

# How to Stay Positive and Healthy During Coronavirus

At EWMHS we understand that there is an overwhelming amount of information about the coronavirus and that this can cause increased levels of stress and anxiety for some people.

Feeling concerned or overwhelmed is understandable, so we have put together some resources that you may find useful to help reduce any anxiety you have relating to Coronavirus, as well as some tips for positive self-help.

# Tips to help with anxiety



## Take a break from social media

Social media can provide an overwhelming amount of information.

While some of it may be right, some of it may be wrong as well.

You might find it helpful if you take a break and do something else, maybe read a book, watch a film or have a chat with your friends on the phone. Don't feel like you have to completely stop looking at social media, you may find it more comforting to keep an eye on what's going on. You might just want to think about monitoring how often you're looking at updates – maybe set a target of only looking a couple of times a day!

## Take a break from the news

Constantly checking the news can be tempting during times like this, but if this is causing you to feel more anxious, try limiting how often you check the news.

## Know the facts

There is a lot of information about the Coronavirus and false information can increase anxiety. Reading information from the government, instead of on social media can help to reduce exposure to false information.

## Do something you can control

Some people find it helpful to express their anxiety in a way that they can control. This could involve writing down your thoughts on a piece of paper, or keeping a journal. Try writing down your worries about Coronavirus on a piece of paper and then put that piece of paper away and try to let the worries go.



## Think about your personal well-being

Keeping yourself fit and healthy can be a great way to help reduce levels of anxiety. Make sure you're eating healthily, getting plenty of exercise and getting a good night's sleep.



## Breathing techniques and mindfulness

Breathing and mindfulness techniques can be really useful in helping reduce anxiety and nervousness. Take a look at our 'online resources and apps' section, where you'll find some suggestions on how to have a go at mindfulness yourself!



# Struggling to sleep?



## **Make sure your bedroom is a pleasant place to be**

A tidy, clean room at a comfortable temperature will make you feel more relaxed

## **Maintain a healthy sleep pattern**

Try going to bed and getting up at regular times each day.



Try to fill the hour before you go to bed with activities that might help your brain to switch off e.g. avoiding electronic devices, reading a book, drawing

## **Regular exercise**

This can be extremely beneficial in helping you improve your sleep – just make sure not to exercise too close to bed time, as this can cause you to be over-aroused making it harder to get to sleep. Try to give a minimum of four hours after finishing exercise before going to sleep. If you have to self-isolate, think about how you can exercise at home e.g. running up and down the stairs or using bags of flour as weights.



## **Don't spend time on your bed during the day**

It's best to reserve your bed as a space for sleeping only. Finding somewhere else to do homework, watch TV or go on your phone will help your mind to form an association between your bed and sleeping

# How to make self-isolation easier

## Continue to access treatment and support if possible

For some people, treatment has been put on hold, but you are still able to call the team if you need support and advice



### Plan your days

Normal routine may be disrupted due to self-isolation and this can be stressful. Try to create a new routine by writing down how you want to spend your day and make sure you include things you enjoy doing

Set yourself small, daily achievable goals, even if it's something as simple as getting up and getting dressed



### Do something you enjoy

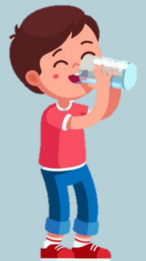
Read a new book, watch your favourite movie, get involved with a new hobby

## Stay Connected

Make sure you keep in contact with your friends and family via phone conversations or through video chats using Skype/Facetime/WhatsApp etc

## Eat well and stay hydrated

Try to make sure you're eating and drinking healthily and regularly



## Don't forget your own self-care

Take a look at this self-care assessment. This worksheet encourages you to look at your own self care and how/what you can do to care for yourself.

<https://www.therapistaid.com/worksheets/self-care-assessment.pdf>

**If you need inspiration for things to do while in self-isolation, take a look at;**

<https://www.holytrinity.leeds.sch.uk/wp-content/uploads/2020/03/100-Things-to-do-indoors.jpg>

# Online resources and apps

All apps are either NHS approved or recommended by clinicians

## Websites for Young children

Coping Skills for Kids	<a href="https://copingskillsforkids.com/calming-anxiety/">https://copingskillsforkids.com/calming-anxiety/</a>
Family Lives (also for parents)	<a href="http://www.familylives.org.uk">http://www.familylives.org.uk</a>
Child Mind (also for parents)	<a href="http://childmind.org">http://childmind.org</a>

## Websites for Teenagers

The Mix	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>	Essential advice and support for young people
KOOTH (11+)	<a href="http://www.kooth.com">http://www.kooth.com</a>	Online counselling service for young people
Papyrus	<a href="http://papyrus-uk.org">http://papyrus-uk.org</a>	Papyrus is the national charity dedicated to the prevention of young suicide Hope line UK: 0800 068 4141
Big White Wall	<a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a>	Online mental health community for 16+
Young Minds	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	Provides a wide range of information about mental health issues in young people

## Phone apps for Teenagers

MeeTwo	Provides safe and secure forum for teenagers wanting to discuss issues
Headspace	Develop mindfulness and meditation skills
Easy Mood Diary	Simple mood journal, tracker and charting tool
Stress and Anxiety Companion	Reduces anxiety through games and music
WYSA	Artificial Intelligence penguin helps reduce anxiety

## Phone apps for Young Children

Chill Panda	Provides breathing exercises and a game to help reduce anxiety
Headspace	Develop mindfulness and meditation skills
Cove	Uses music to help capture how you feel and express emotions
Calm	Guided meditations help improve anxiety and sleep
Blue Ice	Evidenced-based app to help manage emotions and reduce urges to self-harm

Take a look at the Mind advice on how to manage Coronavirus here: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse84777>



If someone is in immediate danger, call 999 for police, fire or ambulance

Members of the EWMHS team are available on the phone (9-5 Monday to Friday) if you feel at risk or unsafe: 0300 300 1600

EWMHS out of hours: 0300 555 1201

ChildLine: 0800 1111

Samaritans: 116 123

Shout (a crisis text line): text 85258