

Coronavirus (COVID-19)

Mental health guidance

10 tips to help if you are worried about coronavirus

1. Stay connected with people
2. Talk about your worries
3. Support and help others
4. Feel prepared
5. Look after your body
6. Stick to the facts
7. Stay on top of difficult feelings
8. Do things you enjoy
9. Focus on the present
10. Look after your sleep

Face Covid-19

A set of practical steps for helping to manage our response to the Corona crisis and the impact of lockdown.

F = Focus on what's in your control

While it's completely natural for us to get lost in our worries, it's not useful or helpful. The more we can focus on what is in our control the better. We can't control the future, the virus, the economy or magically control our own fears and worries without help. But you can control *what you do* here and now , and that matters.

The best way to do this is to 'drop anchor' or 'ground' yourself. Steps ACE below help us to do this.

A = Acknowledge your thoughts and feelings

Silently and kindly acknowledge thoughts and feelings that are coming up for you. Try to be curious about those thoughts and feelings, and where they've come from rather than letting them overwhelm you. And, while you are doing that...

C = Come back into your body

Come back in to and connect with your physical body. Breathing exercises, stretching and other strategies can help. Try any or all of the following: pushing your feet hard into the floor, slowly straightening your spine, pressing your fingertips together, and stretching your arms or neck. At the same time practice slow, deep breathing in through the nose and out through the mouth.

E = Engage in what you're doing

Focus your attention on the activity that you are doing. Take note of all the things you can see around you right now, what you can hear, smell, taste and touch and let yourself focus on what those senses are picking up right now, while continuing to breathe.

Dropping anchor like this is a very useful skill for managing difficult thoughts and feelings. The better you can anchor yourself in the here and now, the more control you have over your actions – which makes it a lot easier to take the next steps in your day.

[You can find out more details about these tips, and the next steps by clicking on this link.](#)

A helpful tool you can use



Other helpful advice by the NHS

[NHS recommended Helplines](#)

[NHS Audio Guides](#)

Reference - www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/?gclid=EAlaIqobChMIpJTiy5XF6AIVCLLtCh3AnglGEAAYASAAEgLP0fD_BwE

Ref Face Covid-19: Russ Harris, 2020 www.TheHappinessTrap.com

I Can Control Image: Carrie Stephens Art, TheCounselingTeacher.com