



It is inevitable that we are all going to worry about Covid 19 and how it may affect us, our families and friends. However, worry, stress and anxiety take their toll on our immune systems and make us more vulnerable to illness. Here are some tips to help you stay calm: -

- **Take** advantage of the local helplines to share how you are feeling and share your needs
- **Keep** in touch with friends and family and have a chat
- **Stop** watching **every** news bulletin
- **Drink** lots of water – stay hydrated so you can think clearly
- **Eat** regularly – maintain your energy levels
- **Reduce** junk foods – sugars and fats can make you sluggish
- **Get** some fresh air every day to clear your head and lungs
- **Exercise** when you can for 10 -15 minutes each day
- **Avoid** excess caffeine intake – energy drinks and coffee can increase feelings of anxiety and agitation
- **Relax** in a hot bath and think of happy memories
- **Practice** deep breathing – increase the oxygen to your brain which helps you stay calm
- **Make** time to switch off – read, listen to music, watch a film
- **Get** plenty of sleep
- **Smile** - release endorphins, the feel-good hormones
- **Do** jigsaws, play board games with family whilst isolated
- **Play** virtual games online with friends
- **Find** a new hobby – crochet, knitting, calligraphy, painting
- **Keep** a journal of your thoughts and feelings to clear your head – better out than in
- **Plan** each day as far as you can, tasks and meals
- **Listen** to “Keep Calm and Carry on” CD – available from

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