

## Coronavirus – Tips to support mental health & wellbeing – 5<sup>th</sup> May 2020

We find ourselves in week 7 of social distancing, isolation and shielding. Such common words in our vocabulary now! It seemed a good time to publish an article that pulls in some of the key points from the past 6 weeks of focusing on mental health and wellbeing and summarise them here.

### Keep informed with trusted facts:

#### Data, news and statistics continue to flood in from every angle, 24x7, 7 days a week

You can control: How often you listen/access information:

- Stick to a specific window of time in the day when you purposely look at a trusted news source – and switch off all other times
- Avoid checking news sources right before bed time, they will lay heavy on your mind
- Break away from technology when you can; mute or power off devices for an hour a day

You can control: Where you get your information from:

- Social media is not a reliable source of information
- Select news from *reputable and trusted sources*, for example
  - Public Health England <https://www.gov.uk/government/organisations/public-health-england>
  - NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>
  - Government <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

### Managing anxiety, fear or worry:

#### It's ok not to feel ok

- There are lots of things for people to worry about right now, these feelings can cause physical symptoms like upset tummies, headaches, nausea, sleeplessness, lack of appetite and low mood.
- Try to put worries into two categories – what you **can** control and what you **can't**. Put actions I place for the 'can'; let go of the 'can't'. Have a look at our CHIMP page for more ideas and tools to help <https://www.clairehouse.org.uk/chimp/>

### Supporting children, young people or vulnerable adults

#### Explaining and sharing information safely without being scary

- Be aware of what young or vulnerable people are accessing on the internet
- Use social stories to help explain what is happening => <https://www.lgfl.net/covid19socialstories>
- This Coronavirus comic has some useful information in easy to read format <https://www.clairehouse.org.uk/wp-content/uploads/2020/04/Exploring-the-new-Coronavirus-Comic.pdf>
- Give information in bite-size portions, answer *specific* questions
- Please call us, we can help with advice, reassurance and resources

## Conflict in the family home

### Taking the energy out arguments, keeping a united household

- Expect that it's going to be a stressful time and consider how you want to react to this
- Look and listen in a purposeful way for signs of tension or unrest in family members
- Act kindly and proactively to manage feelings or thoughts with tools, strategies & awareness
- Find the fun

## Where has the weekend gone?

### The days all roll into one, nothing feels much like a rest or a break

- Many people have signals or cues that connect us to a transition from the week to the weekend (or other rest days); that's very different right now.
- Be creative about how you transform your pre-lockdown activities into a reality now
- You may need to be very disciplined with yourself or your family to **make sure** you do something different on your rest days/weekend
- Have a read of the 'Where has the weekend gone?' article, there are lots of ideas in there of how to structure your week

If you want more details on any of the above, have a look here <https://www.clairehouse.org.uk/support-and-advice/family-support/> where the full articles are all posted. Look after yourselves, keep safe and well. Tash, Catherine, Rach, Frankie and Sarah x