

**EMOTIONAL  
WELLBEING  
SUPPORT DURING  
COVID 19**

# WHAT IS CORONAVIRUS?

Coronavirus is a new virus that can cause flu-like symptoms. These would include a fever (having a high temperature), a new, continuous cough and difficulty breathing (shortness of breath). The World Health Organisation (**WHO**) has categorised fever and a dry cough as the two main symptoms.

If you have any symptoms and feel they may be due to coronavirus, or you're not sure, please visit the NHS website

<https://www.nhs.uk/conditions/coronavirus-covid-19/> or <https://111.nhs.uk/>. Here you will find official advise on what to do.

# It's **EASY** and **POSSIBLE** to protect yourself & others from the virus!

Like any cold or flu, coronavirus is spread through cough droplets, things we can't see.

The official guidelines state that to protect yourself & others from the virus you should:

- ❖ Regularly wash your hands (for 20 seconds) or use hand sanitiser
- ❖ Cover your mouth and nose when you cough or sneeze
- ❖ Avoid touching your face
- ❖ Practice physical distancing



# Managing your Emotional Wellbeing

The following are some tips and ideas on how to deal with any stress and manage your wellbeing if you are staying at home / self-isolating during this time:

## Create a Schedule

While staying at home it's important to maintain some kind of schedule. Try to make sure you shower and change clothes every day, stick to your usual eating times and don't spend too much time watching TV, playing video games or being on social media. Some chill time is good and needed, but, by making a schedule the days will move by more swiftly and you won't lose track of time



# Know The Facts!

There is a LOT of information and news stories around the Coronavirus outbreak, and while might want to stay connected with current news, it's also important to be careful with where your news is coming from. Recommended sites for up-to-date information and advice on COVID-19 are:

[www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)

[www.nhs.uk/conditions/coronavirus-covid-19/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

## TAKING CARE ON SOCIAL MEDIA & NEWS WEBSITES

Social Media is a fantastic tool for staying connected with others during this time it's easy to follow events as they unfold on social media or news websites, but if those updates are creating more worries for you, then limiting your time on these platforms might help ease some of the stress



# Reach Out To Your Loved Ones



Now, more than ever, is a time to strengthen relationships with others. Just because you can't see them in person doesn't mean you should cut off contact. We're all going through this together, so they're unlikely to find a regular FaceTime date annoying. Try doing the things you normally would do together in person digitally – watching a film, TV or gossiping!

## Self Care

This one may be one of the more obvious additions, but that's because it's so important!



While in self-isolation, try to think of what self-care looks like to you. It can include things like reading a book, taking a bath, meditating, learning a

new skill, re-watching a favourite film, making food you like, listening to music.

Want to try some mindful meditation? Try this link for a 10 minute guided meditation from Calm:

<https://www.youtube.com/watch?v=ZToicYcHI0U>

## Keep Moving

Regular exercise, in whatever form it comes, is linked to all kinds of physical and mental health benefits. For some, this might mean an at-home workout or going for a walk outside if possible. One idea is blasting out a song you like and dancing to it! Keep your blood flowing in whatever way works for you



# Take Some 'Down Time'

Although it is helpful to create a schedule and keep active, try to avoid putting pressure on yourself to be doing something all the time. Some down time is good and healthy for us too!

## FACE COVID

The following anagram, by Dr Russ Harris, is a useful way to think about how to manage anxiety in response to Coronavirus:

- F** Focus on what's in your control
- A** Acknowledge your thoughts and feelings
- C** Come back into your body (do something active)
- E** Engage in what you're doing (be mindful)

**C** Committed action (Keep washing your hands)

**O** Opening up (talk about what's distressing you)

**V** Values (remember what is important to you)

**I** Identify resources

**D** Disinfect and Distance

You can watch a video narrated by Dr Harris about this at:

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

And finally.....remember to eat well and get enough sleep. If you feel you are experiencing symptoms, phone NHS 111 for guidance and advice, or go to their website <https://111.nhs.uk/>

This is a time of uncertainty and concern, so let's make that extra effort to be kind to ourselves and each other

Stay safe and stay connected.

Wishing you well 😊

