

## 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**