

A graphic with a dark green background featuring several glowing green coronavirus particles. The text 'COVID-19' is written in large, glowing green letters, with 'CORONAVIRUS' in smaller, glowing green letters below it.

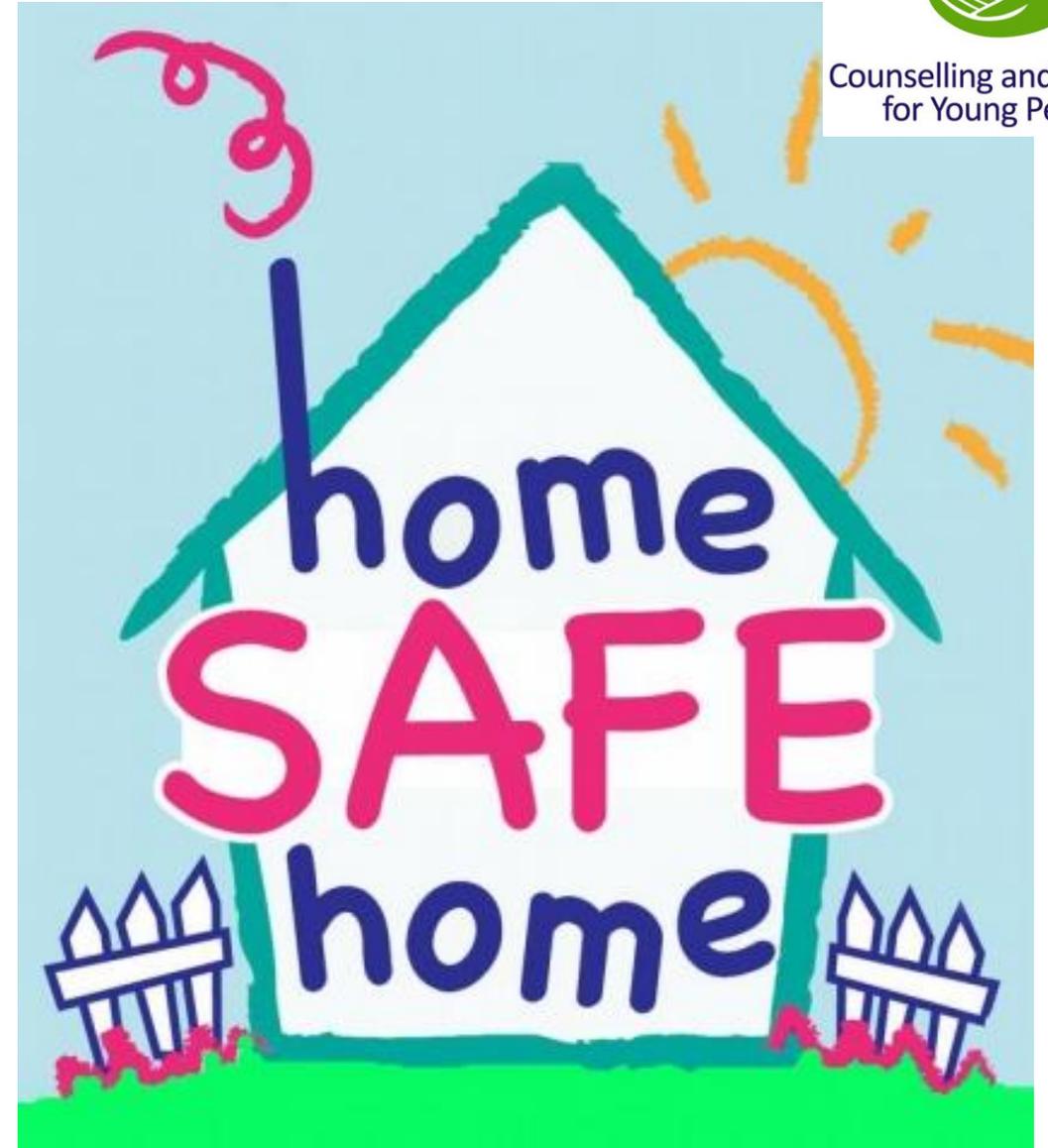
COVID-19

CORONAVIRUS

Corona Virus and your Wellbeing

This information may help you to feel supported if:

