

Top Tips for managing COVID-19 worries:

1. Recognising that worrying/fear during unfamiliar times is a **normal response**.
2. Keep up to date using **credible sources**.
3. **Limit your newsfeed**. Constant monitoring of news updates and social media feeds can cause a dramatic rise in anxiety levels. Consider turning off automatic news alerts on your phone and limiting the amount of time you spend online.
4. **Stay connected** to your support network. Keeping in contact with friends and family can help you to keep perspective and provide a helpful distraction. Email/text/video are all good alternatives to face-to-face.
5. **Control what you can**: Wash your hands more often / Self isolate if you develop symptoms / Avoid touching your face with your hands.
6. **Practice good self-care** e.g. eat well, try to get a good night sleep, engage in activities to help reduce stress levels.
7. Remember there are **reasons to be reassured**.



Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

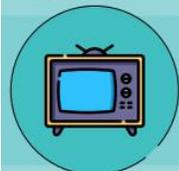
If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



References and Resources:

<https://www.talkplus.org.uk/activities-worry-pathway>

https://my.surrey.ac.uk/news/overcoming-coronavirus-anxiety?dm_t=0,0,0,0

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

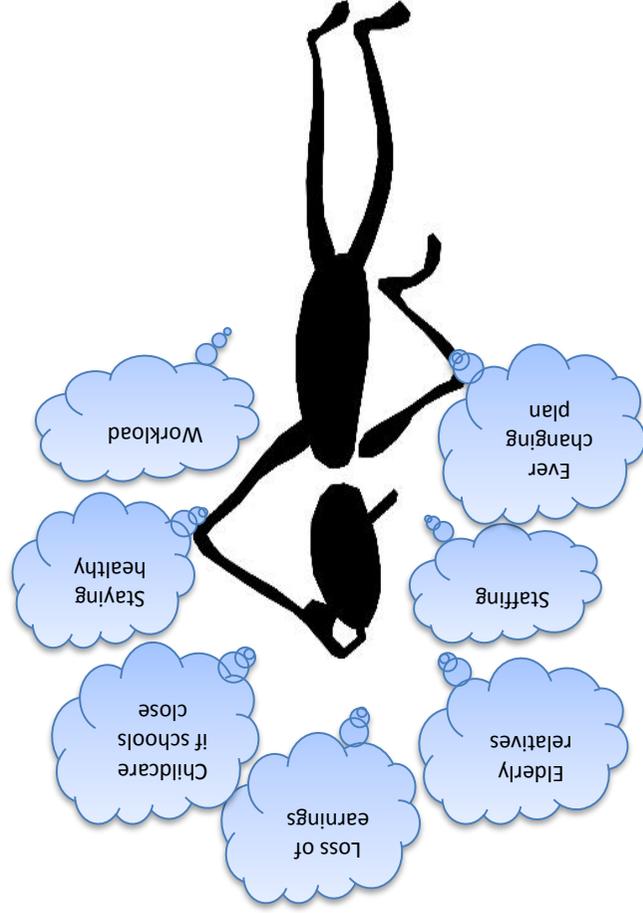
<https://www.theguardian.com/world/2020/mar/07/coronavirus-reasons-to-be-reassured>

<https://www.npr.org/sections/goatsandsoda/2020/03/07/811616161/kids-around-the-world-are-reading-nprs-coronavirus-comic>

OVERCOMING CORONAVIRUS WORRIES



Our Worries



Worry is a normal process that we all experience from time to time. However sometimes worry can become overwhelming and impact our ability to manage day to day.

Types of worry...

Practical

Worries about a current situation, which you **can** do something about. E.g. "I don't have enough time to complete my work"

Hypothetical

Worries about the future or what might happen. These are worries about things that we **don't** have control over. E.g. "What if..."



Google Images: <http://westendcounseling.co.uk/cbt/worry-anxiety/>

What is worry?

Managing worry:

Ask yourself

Can you do something about your worry **RIGHT NOW?**

NO?

Yes?

Make a plan to solve the worry

Let your worry go

NO?

Take 5 minutes at the end of each day to reflect on what you have been worrying about.

Ask yourself:

How do you feel about the worry now?

Did the thing you were worrying about happen?

If so, how did you cope?

Are any of the worries no longer a problem?

Would continuing to worry about it during the day have made a difference?

What could you be doing now **INSTEAD** of worrying?