

TAKE CARE OF YOUR BODY AND MIND WHILE STAYING AT HOME

Adapted from: NHS EVERY MIND MATTERS



CONNECT WITH OTHERS

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home.



TALK ABOUT YOUR WORRIES

It is quite common to feel worried, scared or helpless about the current situation. Remember, it is OK to share your concerns with others you trust – doing so could help them too.



LOOK AFTER YOUR BODY

Our physical health really affects how we feel. Try to make sure you and your family eat healthy, well-balanced meals, drink enough water and exercise regularly.



FOCUS ON YOU

Concern about the coronavirus outbreak is perfectly normal. Try to focus on the things you can control, such as how you act, who you speak to and where you get information from.



LIMIT NEWS WATCHING

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone.



DO THE THINGS YOU ENJOY

If we are feeling worried, anxious, lonely or low, we may stop doing things we usually enjoy. Make an effort to focus on your favourite hobby if it is something you can still do at home.



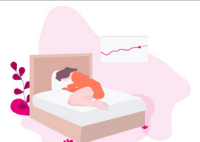
TAKE TIME TO RELAX

This can help with difficult emotions and worries, and improve our wellbeing. Relaxation techniques can also help deal with feelings of anxiety.



CREATE A DAILY ROUTINE

You are likely to see some disruption to your normal routine. Think about how you can adapt and create positive new routines, write a plan for your day or your week.



LOOK AFTER YOUR SLEEP

Good-quality sleep makes a big difference to how we feel, so it's important to get enough. Try to maintain your regular sleeping pattern and stick to good sleep practices.



KEEP YOUR MIND ACTIVE

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting. Whatever it is, find something that works for you.