

During the Coronavirus outbreak you can support yourself by:

- Not** watching the news!
- Getting fit and healthy – healthy food, drink water, get some vitamin D from the sunshine. Do some exercise!
- Use mindfulness and calming techniques if you feel worried or anxious.
- Remind yourself that feelings don't last. They come and go!
- Talk to someone if you feel worried.
- Do lots of positive things and change those negative thoughts to positive ones.
- Connect with friends through social media, telephone, text, or video chat.
- Plan your days and have routines in place.
- Make sure you use strict hygiene. Wash those hands regularly and keep a social distance of 2 meters from anyone not living in your home with you.
- Remind yourself often that this will end. There is hope!
- You are not alone. Everyone is going through this too and you can help each other.
- Make sure you take time to relax and unwind. Do something you enjoy!

