

## Supporting our emotional well-being during coronavirus

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The coronavirus pandemic is bringing uncertainty and great worry into many of our lives. We are being asked to stay at home and may find ourselves feeling isolated or anxious. We might be worried about the impact on ourselves or family members, and you might already have been having a tough time with managing your health or other stressful situations.

It is important for you to find a way of taking care in a way that works best for you. Here are some ideas about that might be helpful during this difficult time:

- Acknowledge our thoughts and feelings, without judging them
- Be kind to ourselves when things are tough, try to offer the same kindness we would with a dear friend
- Take a pause when we feel overwhelmed, ask ourselves what we need to take care
- Focus on the things that we can control, including what we can do support ourselves and others
- Keep or create new daily routines
- Exercise or move our bodies in whatever way if possible for us, following the guidance on social distancing or isolation
- Focus on something enjoyable, bearing in mind we might need to find something new or different
- Stay connected to people who are important to us, keeping in touch using phone or video
- Limit how often we read the media coverage, so that this doesn't become overwhelming
- Avoid coping strategies that might have unhelpful consequences, such as drinking, drugs or smoking

If you are feeling unable to cope or to keep yourself safe, please seek help by contacting Samaritans (116 213), First Response (01274 221181) or ring 999 if you are unsafe.

For more information and resources please visit:

[www.bradfordhospitals.nhs.uk/psychology](http://www.bradfordhospitals.nhs.uk/psychology)

[www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips](http://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips)