



# Feeling worried about COVID-19?



## Social media/news

- It can feel like the threat of COVID-19 is brought into our homes.
- The brain's **fear response** is being activated.
- **Limit** how often you check the news.
- Check information is from a **trusted** source.



## Changes to eating?

## Meal planning

- Make a **healthy balanced** meal plan for the week.
- **Keep track** of the food you are eating so not to over or under eat.
- Try **new recipes**.



## Behaviour changes?

## Interaction

- **Plan socialising** into your day, a call, text or video chat.
- Do a **virtual quiz** with friends.
- Do a **mindfulness** app at the same time as others.

## Socialising less?



## Uncomfortable feelings?

## Acknowledge your emotions

- **Notice** your feelings, explore their reasons.
- Develop **coping strategies**.
- Anxiety, worry and fear are **normal feelings** to be having.



## Reach out and talk

- Think of people who have **helped** in the past.
- **Talk** to someone in your house face to face.
- Call/text someone or video.



## Balance your thoughts

- Think of a situation and the thoughts you have.
- Write the thought down.
- Think of an **alternative** way to view/think about the situation.



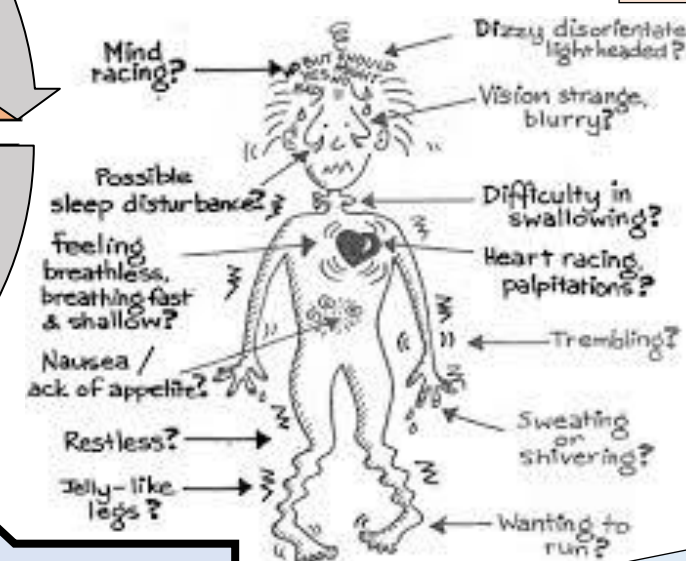
## Negative thinking?

## Emotions

## Thoughts

## Behaviour

## Physical sensations



## Noticing this in your body?

## Set an evening routine

- **Read** a book.
- Listen to **music**.
- Have a shower/bath.
- **Electronics off** half an hour before sleep.

## Exercise

- Go for a **walk**.
- Follow a **YouTube** exercise video.
- Make a **fitness** course.





# *Feeling worried about COVID-19?*

## References:

- BACP. (2020). Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak. Retrieved 6 April 2020, from <https://www.bacp.co.uk/news/news-from-bacp/2020/28-february-coronavirus-anxiety-how-to-cope-if-you-re-feeling-anxious-about-the-outbreak/>
- Creswell, C. and Willetts, L. (2019) Helping your child with Fears and Worries, A self-help guide for parents. Robinson; London.
- James, AC, James G, Cowdrey, FA, Soler, A, Choke, A. (2013) *Cognitive behavioural therapy for anxiety disorders in children and adolescents*. Cochrane Database of Systematic Reviews 2013, Issue 6.
- Johnstone, L. (2020). Why it's healthy to be afraid in a crisis. Retrieved 7 April 2020, from <https://www.theguardian.com/world/2020/mar/25/why-its-healthy-to-be-afraid-in-a-crisis>.
- Moukaddam & Shah (2020). Psychiatrists beware! The impact of COVID-19 and pandemics on mental health. Accessed 6 April 2020.
- World Health Organisation. Global research on coronavirus disease (COVID-19). [accessed online 22.04.2020] <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/global-research-on-novel-coronavirus-2019-ncov>