

LOOKING AFTER YOUR MENTAL HEALTH DURING THE CORONAVIRUS OUTBREAK

from [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Sketchnote by
@Haypsych

try to avoid speculation and only use reputable sources on the outbreak

good sources:

- Public Health England
- Public Health Wales
- Health Protection Scotland
- NHS
- Gov.UK
- World Health Organization



try to anticipate distress

- acknowledge how you are feeling
- talk to someone you trust if you are feeling anxious
- reassure people you know who may be worried
- check in with people you know who are living alone



try to stay connected

- keep in touch with friends and family
- set up private chat groups on WhatsApp
- increase communication with colleagues working from home in isolation



try to manage how you follow the outbreak in the media

- limit your consumption of the news and social media
- if the news starts to cause you stress and anxiety, take a break from it
- Don't avoid all news as it's important to keep informed and educated about the outbreak



stick to a daily routine

- Keep active
- eat a balanced diet
- have a to-do list
- take a lunch break
- have a regular start and end to your working day



if you are in self-isolation or quarantine

- acknowledge that it is a different rhythm of life
- Keep in touch with other people regularly on social media, email, phone, video calls
- create a new daily routine, such as reading more or learning something new
- be gentle with yourself, rest if you need to