

## Look after your mental health during Coronavirus

19 March 2020



Many people are worried about Coronavirus.

People are

- scared
- upset

If you feel like this you need to look after your mental health.



Mental health is how we think about life.

It is about our mind being healthy.

There are things you can do to help your mental health.



## **Do not watch too much news**

It is important to get news about the Coronavirus.

News can give you information to stay safe.

But too much news can make people worry.

Try not to watch or read news for too long.

Get news once or twice every day.



## **Talk to someone you trust**

Talking helps us share our problems.

You can talk to a

- Friend
- Family member
- Peer group member
- Doctor
- Support worker

Tell them how you feel about Coronavirus.

They may know how to help you feel better.



## **Connect with friends and family**

You may have to stay in your house.

You may not be allowed to visit friends and family.

You may feel lonely.

You can use technology to connect with others.



You can

- Phone people to talk to them
- Write to them on email and social media
- Call them on video services like Facetime, Skype or Facebook Messenger.



Technology helps us stay connected.

Staying connected can make us feel good.



## More tips

There are lots of other ways to look after your mental health

- Eat healthy food
- Be active
- Get a good nights sleep
- Breathe slowly and calmly
- Take time each day to think about good things.

Read more in our info guide [Tips to Mental Health](#)



Also find out more in our Easy Read guide about [mental health](#)

**Family members and carers:** see our [Mental Health fact sheet](#).



The Coronavirus can make people feel worried.

We can support each other.

We can help each other stay safe.