

# Coronavirus and my mental health



This is a booklet about how to look after your mental health during the Coronavirus outbreak.



A lot of people are talking about something called Coronavirus.

They may also call it COVID 19.



Coronavirus is like the flu.

Or a very bad cold.



When bad things happen in the news it is normal to feel scared, worried or anxious.



It is normal to feel confused.



It is normal to feel sad or upset.



It is normal to feel angry.



When bad things happen in the news it is normal to have worries.



It is normal to think why did Coronavirus happen?



It is normal to think will I get Coronavirus?



It is normal to think will someone I know get Coronavirus?



Here are some tips to help you feel better.



Do something you enjoy every day.



Plan some activities you can do at home.

You could: watch movies, cook, play board games, or surf the internet.



Keep in touch with people.

Send them a text message, talk to them on social media or give them a call.



Do something relaxing every day.

You could: try deep breathing, listening to relaxing music or playing with a pet.



Talk to someone that you like and trust.

This might be a good friend or family member



Don't spend too much time watching the news.



Do some exercise every day.



Get enough sleep.



If you are feeling well go outside every day.

You could sit in the garden or go to the park.



Do not use alcohol, cigarettes or drugs to help you feel better.



Coronavirus will go away.



The people who are supporting you will keep you safe.