

TIPS FOR HEALTH ANXIETY AND UNCERTAINTY



Invest time in the things you enjoy

Grounding yourself in the things you enjoy doing when routine disappears can be really beneficial. **Take time** to invest more in your passions or special interests and the things that you enjoy. This could be **reading or researching** more about your special interest, partaking in your special interest or **talking to others** about it. **Don't feel you have to be productive** when you feel overly anxious or uncertain.



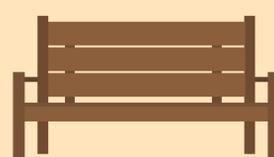
Turn off the news

If news is causing too much distress then **limit your exposure** to it and practice self-care and distraction techniques. Instead of checking the news at repeated times of day choose a **specific time of day** and a reputable news source to access your news. If that is too much, choose a person you trust to check the news for you and relay important information.



Create your own structure

If you're spending more time at home or have more **unstructured** time to manage, try not to get overwhelmed. **Build a structure** into your day that you manage. Use timetabling and **calendar apps** to choose your priorities. Remember to build in time for important things like **eating, drinking** and **self-care** by portioning your day into set activities. If planning a whole day is too overwhelming plan for '**Now**' and '**Next**'.



Change your scenery

If you can take some time to be **outside**, either for a **walk** or **fresh air** then please do! Getting a small **change of scene** while **keeping safe** can support mental wellbeing. Even if you can't get out of the house for a change of space to exercise there are still ways to exercise while staying at home (if you have the space!).



Keep in contact in different ways

It can be difficult to manage losing the plans you were looking forward to as things get **cancelled** or **delayed**. In some of these cases you might still be able to **digitally connect** with those you were going to meet or your original plan may have been moved to a date a bit **further in the future**. Even when plans change we can still **keep in contact** with our friends and family using **technology**. If you're **struggling with loneliness** and isolation make a point of **chatting to those you're close to**, arrange a recurring time to chat and remember to **check in on others**.

If you're struggling with your mental health reach out to those around you, healthcare or support charities:

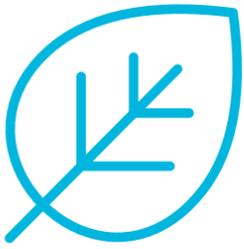
[Mind](#) - The mental health charity for all ages

[Young Minds](#) - for those up to 25

[The Mix](#) - mental health support and resources for those up to 25

[Samaritans](#), [CALM](#) and [Shout](#) - for support in crisis

MENTAL WELLBEING DURING CHANGE

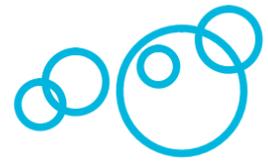


FRESH AIR

Getting out and going for a walk, staying a safe distance from others or doing so at a time when others aren't around can help when it feels like home is too much to cope with.

SELF-CARE

While we're adjusting to washing our hands more often and with harsher (more alcohol) than they're used to we still need to take care of ourselves. Whether its food, face masks or set relaxing time.



CHORES AND TO-DO LIST

Infographics are visual representations of data, making complex info easier to share and digest. When making your own, simply organize your images, charts, and text. Finally, cite your sources.

LIST THE POSITIVES

It can be difficult to focus on the positives when you feel surrounded by negatives. Identifying positives in each day can support you when things feel worse and reshape thinking.



FIND BALANCE

News and social media can be really useful, in moderation. If you start to notice negative thoughts when keeping up with everything that's the time to step away and distract elsewhere.

STAY CONNECTED

Don't struggle through worries alone, reach out to others to check on them and to build and maintain your support network. It might be digital or in-person, whatever works for you!



AS ALWAYS REACH OUT IF YOU ARE IN CRISIS TO FAMILY, FRIENDS OR CRISIS HELPLINES