



# **COVID-19 and Your Emotional Wellbeing**

The current situation with COVID19, isolation and physical distancing may be bringing up a lot of different feelings for you and your family. You may be feeling scared, worried, sad, angry, stressed, confused, or many other emotions. This is normal. As well as looking after your physical health, it is important that you look after your mental health and wellbeing at this time.

Here are some **tips and resources** that can help you to do this.

### **Stay Connected.**



Physical distancing doesn't need to mean being socially distant. There are many unique ways to connect with your loved ones and your community. Find online versions of the things that are important to you – exercise groups, games, book groups, and choirs. Also apps such as Zoom and Houseparty can connect groups of people in a shared virtual space so you can socialise or even have a friends and family 'dinner'.

### **Develop a Routine.**



Decide on what routine will work for you and those around you, and write it down. This may include work or education, taking your medication, meals and exercise, as well as keeping up with the important things that make you you – whatever they may be. It can be helpful to include opportunities that give you a sense of achievement, connect you to others and that you enjoy.



## **Continue to Maintain a Healthy Lifestyle.**

Keep trying to follow a lifestyle that maximises your health. A balanced diet, good sleep hygiene and regular exercise are all important. Be mindful of slipping into unhealthy coping mechanisms like drinking too much alcohol, smoking or using recreational drugs.



## **Limit News and Information.**

While it is important to stay informed of what is happening, too much information can make you feel more stressed, worried and agitated. It is important to ensure you are accessing reputable sources (e.g., Gov.uk, Health Protection Scotland, Public Health Wales). Consider allowing yourself just an hour or two each day (not too close to bedtime) to catch up to catch up on the news. It can also be helpful to think about how you talk to your children about the situation (see resources on the next page).



## **Seek Professional Support (if needed).**

As well as talking to trusted family members and friends there are professional resources available. There are some online resources available below. If you are worried about your own emotional health, or that of a loved one, you can call the Samaritans for free on 116 123, talk to your GP, contact your local psychology service or, in an emergency, attend A&E.

## Resources for Adults

- <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?>
- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- <https://www.relate.org.uk/covid-19-our-advice-and-tips-healthy-relationships>

### **Free online mindfulness sessions:**

- <https://oxfordmindfulness.org/online-sessions-podcasts/>
- <https://www.headspace.com/>

## Resources for those caring for children and young people

- [https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)
- <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- [https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)
- <https://emergingminds.org.uk/supporting-children-and-young-people-with-worries-and-anxiety-coronavirus/>
- <https://emergingminds.org.uk/recommended-resources-supporting-children-and-young-people-with-worries-and-anxiety-links/>