

## How to tackle your anxiety and worry during the Coronavirus Outbreak

The Coronavirus outbreak has changed lots in our day-to-day lives – schools have closed for some, you now have to face time with your friends and loved ones (rather than hanging out with them face to face), you might not be able to visit your grand-parents, not being able to go out to restaurants, cinemas or sporting events! Phew - all these changes can leave us feeling anxious, upset, frustrated, angry or even sad! That is a lot of emotions to deal with!

**BUT** it is normal to have some **worries** and to feel **anxious** at times. Emotions tell us stuff.

Treat them like information or think of them as the smoke detectors of your body, sensing what needs to be spoken about and/or can be done. **Good news though** - there are some things we can do to take care of ourselves, to help with these feelings, and to help you when we feel so uncertain.

Down below are 5 things can do right now.

### **5 THINGS YOU CAN DO NOW**

- 1. TAKE SOME deep breathS**
- 2. TELL SOMEONE YOU LOVE HOW YOU FEEL or WRITE about it**
- 3. DO SOMETHING FUN. DANCE ON THE SPOT, COMPLETE A PUZZLE, DISTRACT YOUR ANXIOUS MIND!**
- 4. THINK OF SOMETHING YOU CAN LOOK FORWARD TO or are grateFUL For**
- 5. UNPLUG – take 5 MINUTES AWAY FROM your PHONE or SOCIAL MEDIA**

## Myth Busting!

You might hear lots of information from different sources about Coronavirus, especially on social media. Try and stick to information from the NHS and the BBC. Please don't confuse yourself. Here are some of the facts based on myths we have heard and these websites:

- ✓ There is no evidence you can catch coronavirus off your pets.
- ✓ Cold weather does not kill it.
- ✓ Taking a hot bath does not prevent you getting coronavirus.
- ✓ People of all ages can be infected.
- ✓ There is currently no medicine to prevent or treat coronavirus.

Check out some more here: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Social media is great, but sometimes you need a break – especially now. Come away from social media when you feel anxious, stop looking for more answers, distract your brain, and keep telling yourself the facts!

## Fight or Flight

When we feel anxious, changes start to happen in our body to try and keep us safe. For example: our heart beats faster, we feel hot and sweaty, our muscles tense and our stomach churns. These feelings can be unpleasant, but they are safe and do not mean that you are unwell.

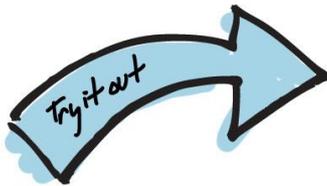
Check out this YouTube video:, it explains it really well: <https://youtu.be/jEHwB1PG-Q>

Or to understand more about the physical symptoms of anxiety, click on this link <https://www.getselfhelp.co.uk/adrenaline.htm>

## How to Cope Day to Day

- ✓ Create a new routine or keep to your daily routine where you can. This will help you, especially when you feel uncertain.
- ✓ Distract yourself and keep busy.
- ✓ Keep active, move your body from time to time. <https://youtu.be/fAUckPMJKSY> - check out Joe Wickes.
- ✓ Reach out to family and friends on the phone or online. Organise games online with them, do fun things together.
- ✓ Try to reduce time on social media or watching the news. It might **increase** your stress.
- ✓ Talk about your worries – it is normal to have them.
- ✓ Ask questions, get answers.
- ✓ Practice mindfulness - download apps such as Headspace or Stop, Breathe, Think or YouTube guided meditations such as <https://www.youtube.com/watch?v=Mlr3RsUWrdo&t=215s>
- ✓ Take time to relax every day or have some fun 😊
- ✓ Do things that are fun
- ✓ Don't give yourself a hard time –these are difficult circumstances





