

What to do if you are feeling worried about Coronavirus

Websites like www.nhs.uk have a wealth of information and support services available if you are feeling stressed, anxious or have a low mood. Here are some tips to help if you are worried about Coronavirus:

Stay Connected

Maintaining healthy relationships with loved ones is important. Stay in touch via phone calls, video calls or social media

Stay on top of your feelings

Feeling anxious about Coronavirus is normal. Try to focus on things you can control and where and how often you get information. Keep a journal of things that are worrying you, which will help you identify the causes, and list what you can do to address them

Look after your body

Try to eat healthy, balanced meals, stay hydrated and exercise regularly. Get outdoors daily for fresh air, but ensure you adhere to the latest guidance being issued by the Government

Get in control

Work through the implications of being at home and think about how your normal week could be affected and how you can overcome any issues. Making a to do list and ticking things off as you achieve them is a visible way of showing that you are making progress

Sleep well

Getting enough good quality sleep is important for your overall wellbeing. Try to maintain a regular sleeping pattern, avoid screens before bed, cut back on your caffeine intake and create a restful environment

Stick to the facts

Only use credible sources of information for the latest updates, such as the gov.uk website. Fact check what you see on social media and consider limiting the time you spend watching, reading, or listening to coverage of the outbreak

Focus on the present

Try to focus on the present, rather than worrying about the future. The NHS has lots of advice on mindfulness, as follows: <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Support others

Think of things you can do to help those around you. This will also help to keep you occupied and give you something to focus on. The 'Home But Not Alone' service has been launched in Suffolk and is welcoming volunteers. Further information is available here: <https://www.suffolk.gov.uk/council-and-democracy/council-news/show/home-but-not-alone>

Talk about your worries

It is normal to feel anxious about this situation. It can be helpful to talk about how you are feeling with someone you trust, or the NHS recommends several helplines: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Do what you enjoy

Focus on your favourite hobby. If you cannot do the things you usually enjoy, think about how you can adapt them, or think about something completely new that you'd like to try. There are lots of online tutorials available for various activities