

ANXIETY, WORRY & COVID-19 SELF HELP TIPS

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TOP TIPS

You might be worried about coronavirus (also known as COVID-19) and how it is affecting your life. This may mean that appointments may be changed or cancelled altogether for a period of time which can cause further concern if you have a health condition.

We have put together some ideas on how to cope during these uncertain times as well as some suggested web links and contact details where you can find further information and guidance.

Limit how much you are checking the news or social media

This can be difficult, as some people feel that they will feel less anxious if they know what is going on.

Try writing down what you feel

It is normal to feel anxious, but it can help to express this or think about why you are anxious.

Try writing down what you feel and then try to let any negative thoughts go by 'putting them down' with the paper you have written them on.

Bring things back to the here and now

Notice when you are worrying about "what ifs?" and try these simple measures:

- **Take 10 slow, deep, even breaths** and try to focus all your attention on the sensation of breathing.
- **Try to notice things around you**, for example how many colours you can see, how many lights there are in the room you are in.
- **Use smells**, e.g. having a handkerchief with the smell of a perfume or scent that is comforting.
- **Carry something in your pocket** which you can hold to provide some comfort, for example a smooth pebble.
- **Move your feet slowly up and down** from the floor and notice the feeling of your feet on the floor.
- **Think about what you would say to a friend or loved one who was worrying**, remember what it feels like when you are comforting a friend. In the same way you would to a friend or loved one, be kind to yourself.

Be kind to yourself and look after yourself

- Make sure you are **eating and sleeping enough**.
- It can be tempting to try and manage your feelings with alcohol or drugs, but this can make anxiety and worry worse.

- If you are able to **exercise, even 5 minutes** makes a big difference.

For more advice about managing your wellbeing

MIND

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsec9eb4>

Call on 0300 123 3393 to get information about other possible sources of support.

British Association for Counselling and Psychotherapy (BACP)

<https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>

Psychological Therapies Service (IAPT)

If you feel that support from a counsellor or psychologist is needed you can find your local IAPT service here: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

Mindfulness Meditation

<https://www.headspace.com/headspace-meditation-app> | <https://www.calm.com/>

If you need urgent help to keep yourself safe

Samaritans

<https://www.samaritans.org/> | Call: 116 123 | Email: jo@samaritans.org

Address: Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA

Hospital

Visit your local A&E

Based on a document compiled by Accelerate www.acceleratecic.com