



Cheshire and Wirral
Partnership
NHS Foundation Trust

Look after your mental
health while you are
staying home

COVID-19

**THIS IS TEMPORARY AND
THERE ARE BRIGHTER DAYS**

Helping people to be
the best they can be

We all respond to stress, anxiety, fear and isolation in different ways, this is especially true in the current worrying and uncertain climate we are facing with COVID-19. Please know you are not alone in dealing with these worries, many of your family, friends and colleagues will be feeling the same way right now. **The key thing to remember is that these reactions and feelings are normal in times of difficulty and abnormal situations.**

Isolation especially can cause practical day to day difficulties which in turn can cause feelings of frustration or lead you to feel lower in mood. For most people symptoms are minimal and will likely pass in the weeks following a return to normal activities. It is important to remember these feelings will pass.

Rumour and speculation can fuel anxiety so having access to quality reliable information is really important and can help you feel more in control. Check out www.nhs.uk and www.gov.uk.



Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.



Coronavirus

Things I can control - I will focus on these



Spending my time doing what i enjoy



Delivering random acts of kindness



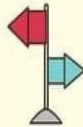
How much time I spend on Social Media



Social Distancing



How much news I read or watch



The decisions I make



How I speak to others and myself



Washing my hands

Things I can't control - I will let go of these



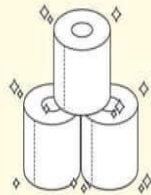
What others do



How long this will last



How others feel



How others react



Other People's thoughts and Ideas



What the Government does



Who becomes unwell or not



What is available in the shops

Instead of focusing on the things you cannot control try to focus on the things you can control. There are many things you can do to help yourself feel better and it is important that you use the time in positive ways to support and manage your wellbeing.

We have included some tips in this leaflet that we hope will help you and your family to look after your mental health at a time when there is so much discussion of potential threats to our physical health.



Create a daily **routine** that prioritises looking after yourself, regular routines are essential for our identity, self-confidence and purpose. Write it down, test it and if it works stick to it. Divide your day up into exercise, cleaning, meals, hobbies and rest. This is especially important if you have children at home. Try and view this as a new if unusual experience, that might have its benefits .

Keep in regular contact with your loved ones and people you would usually see in person, especially if you live on your own. Some ways to do this are by telephone, texts, video calls, e-mail, social media, videos or even letters. Get creative and arrange to watch a film together or even share a cup of tea over a video call.



Exercise is a way to reduce stress, increase energy levels and help us get a better nights sleep. This will not only break up your day but keep you healthy too. If you are able to go outside, consider walking or gardening. If you are staying at home, find fun exercises online that all the family can do, YouTube has some really fun and interactive videos you can do from your living room.



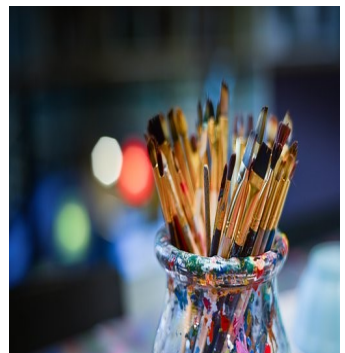
Feeling anxious or worried can make it harder to get a good night's **sleep**. Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough. Try to maintain regular sleeping patterns, avoid screens before bed, cut back on caffeine and create a restful environment. The [Every Mind Matters sleep page](#) provides practical advice on how to improve your sleep.

Eating regularly and keeping your blood sugar stable can help your mood and energy levels. Check out new recipes online and take time to prepare healthy, well-balanced meals. Drink water regularly. Drinking enough water is important for your mental and physical health.




Talk to your **children** with schools closing many children's lives have been turned upside down by Covid-19 and it is important that we try to minimise the negative impact it has on them. Help your children find positive ways to express feelings such as fear and sadness. Get creative and get them to draw, paint or act out their feelings.

Make time in your routine for activities that you enjoy doing and find relaxing/distracting. Whether it be baking, painting, listening to music or playing an instrument. Learn something new that you have always wanted to do but never had the time to do before. Lots of colleges across the country are offering free online courses.



Try a relaxation technique - Mindfulness is a tool that when applied and practiced can help reduce the feelings of stress, anxiety and fatigue. Check out our new [YouTube](#) channel for exercises that can help you during this difficult time. Sometimes all it takes to relax is focusing on your breathing.



Sit comfortably with your feet on the floor

Close your eyes and take a moment

Observe the thoughts that are circling round your mind

Identify this as a mental process

Identify the tensions in your body and actively relax them

Accept the emotions you are feeling

**MINDFUL
MOMENT**

CORONAVIRUS
PROTECT YOURSELF & OTHERS

[NHS.UK/coronavirus](https://www.nhs.uk/coronavirus)
[GOV.UK/coronavirus](https://www.gov.uk/coronavirus)

NHS

Cheshire and Wirral
Partnership
NHS Foundation Trust

**New 24/7 mental health helpline
for urgent support, for residents of
Cheshire West, Cheshire East and
Wirral:**

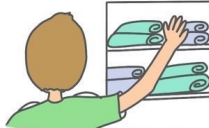
0300 303 3972

For people of all ages - you are not alone.

Come together to make things better



Spend quality time with loved ones



Go help each other - no matter how small it is



Ask: are you OK?



Be kind to each other: things are unclear



Savour the small moments together



Ask: How can I help you?



Keep calm: take 5 deep breaths before you speak



Be mindful of what you talk about: keep positive



Create your own team mantra: "We are not alone"



Take it one step and day at a time



Bring something into work every day eg biscuits to share



Finish the day at work by checking in "How was your day"



Share what went well - spread it wide + far



Spread kindness - it helps people power through



Speak up: ask questions when you are not sure



Focus on your hands while you wash them - mindfulness



Things are moving + changing fast. Be patient + adapt



Become more virtual - you really aren't alone!



Buy Sensibly - please think of others



Step outside. Stand still for a few moments

RESOURCES AND SUPPORT AVAILABLE FOR YOU

[Cheshire East People Helping People](#) – Cheshire East Council Support for vulnerable people

[Dedicated helpline](#) - Cheshire West and Chester Council Support for vulnerable people

[NHS 111 online - About coronavirus \(COVID-19\)](#)

[Coronavirus \(COVID-19\): what you need to do - GOV.UK](#)

[Resources - Oxford Mindfulness Centre](#)

[Free Resources - Free Mindfulness](#)

[IRWC Cheshire & Wirral NHS Foundation Trust - YouTube](#)

[Welcome to CWP | CWP](#)

[Exercise - NHS](#)

[Getselfhelp.co.uk CBT self help and therapy resources](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

[Every Mind Matters | One You](#)

[Coronavirus: we are here for you | Mind, the mental health charity - help for mental health problems | Mind, the mental health charity - help for mental health problems](#)

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