



Managing your own wellbeing during times of uncertainty

During times of uncertainty and with all the news and social media articles about the COVID 19 outbreak, rumours and speculation can cause us to feel stressed and anxious. So, we'd like to share a number of tips you might find helpful for supporting and managing your own mental health, and the wellbeing of those around you...

Keep informed, not overwhelmed

Look up reputable sources of information to avoid speculation, such as official government sites and healthcare updates. If the news becomes distressing, try and limit your news intake or only look at the news or updates at certain times of the day. Social media articles and comments are often fuelled with speculation and may cause you to worry. Try and limit social media forums and stick to the official sources of information for advice and updates.

Stay connected

Even though you may not be out and about and socialising in close proximity, ensure you stay in contact with friends and family. Remember, they may be worried too, so they may appreciate having reassurance from loved ones. Also, keep in regular contact with your work contacts checking in with them on a regular basis.

Look after your physical health

Eating well, being active and keeping hydrated can help ease feelings of stress or anxiety, and will help build up your immune system.

Follow the "APPLE" steps

This may help you (and others) deal with feelings of worry or anxiety:

Acknowledge – be aware of and acknowledge feelings of uncertainty/worry when they arise

Pause – do not act or react impulsively. Stop and breathe.

Pull back – take a step back and take stock of your thoughts. Thoughts are not fact, so do not let them overwhelm you.

Let go – let the negative thoughts or feelings pass and let them go

Explore – take stock of the present moment – your breathing, your surroundings. Let your mind shift its focus to something else, whether that was a task you were about to start, or someone you were about to call. Draw your attention to something you can control.

