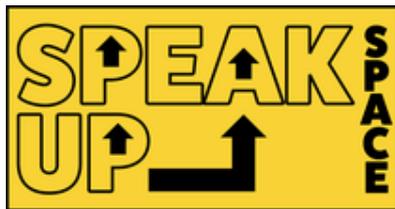


## Mental Health and Well-being

*Hi everyone,*

*We hope that you are all well and maintaining your mental health and well-being whilst following the Government's advice to stay at home and stay away from others.*

*Here is some information about how to access support via Speak Up Space and some top tips to help you during lockdown.*



Online support is available from North Staffs Mind Speak up Space [www.speakupspace.co.uk](http://www.speakupspace.co.uk). You can talk on-line about anything and they can listen, try to help you understand how you feel, find coping strategies and offer support. The website also contains lots of advice on the following, including:

- Anger
- Relationships
- Anxiety
- Self harm

There are self help videos too, including:

- Anxiety
- Breathing exercises
- General mental health
- Panic attacks

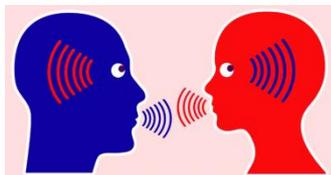
**Here are some ways you can help improve your mental health and well-being if you are worried or anxious about the Coronavirus outbreak:**



## Stay connected with people

Maintaining healthy relationships with people we trust is important for our mental health and well-being. Think about how you can stay in touch with friends and family while needing to stay at home.

You can use phone calls, video calls or social media instead of meeting in person - whether it's with people you normally see often or connecting with old friends.



## Talk about your worries

It's normal to feel worried, scared or helpless about the current situation. Remember, it is OK to share your concerns with others you trust - and doing so may help

them too (being kind makes you feel better).



## Support and help others

Helping someone else can benefit you as well as them, so try to be a little more understanding of other people's concerns, worries or behaviours at this time.

Try to think of things you can do to help those around you. Is there a friend or family member nearby you could message?



## Look after your body

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. You can leave your house, alone or with members of your household, for 1 form of exercise a day - like a

walk, run or bike ride. Make sure you keep a safe 2-metre distance from others but don't arrange to meet people.



### **Stay on top of difficult feelings**

Concern about the Coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their daily life. Try to focus on the things you can control, such as your behaviour, who you speak to, and how often you look

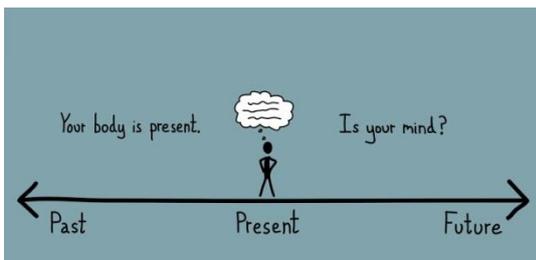
at news items that only increase your anxiety.



### **Try to do the things you enjoy**

Often when we are feeling worried, anxious or low, we stop doing things we usually enjoy. Focusing on your favourite hobby, relaxing indoors or connecting with others using technology can help with anxious thoughts and feelings.

If you cannot do the things you normally enjoy because you are staying at home, think about how you could adapt them, or try something new.



### **Focus on the present**

Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our well-being, relaxation techniques can also help some people deal with feelings of anxiety,

or you could try a mindful breathing video.

*We hope that some of these things help you during this difficult time.*