



# Every Mind Matters

## Information from the NHS

Are you or someone you know worried about coronavirus? You or someone you know could be lonely, anxious or stressed.

Here are 10 ways you can help to improve your mental health and wellbeing.

### **1. Stay connected with people**

Try phone calls, video calls and social media.

### **2. Talk about your worries**

It's okay to share your concerns, there are also plenty of helplines.

### **3. Support and help others**

It's important to do this in line with official coronavirus guidance to keep everyone safe.

### **4. Feel prepared**

Working through implications of staying home could help you feel more prepared and less concerned.

## 5. **Look after your body**

Try to eat healthy, well balanced meals, drink enough water and exercise regularly.

## 6. **Stick to the facts**

Find a credible coronavirus source you can trust – such as **gov.uk** or **nhs.uk**

## 7. **Stay on top of difficult feelings**

Try to focus on things you can control, such as your behaviour and who you speak to.

## 8. **Do things you enjoy**

Focusing on your favourite hobby, relaxing indoors or connecting with others can help with anxiety.

## 9. **Focus on the present**

Try to focus on the present, rather than worrying about the future.

## 10. **Look after your sleep**

Try to maintain regular sleeping patterns and keep up good sleep hygiene practices.

For more information, search **every mind matters**

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**