



Protecting your Mental Health in Challenging times

Coronavirus has changed the world as we know it, caused a lot of uncertainty and the news about the pandemic can feel relentless.

The Recovery College team have looked through a wide range of resources and collated them into this document.

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



CORONAVIRUS COVID-19

Social Distancing

AVOID

- Group gatherings
- Visits to bars/restaurants
- Sleep overs
- Playdates
- Visiting the elderly with children
- Crowded retail stores
- Gyms
- Visitors to the home
- Non essential workers in the home

USE CAUTION

- Visits to supermarkets
- Visit to pharmacy
- Visit to GP
- Traveling
- Check on friends and family safely
- Public transport

SAFE TO DO

- Go for a walk
- Jogging
- Working in the home
- DIY in and around the home
- Reading
- Going for a drive
- Video calls
- Phone calls

Just some of those who are vulnerable that these measures could help:

Patients who are elderly, history of lung illness, cancer patients, immune suppressed patients, immune compromised and those with varying underlying conditions.



COVID-19 (coronavirus)

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*

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Types of Self-Care

The infographic is set against a red background and features five rounded square panels, each with a light blue background and a red border. The panels are arranged in two rows. The top row contains three panels: Physical (showing a person sleeping, a dumbbell, sneakers, and vegetables), Social (showing a hand holding a smartphone with a family photo), and Mental (showing a person sitting on a sofa watching TV). The bottom row contains two panels: Spiritual (showing a person meditating with candles and wavy lines) and Emotional (showing two people talking with a speech bubble containing various emotion icons). Each panel has its name written in a red box at the bottom.

Physical **Social** **Mental**

Spiritual **Emotional**

verywell

Adapted from verywell

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IF YOU'RE FEELING STRESSED OUT, TRY THESE 5 SELF CARE TIPS:



GET ENOUGH SLEEP

A minimum of 6 hours is necessary for most.



MAINTAIN A HEALTHY DIET

Try to eat more whole foods when possible, and skip the processed options when possible.



EXERCISE REGULARLY

Even if it's a walk around the block with your pet, you'll feel better.



IDENTIFY A SUPPORT SYSTEM

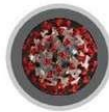
Whether it's a therapist, friend, or partner, having someone to process with is essential.



TAKE TIME FOR YOURSELF

Whether it's journaling, a hike, or a bath, giving yourself time to decompress is essential.







WHETHER IT'S A BUSY SCHEDULE, A CHAOTIC ENVIRONMENT, OR A BIG DEADLINE, USING THESE TIPS CONSISTENTLY CAN HELP YOU KEEP CALM AND FOCUSED.



Coronavirus (COVID-19) Quick Reference Guide

CustomGuide
Interactive Training

Free Quick References
Visit ref.customguide.com

About Coronavirus	Prevention	Symptoms
<p>What is Coronavirus COVID-19? A respiratory illness that can spread from person-to-person; first detected in Wuhan, China, but has now spread to most countries in the world.</p> <p>What are severe complications? Some patients have pneumonia, multi-organ failure and in some cases death.</p> <p>How does COVID-19 spread?</p> <ul style="list-style-type: none"> • Person-to-person close contact (within 6 feet or 2 meters). • Through respiratory droplets when an infected person coughs. • Possibly by touching infected surfaces and then touching your face (eyes, nose, mouth). <p>Is there a vaccine? No, so far there is no vaccine.</p> <p>Who is at higher risk?</p> <ul style="list-style-type: none"> • Older adults (age 60 and older). • People with medical conditions: <ul style="list-style-type: none"> ◦ Heart disease ◦ Lung disease ◦ Diabetes • People who have been in close contact with a person infected with COVID-19. • People who have recently been in an area with increased risk of exposure; see CDC Travel Advisories. <p>Where can I find reliable info?</p>  <p>World Health Organization (WHO)</p>  <p>Center for Disease Control (CDC)</p>	<p>Clean your hands often</p> <ul style="list-style-type: none"> • Wash your hands often with soap and water for at least 20 seconds. • Use alcohol-based hand sanitizer if soap and water aren't available. • Avoid touching your face (eyes, nose, mouth) with unwashed hands. <p>Avoid close contact with:</p> <ul style="list-style-type: none"> • People who are sick. • People who might have been exposed to COVID-19. <p>Cover coughs and sneezes</p> <ul style="list-style-type: none"> • Cover your cough with a tissue or use the inside of your elbow.  <ul style="list-style-type: none"> • Throw used tissues in the trash. • Immediately wash your hands for at least 20 seconds with soap. <p>Stay home if you're sick</p> <ul style="list-style-type: none"> • Stay at home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation. • Separate yourself from other people and animals in your home. • Wear a facemask if you are sick. • Seek medical care if you show COVID-19 symptoms. <p>Clean surfaces daily</p> <ul style="list-style-type: none"> • Clean and disinfect counters, tabletops, toilets, phones, keyboards, and bedside tables. 	<p>Symptoms appear 2 to 14 days after exposure</p> <p>FEVER</p>  <p>Temperature at or above 100.4° F or 38° C</p> <p>COUGH</p>  <p>Dry Cough</p> <p>SHORTNESS OF BREATH</p>  <p>Shortness of Breath</p> <p>If You Suspect Infection</p> <ul style="list-style-type: none"> • Contact a doctor or healthcare provider immediately. • Stay at home and isolate yourself from others, to prevent further infection.