

# Self care during COVID-19



1 Feeling anxious or stressed at a time like this is completely normal



2 Managing your stress and mental health is just as important at this time as managing your physical health



3 Only check for updates a couple of times a day. A constant stream of news may only trigger worry and panic. Visit only reliable sources and don't make assumptions



4 Stay connected with your loved ones. Consider digital methods such as telephone and video calling and widening social networking channels



5 Take care of your body: eat a healthy diet, exercise regularly and try to get plenty of sleep. Avoid alcohol, tobacco and drugs



6 Give yourself time - make sure you rest and unwind in your spare time. Try to continue doing things you enjoy where possible.