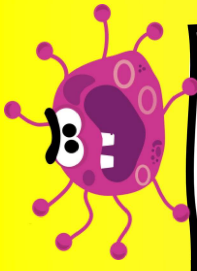


Health and Wellbeing



During the Coronavirus outbreak you can support yourself by:

- ☐ **Not** watching the news!
- ☐ Getting fit and healthy – healthy food, drink water, get some vitamin D from the sunshine. Do some exercise!
- ☐ Use mindfulness and calming techniques if you feel worried or anxious.
- ☐ Remind yourself that feelings don't last. They come and go!
- ☐ Talk to someone if you feel worried.
- ☐ Do lots of positive things and change those negative thoughts to positive ones.
- ☐ Connect with friends through social media, telephone, text, or video chat.
- ☐ Plan your days and have routines in place.
- ☐ Make sure you use strict hygiene. Wash those hands regularly and keep a social distance of 2 meters from anyone not living in your home with you.
- ☐ Remind yourself often that this will end. There is hope!
- ☐ You are not alone. Everyone is going through this too and you can help each other.
- ☐ Make sure you take time to relax and unwind. Do something you enjoy!

