

COVID-19: Looking after your mental wellbeing

Feeling anxious and stressed in this exceptional situation is normal but there are lots of things we can do to help promote positive wellbeing and manage any stress or anxiety we are feeling.



Limit the time you spend reading the news/social media

- Ensure you have a break from social media
- Stay informed by sticking to trusted sources of information e.g. government and NHS websites.

Stay active - even if it's only a few minutes of exercise a day!

This is important not just for physical but mental health as well, helping you to manage your stress levels.



Take regular breaks away from your clinical/work area

This gives you a chance to take a breather, replenish your energy levels and have a much needed mental break.

Prioritise sleep

It is essential you get the rest you need to replenish your energy levels and help you perform at your best.



Eat a balanced diet and keep hydrated

Try to avoid unhelpful coping strategies such as excessive caffeine, energy drinks and nicotine.

Make time for things you enjoy doing outside of work

This will help provide a welcome distraction. There are lots of different ways that you can relax, take notice of the present moment and use your creative side.



Keep talking

Good relationships are so important and we all need support from those around us, so keep talking to your friends/colleagues about how you are feeling.

Give to others

Small acts of kindness e.g. saying thank you, asking how someone is makes a difference to how you and others around you feel.

