



# TOP TIPS

for looking after your

## MENTAL HEALTH

during the Corona Virus



### Managing Anxiety around COVID-19

- Minimise how much you check social media and the news. Give yourself a break from it.
- Only look at reputable resources for information and advice e.g. the government or NHS.
- Speak to family, carers and friends about your worries.
- Follow health advice e.g. washing hands regularly, social distancing and staying at home if you or anyone in the household have symptoms.
- It's natural to feel worried, but we can easily get lost and overwhelmed by this. Try to focus on what is in your control. Try to focus on the here and now as opposed to the "what if's".

### THINGS YOU CAN DO



#### Keeping Busy



Although our activities may feel restricted due to self-isolating or social distancing there are still plenty of things we can do to keep ourselves busy and help us to feel more positive. To keep some structure and routine, consider using a timetable to plan out activities for your day or week.

- ❖ **Entertainment** - e.g. Reading, writing, TV & films, art & crafts, cooking & baking, games & puzzles, internet & gaming, gardening, music & podcasts, family dinners. Time to take up a new hobby perhaps like learning a new language or learn how to sew.
- ❖ **Relaxation** - e.g. Progressive muscle relaxation, meditation, yoga and deep breathing.
- ❖ **Exercise** - e.g. get out for a walk if you can, or out in the garden for fresh air. Try some indoor fitness workouts.
- ❖ **Stay connected** - e.g. keep in touch with friends and family over text, internet or facetime. Have a Netflix party.
- ❖ **Get productive** - e.g. keep on top of your school studies, tidy up the bedroom or get organised, help out around the house.

#### Looking after yourself



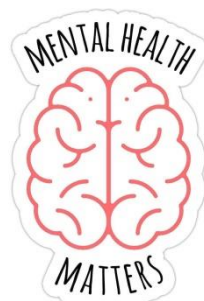
- ❖ Take time for self-care - Allow time for yourself and keep on top of personal care.
- ❖ Make sure you are getting enough sleep and eating a balanced diet.
- ❖ Talk about how you're feeling.
- ❖ Continue to link in with CAMHS over the phone and keep taking medication.



#### Helping others



- ❖ Offer to help others during this time e.g. by helping with the shopping or just checking in to make sure they are OK.
- ❖ Share positive messages and pictures over social media to give people a mood boost.



# Where to **LÔÔK** for more help...

*Useful self-help resources and websites to help manage your mental health*

[www.youngminds.org.uk](http://www.youngminds.org.uk) - Information on mental health in young people

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) – Support with mental health difficulties

[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au) – Useful self-help resources for a range of difficulties

[www.youth.anxietybc.com](http://www.youth.anxietybc.com)- Anxiety info & strategies

[www.themix.org.uk](http://www.themix.org.uk) – Support and advice for under 25s

[www.mind.org.uk](http://www.mind.org.uk) - A-Z of mental health, information & support

[www.nopanic.org.uk](http://www.nopanic.org.uk) - Support for panic attacks, phobias, OCD, generalised anxiety

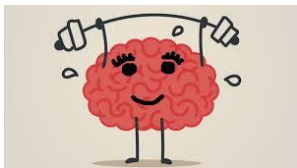
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) – Useful self-help resources



**APPS**



Calm, HeadSpace, Worry Tree, Breathe 2 Relax, Worry Box, MindShift, Sanvello, Virtual hope box, Sleepio, Sleep Well, Mood Tracker, Self-help Anxiety Management (SAM), Beat Panic.



**Fitness is great for our mental health – give these a go**  
Joe Wicks Youtube channel – Young people friendly home workouts.  
Yoga with Adriene Youtube channel - Yoga for teens.  
There are lots of free fitness apps also available to download.



**Professional services** to contact if you feel overwhelmed or need more help – we are all still here for you:

- Connections: 0300 123 5440 / 111
- Kooth Online Counselling: [www.kooth.com](http://www.kooth.com)
- ChildLine: Call 0800 11 11 or 1-2-1 chat/email: [www.childline.org.uk](http://www.childline.org.uk)
- Papyrus: Call 0800 068 41 41, Text 07860039967, [www.papyrus-uk.org](http://www.papyrus-uk.org)
- Samaritans: Call 116 123 or visit [www.samaritans.org](http://www.samaritans.org)
- Non-emergency: Call 111. Emergency: Call 999 or attend A&E
- [www.nshn.co.uk](http://www.nshn.co.uk) – Self-harm management, APPS: Calm harm, stay alive