

**Better
Health**

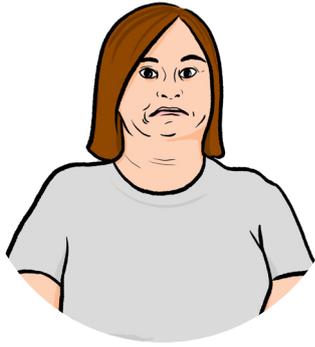
every mind
matters

NHS

Worried about Coronavirus?



easy
read



Are you, or someone you know, worried about coronavirus?



Here are 10 ways you can help to improve how you feel.



1. Keep in touch with people.

Phone people and use video calls.



Use social media like Facebook, Twitter and WhatsApp to keep in touch with people.



Social media are ways to share messages, pictures or videos online.



2. Talk about your worries

It's good to talk about your worries.



You could phone one of the helplines recommended by the NHS on this web page:

www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/



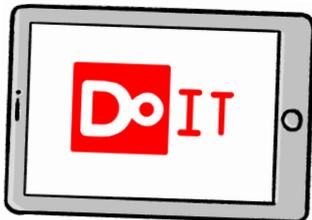
3. Support and help others

It's good to help other people. It will also help you to feel better.



You can find ways to help people by:

- Contacting your local council



- Going to Do-it: www.do-it.org



For more information visit:
www.gov.uk/coronavirus



4. Be prepared

Keep yourself safe from coronavirus by:

- Letting in plenty of fresh air



- Testing yourself regularly to check you don't have coronavirus



- Getting the vaccine - this is a jab to stop you getting very ill



- Wearing a face mask in public places



6. Get good information

Make sure you get your information from a place you can trust, like:



- The Government website:
www.gov.uk



- The NHS website:
www.nhs.uk



7. Focus on things you can do

If your feelings are difficult to deal with, try to think about the things you can control. Try to think about:



- Your own behaviour



- Who you can speak to



8. Do things you enjoy

If you are worried, it can help to do things you enjoy. It might be:



- Your favourite hobby



- Relaxing indoors



- Getting in touch with other people



9. Focus on what is happening now

It helps to think about what is happening now instead of worrying about the future.



10. Look after your sleep

Try to have regular times when you sleep.



Keep yourself clean and tidy.



For more information go to
Every Mind Matters at:

www.nhs.uk/every-mind-matters