

COPING WITH YOUR WORRIES ABOUT THE CORONAVIRUS

Everyone is worried about the Coronavirus at the moment. We are living in very uncertain times. We do not know who will get coronavirus and how it will affect you.

Here are some tips on coping.

- Follow the Government guidelines on Coronavirus. You can find this on any internet website or the news. Remember good hygiene and handwashing. Try not to spend too much time on this. Perhaps watch one news bulletin a day. Watching too much news will create anxiety.
- Stay away from other people and follow social distancing advice. If you need to self-isolate – do it.
- You can have an appointment by telephone if you need to. Attend only essential appointments and check they are still happening beforehand. This saves you a wasted journey and stress.
- Do what you need to do. For you. For your family and friends. Do not put yourself under extra pressure – you will only get stressed out.
- Cope ahead. Think about what you need in your home for yourself and your family.
 - Will you have children at home? If so, what can you do to keep them busy?
 - Plan ahead for meal times and eat as well as you can.
- Can you get what you need or ask others to help you?
- Do you have things to do to keep you busy? Think about what you like to do and do that.
 - It is important to do positive activities to keep your mind occupied.
 - Stay away from people who make you anxious and more worried.
- Is social media making you more anxious? Try to stay away from the hype of others and use good sources of information to guide you.
- Remember that we are living in unusual times, things will get cancelled. These will be things you may have been looking forward to. Activities can be rescheduled. Appointments will happen again in the future.
- Take one day at a time. Plan your day out.
- When you get anxious, tell yourself:
 - Everyone is worried
 - Worrying more will not change this situation
 - I am doing the best I can to stay well
 - Do something kind for yourself or someone else – walk a dog for a friend if you can, offer to help a neighbour
 - Try some distracting activities – such as watching TV, playing a game, looking at photos, reading a book – when you get worried
 - Do not make things worse for yourself.

Take care and stay well