

Do what helps you feel a sense of safety. This will be different for everyone, and it's important not to compare yourself to others. **Make sure you separate when you are isolating based on potential for sickness, versus isolating because it's part of depression.**



Get outside in nature—even if you are avoiding crowds. Challenge yourself to **stay in the present**. Perhaps your worry is compounding your stress by not only thinking about what is currently happening, but also worrying about the future.

If you are stressed, anxious, feel low, or feel scared, talk to someone.

Mind <https://www.mind.org.uk/>

Samaritans <https://www.samaritans.org/>

The Blurt Foundation <https://www.blurtitout.org/>

Trauma Network UK <https://www.facebook.com/>

How to stay present



Set aside some time. You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and quiet space.

Observe the present moment as it is. The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: **we're aiming to pay attention to the present moment, without judgment.**

Notice where you are sat; notice what you are sat on; notice what you can hear; notice 5 distinct things that you can see; notice what you are wearing and gently feel the fabric (s) and note how this feels and what you prefer; if you have some hand cream or shower gel have a smell of this and just notice how this smells.

Let your judgments roll by. Return to observing the present moment as it is. Our minds often get carried away in thought. Mindfulness is the practice of returning, again and again, to the present moment.

Be kind to your wandering mind. Don't judge yourself for whatever thoughts crop up, just practice recognising when your mind has wandered off, and gently bring it back.

It's often been said that it's very simple, but it's not necessarily easy. The work is to just keep doing it. Results will follow.

Self help guide for anxiety and low mood in times of stress

Adults

MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

"An easy calming tool to start using right now is to breathe, through your nose, not your mouth, and not "deeply", but gently and just enough breath to let your body know that there is nothing stressful happening right now. Taking in more air than we need can make us more stressed. When we are calm, we need less air. When we are getting ready to run or fight, we need more air."
After <http://www.janeclapp.com/>

<https://www.thelakesmedicalpractice.co.uk/>
Tel: 01768 214 345
@lakesmedicalpenrith/

Humans generally love certainty and control. When things feel out of our control it can increase feelings of fear (this is normal and helpful because it can help us respond). What matters is how we respond to our reactions. If you are struggling, there are some things you can do to take care of your mental health in the face of uncertainty.

Stress, anxiety and low mood come about sometimes because of things going on around us, sometimes because of things that have happened to us a long time ago, sometimes because we are physically uncomfortable (I kid you not), sometimes all of these and more to boot!

Here are some common reactions you, or people you know, may be experiencing:

- Worry, anxiety, fear of unknown in general
- Financial concerns and fears
- Fears around your health or the health of your loved ones
- Feeling of being “on edge”- irritable, short with people
- Feeling low, hopeless, sad, “just don’t care”
- Feelings of being detached or that things feel surreal
- Wrestling with conflicting values – “do I visit my Gran?”
- Existential stress - thoughts and feelings related to “what is the point of my life”

Rule #1 – Its ok not to be ok

It can help to think about how our bodies are affected by stress and anxiety - these aren't just emotional states. To help with this think about your answer to the following question:

What would you rather do?

Run? Pilates? Weight Training?

Running raises the heart rate and some people feel the benefit of this—others don't like it at all – Dance in the house, star jumps in the lounge, run round the garden, run up and down the road.

Pilates supports a sense of calmness and grounding—again some people really like this—others find it intolerable – use Youtube to find a Pilates 30 minute video.

Weight training helps us feel the edges of our bodies which some people find really soothing, again its not for everyone: – Tins of beans lifted slowly and repetitively; simple body strengthening by lifting and lowering joints slowly to build resistance will help the sensation of muscle strengthening. Again this can also be accessed via Youtube.

Take care of your basic needs and **ensure rest, eat well, try to engage in physical activity, and stay in contact with other humans.**

Set time boundaries around scrolling through news feeds/ watching/listening to the news – e.g. once or twice a day for a limited period of time (Do you really need to know what is happening on a cruise ship you aren't on?). Avoid fake news and scaremongering - get the facts. www.gov.uk

Reach out for support when you need to – this can be to people directly, it can also be by using technology. Many are in a privileged position to have access to both telephone and facetime at your fingertips – use this.

Do some of what you enjoy? Chatting to others singing, gardening, sleeping, reading, singing, playing/ listening to music, meditating, dancing – even if you are at home and unwell try to do a little of what makes you feel good.

Reduce caffeinated drinks and too much sugar (too much will just make you feel yuk)



https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F189291990566599482%2F&psig=AOvVaw0DSdiK7Ny_BDGdjzHzzKHR&ust=1584531997875000&source=images&cd=vfe&ved=0CAIQJRxqFwoTCNChiOm3oegCFQAAAAAdAAAAABAc

Separate what is in your control from what is not. There are things you can do, and it's helpful to focus on those: Wash your hands. Remind others to wash theirs. Take your vitamins. Contact your work or union to ask about what you can expect from them when ill or self isolating or stressed.