**Managing Mental Health with CORONA virus and Social distancing measures**

* Anxiety is a normal response to the current situation
* **Talk** about your feelings, call friends and keep connected: Skype, what’s app, facetime
* Have a virtual coffee break or cup of tea with friends or family
* Have a **routine** even if confined to home with stable getting up and going to bed times
* **Plan your day:** try to find something new to do everyday
* Cook or bake something new <https://www.youtube.com/watch?v=2AASWHAu13A>
* Do some active housework or tidying
* Read a book or try an audiobook <https://www.onfife.com/libraries-archives/online-resources/ebooks-eaudiobooks-and-digital-magazines>
* Colour in or try another new craft or DIY. There are lots of youtube videos

<https://www.youtube.com/> which can teach new skills. What have you always wanted to do or learn?

* **EXERCISE!** There are lots of home work outs. Here a few suggestions:
* Kids: 9am Mon-Fri Joe Wicks PE Lessons <https://www.youtube.com/user/thebodycoach1>
* seniors: seated yoga <https://www.youtube.com/watch?v=-Ts01MC2mIo>
* Limit the amount of time watching the news, or searching Twitter or facebook
* **Breathe**, try a modified yoga breathing technique for 1minute at least 3 times a day; when waking up, if feeling stressed through the day and before bed <https://drchatterjee.com/5-breathing-techniques-help-reduce-stress/>
* **Laugh**; watch some comedy, a good movie or TV show
* **Sing or Dance**; Listen to music, happy tunes, tunes that remind you of good times
* **Be Kind, Help others**; Do something for someone else. A phonecall, write a letter. Thinking about others and helping others can give you a sense of purpose and wellbeing
* Try some mindfulness or relaxation especially before bed. <https://www.moodcafe.co.uk/download-relaxation-exercises.aspx>
* Put your phone outside the bedroom and switch off all notifications
* **Sleep**: work on best sleep hygiene <https://www.moodjuice.scot.nhs.uk/SleepProblems.asp>
* **Eat**: **make time for meals. Consider eating with others over** Skype, what’s app or facetime
* **Avoid using alcohol, cigarettes or drugs to cope with stress**
* Keep a gratitude & happiness diary – **write 3 positives things every day**

**Still need more help?** **Access a free mental health course through recovery college online on Coping with the Corona virus pandemic**

<https://lms.recoverycollegeonline.co.uk/course/view.php?id=373>

<https://www.accesstherapiesfife.scot.nhs.uk/coronavirus-step-on-stress/>

[www.moodcafe.co.uk](http://www.moodcafe.co.uk) **Lots of extra resources from Fife psychology** NHS Inform 111 also have a mental health Hub and can offer support

**Here are some additional useful contacts & phone numbers:**

**Breathing Space 0800 83 85 87 (Mon-Fri 6pm-2am & Fri 6pm Mon 6am)** [www.breathingspace.scot](http://www.breathingspace.scot)

**Samaritans 116 123**  [www.samaritans.org](http://www.samaritans.org)

**Mind UK 0300 123 3393 text 86463** [www.mind.org.uk](http://www.mind.org.uk)

[www.moodcafe.co.uk](http://www.moodcafe.co.uk) **Lots of extra resources from Fife psychology**

**Here are some other useful links with more advice and tips:**

**Adults:**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.rcpsych.ac.uk/about-us/responding-to-covid-19/covid-19-and-mental-health>

**PODCAST (adults);** Corona Virus and Well being

<https://drchatterjee.com/coronavirus-special-how-to-manage-anxiety-in-the-face-of-a-global-pandemic/>

**POD CAST from a Manchester GP, who writes on well being**

For teenagers and adults;

<https://www.bbc.co.uk/news/health-51873799>

For teenagers;

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#>

Talking to children about coronavirus and supporting children who are worried; <https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus>

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2>

From CALL Scotland for children and young people with communication difficulties; <https://praacticalaac.org/praactical/praactical-resources-dealing-with-the-covid-19-pandemic/>

Things you can do to help clear your head;

<https://clearyourhead.scot>