- **Limit Health related news:**
  We all need to keep up to date with this ongoing situation. Checking the news, radio and or checking social media can be compulsive and constant. However, this is only going to add to your stress and anxiety. Try checking twice a day at specific times i.e. 10am – 6pm. Try not to check these too close to your bedtime. If you're really worried about missing something crucial, you can always tell friends and family to contact you in the event of an emergency situation in order to keep you informed. There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites

- **Stay healthy:**
  Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.

- **Do some exercise:**
  Even if it's just star jumps in your bedroom, or shaking your body parts like you're in the warm-up section of an exercise class, exercise DVD or tutorial on YouTube. Exercise will help get the adrenaline out of your system and channel the anxiety elsewhere.

- **Keep connected**:

Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.

- **Keep good nutritional and fluid intake**:
  Think about your diet. Your appetite might change if your routine changes, or if you're less active than you usually are. Eating regularly and keeping your blood sugar stable can help your mood and energy levels. See our tips on food and mood for more information. Drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. It could help to set an alarm or use an app to remind you. See the NHS website for more information about water, drinks and your health.

- **Keep taking your medications**:
  It's important to continue with any prescribed medication you are on, unless told otherwise by your doctor. Ask your pharmacy about getting your medication delivered, or ask someone else to collect it for you. This will usually be possible, although if it's a controlled drug the pharmacy might ask for proof of identity. Make sure anyone collecting medication knows if they have to pay for it.

- **Continue accessing treatment and support**:
  Ask about having appointments by phone, text or online. For example, this could be with your nurse, doctor, therapist or support worker. Ask them how they can support you, for example if you're struggling with not seeing them face to face.

- **Take care of your environment**:

If you are spending a lot of time at home, you may find it helpful to keep things clean and tidy, although this is different for different people. Cleaning your house, doing laundry and washing yourself are important ways to help stop germs spreading, including when there are warnings about particular diseases.

- **Find ways to relax and be creative:**
  There are lots of different ways that you can relax, take notice of the present moment and use your creative side. Relaxation and Grounding exercises are helpful for many situations where you find yourself becoming overwhelmed or distracted by distressing memories, thoughts or feelings. Take ten slow breaths. Focus your attention fully on each breath, on the way in and on the way out. Say the number of the breath to yourself as you exhale. Splash some water on your face. Notice how it feels. Notice how the towel feels as you dry. Use words in your mind to describe the sensations.

- **Keep your mind stimulated:**
  Keep your brain occupied and challenged. Set aside time in your routine for this. Read books, magazines and articles. Listen to podcasts, watch films and do puzzles.

- **Get as much sunlight, Fresh air and nature as you can:**
  Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed. It's possible to still get these positive effects from nature while staying indoors at home. You could try the following:
  - Spend time with the windows open to let in fresh air.
  - Have flowers or potted plants in your home.
  - Use natural materials to decorate your living space, or use them in art projects. This could include leaves, flowers, feathers, tree bark or seeds.

- Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.
- Grow plants or flowers on windowsills. For example, you could buy seeds online or look for any community groups that give away or swap them.
- Look at photos of your favourite places in nature. Use them as the background on your mobile phone or computer screen, or print and put them up on your walls.
- Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one, or open your front or back door and sit on the doorstep.

Helpful links

https://www.nhs.uk/conditions/coronavirus-covid-19/
https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsecc73d
https://www.bbc.co.uk/news/health-51873799
https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
https://emergency.cdc.gov/coping/index.asp