

Coronavirus

COVID-19



Infographics

Information and images from: **NHS**

- Wellbeing -

Reference: NHS.uk. 2020. EveryMind Matters | OneYou.

Available at: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips>



TAKE CARE OF YOUR BODY

- Eat healthy meals
- Drink plenty of water
- Avoid smoking and drink alcohol in moderation

VOICE YOUR CONCERNS

It is OK to talk about your worries with those you trust - it may help them too



CREATE A NEW DAILY ROUTINE



- Create daily or weekly plans
- Set yourself goals



STAY CONNECTED

Reach out to your loved ones by phone or video call

DO NOT STAY GLUED TO THE NEWS



- Check the news once in the morning and once at night
- Use trustworthy sources such as GOV.UK or the NHS



SLEEP WELL

Good-quality sleep is important so try to maintain a regular sleeping pattern



STAY ACTIVE

Exercise regularly if you can e.g. go for a walk, run, or bike ride

SUPPORT OTHER PEOPLE



We're all in this together. If you know anyone self-isolating on their own, reach out and give them a call

LESS ANXIETY, MORE FUN



Try focusing on your favourite hobbies or pick up something new to learn

