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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](#)

