

Covid 19 Care

Its an emotional Rollercoaster fuelled by anxiety – completely natural and to be expected

- Social Support: Staying connected with friends and family - by visual media where possible. Using this to support others. Play/interact with your pets/companion animals
- Maintaining routine by having a daily plan
- Keeping busy with hobbies, crafts, reading, films and home improvements; be creative, learn something new
- Physical wellbeing: walking/running and virtual exercise classes. Careful with caffeine, alcohol (other drugs) and food intake
- Spirituality: meditation, prayer, gratitude- whatever helps you
- Restrict media exposure – Keep aware but manage access to news and social media to avoid over exposure

Try to focus on what you can control: Hygiene, social distancing, media exposure...