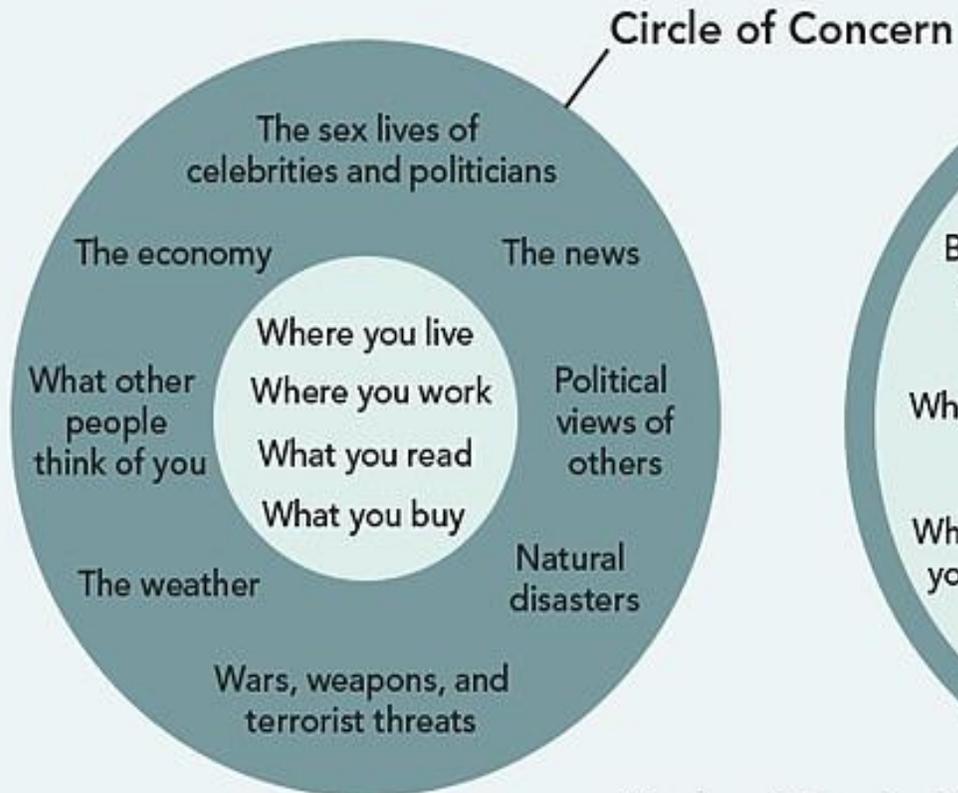
- You're feeling anxious or worried about coronavirus
- You're staying at home and avoiding public places, following Government advice that we should stay at home as much as possible
- You are self-isolating because you, or someone you live with, has symptoms of Corona Virus.



Circle of Concern vs. Circle of Control

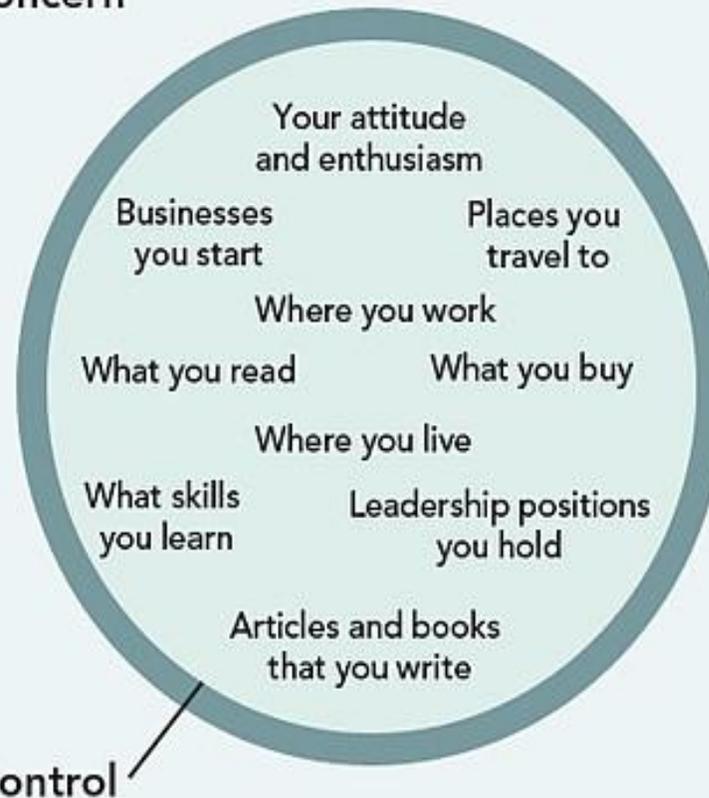
How Reactive People Act

Large Circle of Concern and a small Circle of Control. A lot of time and energy is wasted reacting to issues that they can't control.



How Proactive People Act

Small Circle of Concern and a large Circle of Control. A lot of time and energy is focused on issues that are within their control.



What I Can't Control

Trying to control the things that we can't can strengthen beliefs about not being in control and lead to further anxiety. Things we can't control include the decisions that are made by the government and whether we, our family members or those in our communities will contract the virus. These are worrying times for many so focusing on the things that we can do something about will help us to feel more in control and less anxious.

