

Our Government are doing their best to protect us so it is also important to do what they say in order to stay safe. This will reduce the rate at which the virus spreads. Focussing on what you **CAN** do rather than what you can't is good at helping you feel more in control. These things include;

1. Staying at Home – do not leave your house unless it is you don't live with



essential – do not see friends or family



2. Wash your hands regularly – 20 seconds,

soap and water

3. Cough and Sneeze into a tissue and bin it (or if not into your clothes)



Other things you can do to help **DISTRACT** yourself are;



1. Keep a diary of your thoughts/events – the COVID-19 will make history and you will have a first hand account!

2. Stay away from the media – a lot of correct and will often make anxiety worse. Limit and make sure it is a trusted source e.g. BBC



information online will not be yourself to checking once a day

3. Make a list of fun things you can do during the period of 'lockdown'



4. Try and eat a healthy diet and stay hydrated



with plenty of water

5. Ensure you attend to self-care like taking a shower



and getting a good sleep

6. Make the most of 1 hour's exercise out of the house per day (run or cycle) – but you can only do this alone or with someone you live with



the house per day (run or cycle) – someone you live with

7. Stay in touch with family and friends virtually



8. Remember – this isn't forever, it will end eventually

