

# Top Tips for Managing Anxiety During Covid-19 Pandemic

## Self-Care

Introduce activities and allocated times to help you relax and reduce any anxiety or worry. This might be a home workout, having a bath, cooking, cleaning, organising areas of your house, watching TV, DIY projects, or anything that you enjoy and find pleasure in!

## Routine

We are all used to routine, be that going to work or school or getting up at particular times. If you are now working from home, in self-isolation or homeschooling children, try and create a routine or plan. Allow yourself rest breaks, keep a lunch break, and be more flexible in putting in activities like watching TV and doing household activities.

## Social Media

For some social media is highly important in keeping connected and in touch with family, friends and vulnerable people. But it can also be a source escalating your worry. Consider whether it might be better to reduce social media use, perhaps by time (10 minutes at a time) or only at certain times of the day (when taking work/school breaks).

## Time and Space

Give yourself a space to worry: it is natural and normal to worry, particularly in times of crisis. However it is important to manage your worry so that it doesn't overwhelm you or consume your thoughts. You could consider planning small time frames where you allow yourself to worry, or use a form of expression (e.g. writing, art or talking) to let out these thoughts. Giving yourself a space to allow this can help contain worry so that it does not feel all consuming all of the time.

## Exercise

Exercise helps to manage anxiety and releases some of the anxious energy in the body. YouTube has loads of workouts you can do at home, try the body coach, search for home workouts, home yoga or any home alternative to the exercise you enjoy outdoors!

## Support

If you have existing mental health support reach out to your network or professional if you have one. If these feelings are new reach out to people that you find supportive. Many people are feeling the same way and it will help you to feel less alone. If you don't feel that you have support you can check SHOUT website [giveusashout.org](http://giveusashout.org) and text SHOUT for free support.

