***Coronavirus And Your Mental Health.***

**During this uncertain period it is easy to begin to feel worried or anxious about what you are hearing around you about Coronavirus. You can look after your mental well-being during this time by:**

* **Continuing to do the preventative things that you can control such as washing your hands regularly, but not obsessively, throughout the day.**
* **Keeping busy and distracted.**
* **Not listening to gossip, rumours or fake news.**
* **Avoid watching / listening to too many updates. Only listen to official updates that will tell you the facts.**
* **Don’t spend too much time reading what is on social media.**
* **Continuing to exercise and eat well.**
* **If you feel you are becoming anxious, talk to an adult.**
* **Be prepared for self isolation. Have a ‘to do’ list of things to keep you busy.**
* **Stay connected to others. Make sure you have the correct contact details for friends and family.**

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