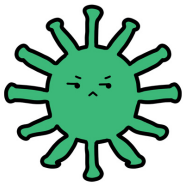
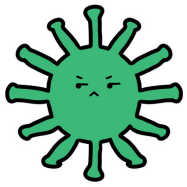


Feeling Anxious about Coronavirus?

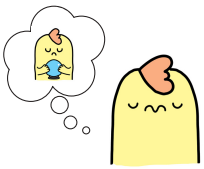


In these uncertain times, we are all feeling a certain amount of anxiety and worry around the coronavirus. This is a totally normal reaction to a difficult situation however, this anxiety can become a problem when it's stopping you from doing and enjoying certain things. Here are some helpful things you can do to help reduce your anxiety.

challenge unhelpful thoughts

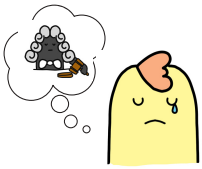
Having lots of negative or unhelpful thoughts about the coronavirus can make us feel even more anxious, worried or distressed.

Are you making predictions?



I'm making predictions about the future even though I have no way of knowing what will actually happen.

Are you making judgements?



I'm making judgements about the coronavirus which aren't based on facts or evidence.

Are you catastrophising?

I keep thinking about the worst possible outcomes.

If you notice these unhelpful thoughts, try to challenge them and change them to something more positive. Ask yourself, are my thoughts actually based on any real facts? If not, then your thoughts are probably untrue!

do more to feel better

It might be difficult to do a lot of things that would usually help you feel happy and calm but there are still things you should try and do which can help you feel better. Don't just do nothing.

Go for a walk/jog.

Read a book.

Watch your favourite movie/TV show.

Do some yoga.

Draw or create something.

Make a healthy meal.

Play a game.

Listen to music.

Take a relaxing bath.

Video call friends /family.

Or create your own list...

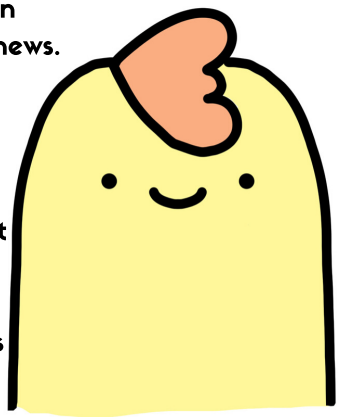
reduce your anxiety

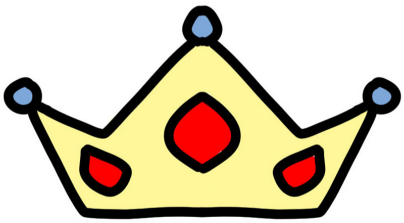
Reduce the time you spend on social media/listening to the news.

Talk about how you feel with friends/family.

Only listen to the facts - don't listen to those spreading fear.

Keep to a routine as much as possible.





Keep Calm and Follow Official Advice