



# 5 ways to support your own well-being during COVID-19

You may be experiencing a great deal of worry and uncertainty, it might feel difficult or stressful at times, and this is ok. Here are some important ways we can all take care of our well-being:

## Connect



Keep in touch with friends or loved ones in ways you can, such as by phone.

## Acknowledge Feelings



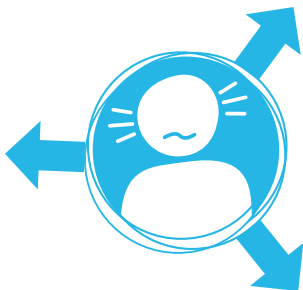
Gently notice and acknowledge your thoughts and feelings, trying not to be judgemental. We are often hard on ourselves which makes us feel worse, not better.

## Be kind to yourself



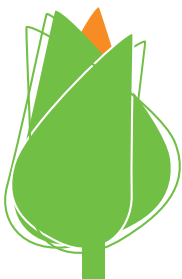
Show yourself the same kindness you would to a good friend.

## Share your worries



Talk to a member of staff that you feel comfortable with. They might be not able to fix things, but it can help us to feel less alone.

## Notice pleasant things



Try to notice what is ok or pleasant about this moment, perhaps you can notice what you feel grateful for. It can help boost our well-being even in tough times.