exercise, even if you are confined to home- stroll around the garden, up and down your stairs, or access some online exercise workouts or yoga sessions to do at home.

Get some fresh air, being outdoors has lots of health benefits including importantly managing anxiety and mood disorders. If you can visit woodlands, parks ect, where you can avoid contact with others if you need to. Avoid looking at your phone during these times.

Talk to your children, answer their questions in an age appropriate way, don't over expose them with information, stick to their questions only.