

## **Tips for managing anxiety and/or social isolation**

### **For You**

- Limit the amount of time you spend looking at news footage/social media about the coronavirus e.g. allocate times each day to check the news
- Stay connected to friends/family through texts/calls/internet
- Try to stick to a routine: it can help to draw out a plan for the week – first put in all essential tasks, then schedule a mixture of chores and enjoyable activities to fill your days
- Try to focus on what you can control and plan
- Talk to someone about how you are feeling, or if that feels too difficult try writing things down
- Find a way to stay connected to hobbies and interests, even if you cannot physically do them

### **Useful Numbers:**

Samaritans – 116 123 (Freephone)  
Mind Mental Health – 0300 561 0000  
'Shout' text service – text 85258

### **For Kids**

- Reassure them that they are safe
- Let them talk about their worries and ask you questions
- Share your coping skills with them
- Limit their exposure to the news
- Create a routine/structure for them
- Try to support them to maintain contact with friends and family
- If children are home from school, try to balance time between education and play/fun
- Try to stay connected to other parents and share ideas/resources
- Check online for free resources for kids entertainment/education

### **Focus on the here-and-now**

Notice:

- 5** things that you can see
- 4** things that you can hear
- 3** things that you can touch
- 2** things that you can smell
- 1** thing that you can taste

Also check out:  
Headspace/CALM/Insight Timer  
Apps

[www.freemindfulness.org](http://www.freemindfulness.org)

### **Alphabet Distraction**

Choose a subject e.g. place names, football, Harry Potter.

Work through the alphabet from A-Z trying to think of as many words on that subject as you can for each letter.

If you get stuck on one letter, just move on

You can do this on your own, in your head, or out loud as a game with others