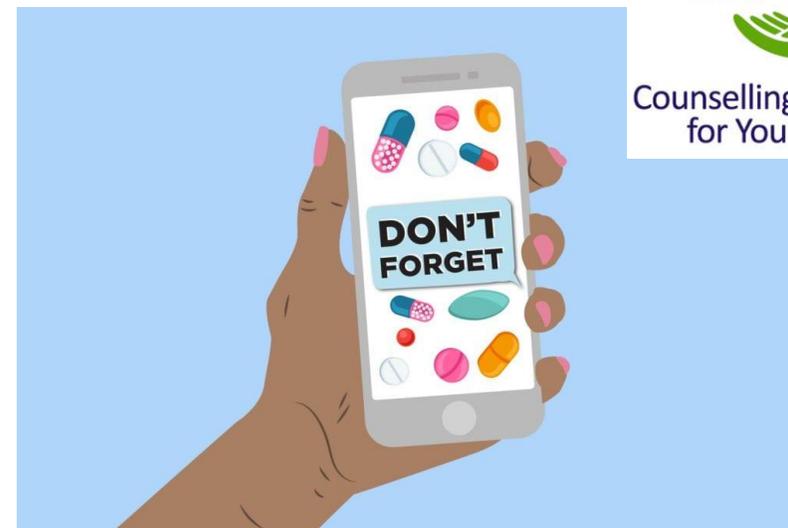
Eat Well and Stay Hydrated

- 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.
- 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.



Keep Taking Your Medication

- Medications should be taken regularly to make sure that you always have an effective amount of drugs in your body. When medications are not taken regularly, the level of drug in the blood can become too low to work effectively.



Continue Accessing Support If Possible

- Ask about having appointments by phone, text or online. For example, this could be with your counsellor, therapist or support worker.





WhatsApp

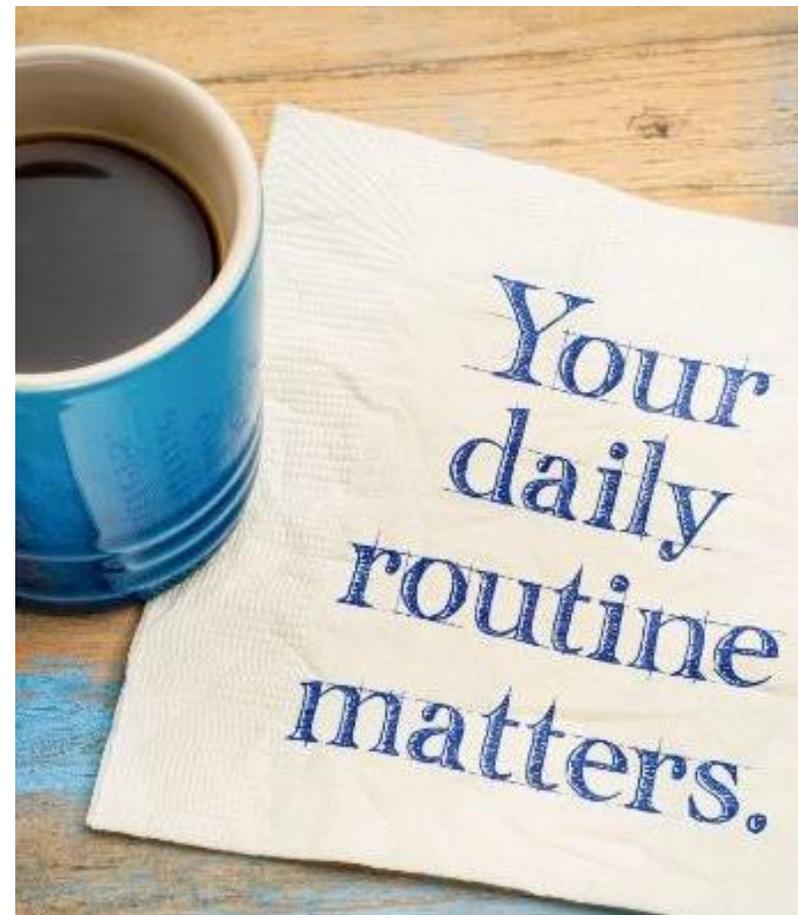


Connect With People

- It's important to stay connected even if we can't physically see people.
- Make plans to video chat with people you normally spend time with.
- Speak on the phone or via text message.
- Plan activities you can do with friends or family digitally - e.g. quiz nights, TikTok videos.

Create a Routine

- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time.
- If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.
- Think about how you'll spend time by yourself at home. For example, plan activities to do on different days or habits you want to start or keep up.
- Try to respect each other's privacy and give each other space. For example, some people might want to discuss everything they're doing while others won't.



Try to Stay Active

Build physical activity into your daily routine, if possible.

- Try out Joe Wicks fitness routines
- Dance to your favorite tunes
- Go for a walk or play with pets
- Play football in the garden
- Create an obstacle course (indoors or outdoors)



Take Time 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.

- Drawing or coloring
- Reading a book
- Meditation or yoga
- Crafts
- Relaxing in a bubble bath
- Listening to music



Access to News and Corona Virus Information

Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety.

- Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news
- There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites



You Tube

YouTube



Find ways to laugh

- Humour is a wonderful coping mechanism in times of crisis. Turn to sources you find funny, whether they're movies or TV shows, or certain friends whom you know will brighten your mood.

Invite Nature Into Your Home

Have you thought about how you can bring nature into your home? Can you get some seeds and planting equipment, feed the birds, or put up photos of green spaces?



A close-up photograph of two hands, palms up, holding a small, torn piece of white paper. The paper has the words "Thank You" written on it in a black, cursive script. The background is dark, making the hands and the paper stand out.

Thank You



CASY



Counselling and Support
for Young People

