

# Coronavirus and your Mental Health and Wellbeing



*“It’s ok to feel frightened or anxious.”*

**This is a difficult and uncertain time for everybody and it’s important you take care of your mental health just as much as your physical health.**

It is important for you to know that it’s ok to feel frightened or anxious about the Coronavirus, this is a natural

and normal reaction.

This guide will sign post you to resources that can help you overcome any fear or anxiety you might feel.

If you feel that your feelings are getting on top of you it is really important that you speak to someone you trust. ***Together we will get through this!***

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# What to do if you're anxious

## It is perfectly normal to feel anxious or worried.

It might be that you are anxious about your own health, or someone in your family, or what impact the virus will have on your life.

The suggestions on this page for tackling anxiety come from Young-Minds.

### 1. Talk to someone

It's important you acknowledge your feelings and speak to someone you trust. This can be a friend, a family member or a helpline.

### 2. Arm yourself with the facts

Don't fall for fake news or social media hysteria. Stay on top of what's happening by using the [Government Website](#). The [NHS Website](#) also has lots of useful information.

### 3. Know what you can do

Remind yourself there are practical things you can do like washing your hands or limiting contact with others.

### 4. Don't overexpose yourself to the news.

Staying informed can help you feel in control but the constant news



reports could also become overwhelming. Try to limit the amount of time you spend reading or watching the news and plan some alternative activities to keep busy.

### 5. Stick to your normal routine.

Try and stick to your normal routine as much as possible to help maintain a sense of normality.

## 6. Find things that help you feel calm

Think about some activities that can help when you feel overwhelmed, like breathing techniques, writing down how you feel, playing music or talking to a friend.



## 7. Plan

Now that the schools are closed you will probably be spending a great deal of time at home. Speak to your family about what you can do together to enjoy your time together. Planning might help reduce anxiety.

### How can cadets help?

Check out the guide to activities that should have been made available to you by your squadron.

There are loads of different courses you can take part in and skills you can learn.

Keeping busy and your mind engaged can be a good way of dealing with anxiety.

### Additional Resources:

[YoungMinds](#) website has loads of useful resources if you're feeling overwhelmed or anxious about the current situation:

# Self-Isolation

**Self-isolation means staying away from other people to prevent the spread of illness.**

Make sure you think about who you can keep in contact with and how you might do it. Apps like WhatsApp and Zoom can let you talk to your friends or family face to face.

It's important that you talk to people you trust during this time and stay connected.

Try and maintain your routine as much as possible by getting up in the morning and going to bed at the same

time. Eating regular meals and staying hydrated will also help.

You should try and exercise if you can—there are lots of 'home workout' videos on YouTube you can follow.

It's a really good idea to talk about how you feel during this time. It is likely some of your friends are feeling the same and it can help to talk.

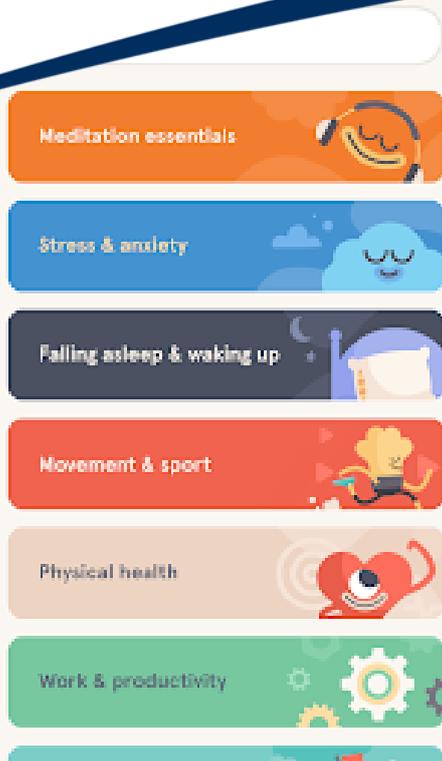


## **Self-Isolation Top Tips:**

- 1. Stay in contact.*
- 2. Maintain your routine.*
- 3. Eat properly and stay hydrated.*
- 4. Exercise.*
- 5. Talk about how you feel.*

## Mindfulness training

for your everyday life



**Headspace is a 'guided meditation' app that can take you through a number of breathing exercises to help calm down if you're feeling stressed or anxious.**

The free Basics course will teach you the essentials of meditation and mindfulness.

This can help you feel less stressed and help

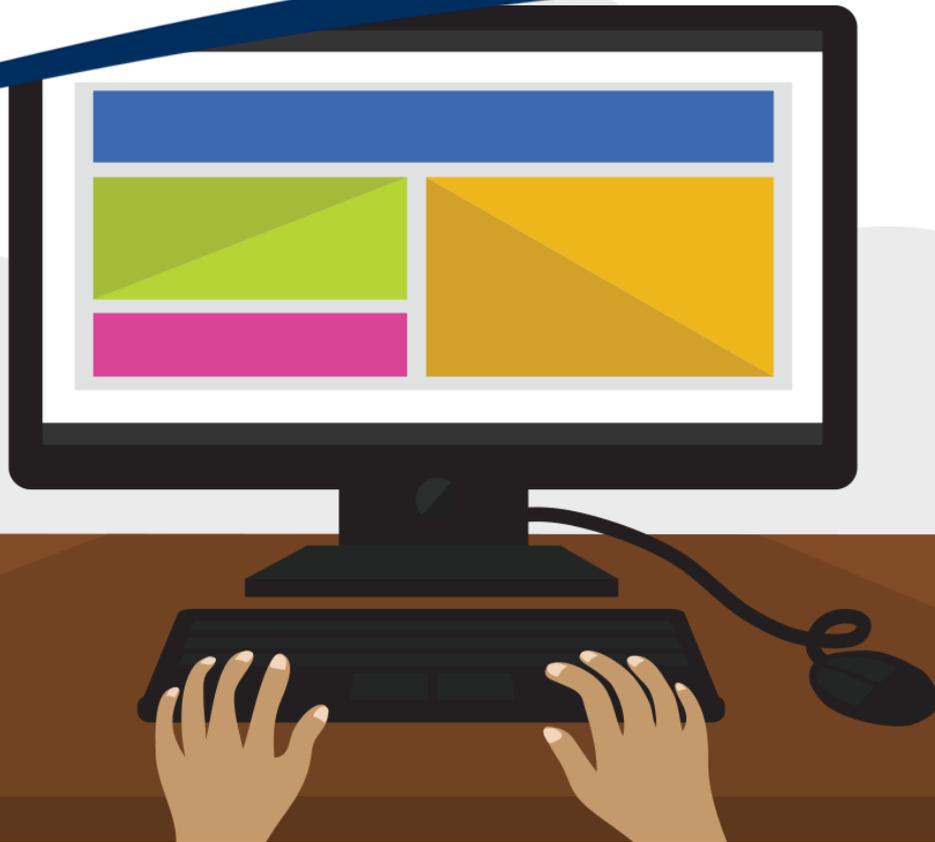
you get to sleep.

It is possible to purchase a paid for subscription however the Basics course is completely free. All you need is a smartphone or a tablet and a pair of headphones.

The app is available on :

[Google Play](#)

[App Store](#)



There are lots of organisations out there who are standing by ready to help you feel better. They are generally staffed by trained volunteers supervised by healthcare professionals.

[Childline](#)

[YoungMinds](#)

[Meic Cymru](#)

[Mind](#)

[Samaritans](#)

[Shout](#)

If you follow the links above they'll take you through to the websites of these organisations. Most have dedicated Coronavirus help pages so check them out. You might find something useful.

