



Looking after your mental health and well-being during COVID-19

MIND have a useful [Coronavirus and Mental Health Toolkit](#) which has lots of reliable information and tools on a range of topics including wellbeing, young people, supporting children's wellbeing, bereavement, grief and managing stress.

The Government have provided advice on how to look after your mental health and wellbeing during the COVID-19 outbreak:

Consider how to connect with others - Think about how you can stay in touch with friends and family via telephone, video calls or social media.

Help and support others - Are there community groups that you could join to support others locally, in line with Coronavirus guidance.

Talk about your worries - sharing how you are feeling and the things you are doing to cope with family and friends can help them too.

Look after your physical well-being - Try to eat healthy, well-balanced meals, drink enough water, exercise inside where possible and outside once a day.

Look after your sleep - Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough.

Try to manage difficult feelings - Try to focus on the things you can control, including where you get information from and actions to make yourself feel better prepared.

Manage your media and information intake - Try to limit the time you spend watching, reading, or listening to media coverage of the outbreak. It may help to only check the news at set times or limiting to a couple of checks a day.

Think about your new daily routine - Think about how you can adapt and create positive new routines – try to engage in useful or meaningful activities.

Do things you enjoy - Focussing on your favourite hobby, learning something new or simply taking time to relax indoors should give you some relief from anxious thoughts and feelings and can boost your mood.

Set goals - think about things you want or need to do that you can still do at home.

Keep your mind active: Read, write, play games, do crossword puzzles, sudokus, jigsaws or drawing and painting.



Take time to relax and focus on the present - Relaxation techniques can help some people to deal with feelings of anxiety.

If you can, once a day get outside, or bring nature in - If you can't get outside spend time with the windows open to let in fresh air, arrange a space to sit and see a nice view and get some natural sunlight, or get out into the garden if you can.

For more information please click [here](#).

Helpful websites and contacts during COVID-19

What to do if you display Coronavirus symptoms - For information on symptoms and what to do, visit: <https://111.nhs.uk/covid-19>. Or phone NHS 111

Domestic Abuse - Some of the things we do to help tackle coronavirus like staying at home can cause anxiety for people experiencing or feeling at risk of domestic abuse. Domestic abuse is unacceptable in any situation. If you are in immediate danger, call 999 and ask for the police. More support can be found at: gov.uk/government/publications/coronavirus-covid-19-and-domestic-abuse

Keeping the kids active - Encourage children to play and have some fun. Download the free "50 things to do before you're five" App from Google Play or Apple App Store. Search "50things"

Look after your mental health - Spending time at home can make you feel isolated and lonely which affects physical and mental health. Visit nhs.uk/oneyou/every-mind-matters/

Keep safe from scamming or financial abuse - Don't be rushed into making a decision and don't assume everyone is genuine. You can contact Action Fraud on 0300 123 2040

Advise and support for parents and carers - Whether you're working from home with your kids for the first time or supporting children with anxiety due to coronavirus, the NSPCC have got tips and advice for you <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>