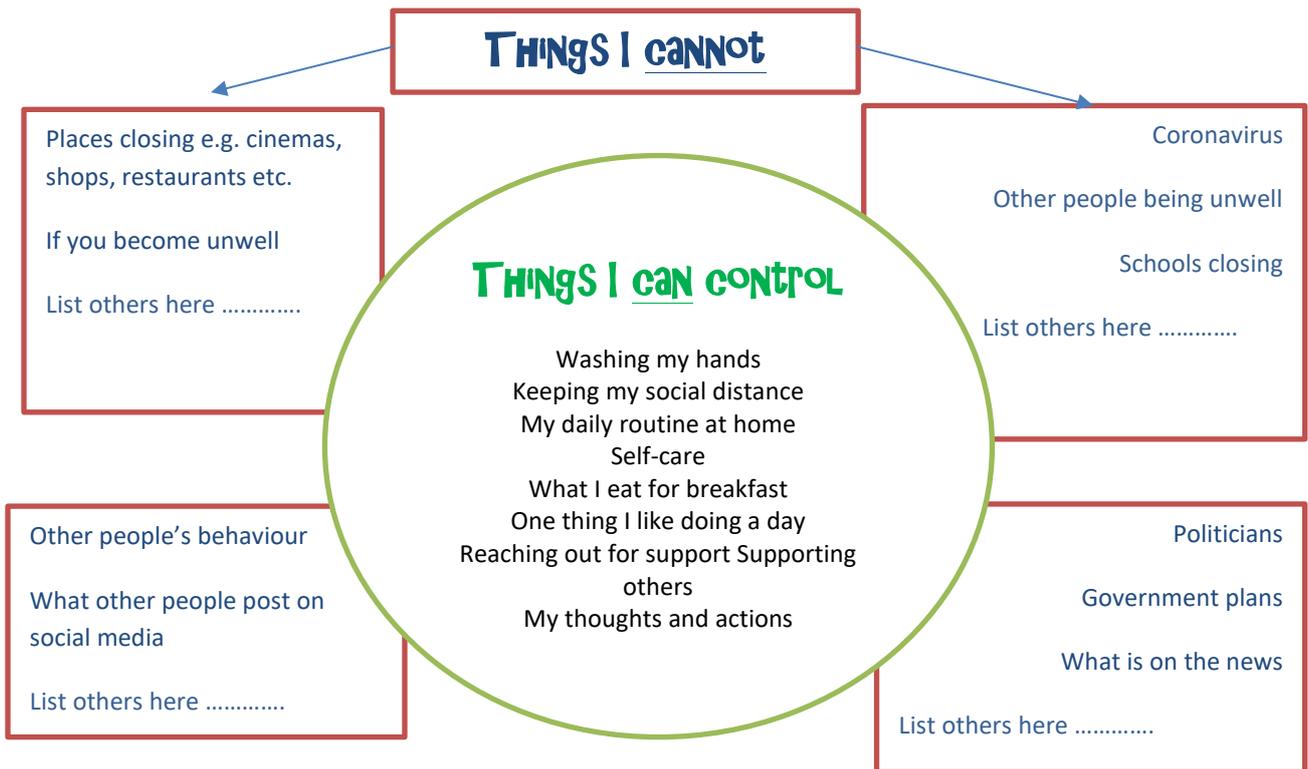
### CIRCLE OF CONTROL

There might feel like there are loads of things you cannot control at the moment; it might leave you feeling anxious and worried.

Worrying about things we cannot control does not make them go away! Sometimes it can make them worse. Talk about your worries, focus on what you **CAN CONTROL** and then try to let go of the things you cannot.

Drawing them out like this might help. Everyone list will be different.

Draw yours.



## What is CORONAVIRUS?

World Health Organisation have set up a WhatsApp information service <https://www.whatsapp.com/coronavirus/who> . Message 'hi' to the number provided on the link for ways to protect yourself, frequently asked questions, myth busters, travel advice and latest numbers.

Check out these links for more !

<https://www.bbc.co.uk/newsround/51204456>  
<https://www.bbc.co.uk/news/av/health-51753842/children-s-coronavirus-questions-answered>  
[https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf?dm\\_i=43MR,SZ24,RDZF,3HKE3,1](https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf?dm_i=43MR,SZ24,RDZF,3HKE3,1)

## What can I do to help?

Wash your hands -  
<https://www.bbc.co.uk/newsround/51698180>  
Self-isolation -  
<https://www.bbc.co.uk/newsround/51698180>  
Social distancing -  
<https://www.bbc.co.uk/newsround/51861111>

## Worried about your Mental Wellbeing?

<https://www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be>  
<https://www.bbc.co.uk/newsround/51342366>  
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>  
Download apps such as 'Clear Fear' or 'What's Up?'

## Who can I talk to if I need support?

Kooth – [www.kooth.com](http://www.kooth.com) – visit Kooth to speak to a counsellor online

Samaritans – call 116 123 to talk to someone about how you are feeling 24/7

Childline – call 0800 1111 to talk to someone about how you are feeling 24/7

Young Minds – text YM to 85258 if you need urgent help and feel you cannot keep yourself safe

NHS – Call 111 or visit [111.nhs.uk/covid-19](http://111.nhs.uk/covid-19) if you think you might have symptoms of Coronavirus