

TIPS ON**MANAGING MENTAL WELLBEING**
DURING COVID-19

It is normal to feel more worried and anxious than usual as we are experiencing higher levels of uncertainty and a changing situation which is hard to control.

Limit exposure to media coverage

Seek out information from a reliable source, at specific times of the day on how to take practical steps to protect yourself and loved ones.

**Take care of your basic needs**

Schedule in breaks for food and keep well hydrated. Ensure rest and respite during work and between shifts. Pace yourself.

**Check in with each other**

Be supportive of others in the team. Assisting others in times of need can benefit both the person receiving the support and the helper. Also be aware of 'dramatic language' that might panic others.

**Stay connected with loved ones**

Ensure this is done in a safe way and include digital methods if need be such as texting or video calling.

**Make time for 'mood lifters' in your day**

Having small activities to look forward to can help lift your mood and give you a sense of achievement.

**Stop and take a mindful breath**

If you find yourself anxious or overwhelmed, regulate or slow your breathing by taking a 'mindful breath' to help anchor you and bring yourself back to the present moment.

