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Protect your mental health during the pandemic

An anxious time

As Covid-19 spreads around the world and increasing numbers of people work from home or are self-isolating, it's quite reasonable to feel worried and anxious.

Here are some simple, practical measures you might consider to help keep yourself on an even keel.

Limit the news

- Limit the amount of time you spend reading or watching the news if you find it's making you anxious or distressed. Check the news at specific times during the day – maybe once or twice only.
- Avoid any misinformation by sticking to trusted news sources such as the BBC or the NHS website.

Have a break from social media

- Be careful about what you tune into - avoid clicking on coronavirus hashtags.
- Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming.
- Mute key words which might be triggering on Twitter and unfollow or mute accounts.

Keep in touch with people

When you're staying at home and in isolation, it's important to stay connected and maintain your social networks as far as possible.

- Stay in regular contact with family, friends and neighbours via telephone, text messages, email and social media.
- Keep to your personal daily routines - but try to make sure each day has some variety.

Focus on the present

- Remember that these are uncontrollable events, so focus on the things in your life that you can control.
- Try not to worry about the future and stay in the present moment.

- Take notice of the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. You may find that practicing [mindfulness activities](#) helps you to stay grounded when things feel beyond your control. Look after yourself
- [Mind](#) recommends continuing to access nature and sunlight wherever possible.
- Exercise every day, keep regular sleep routines, eat healthy food and stay hydrated.
- During times of stress, pay attention to your own needs and feelings.
- Engage in healthy activities that you enjoy and find relaxing – e.g. reading or watching movies, exercise, relaxation techniques, or learning.
- Try to keep things in perspective.

Useful links

- [BBC](#)
- [Mind](#)
- [Mental Health Foundation](#)
- [Rethink Mental Illness](#)
- [World Health Organisation](#)

