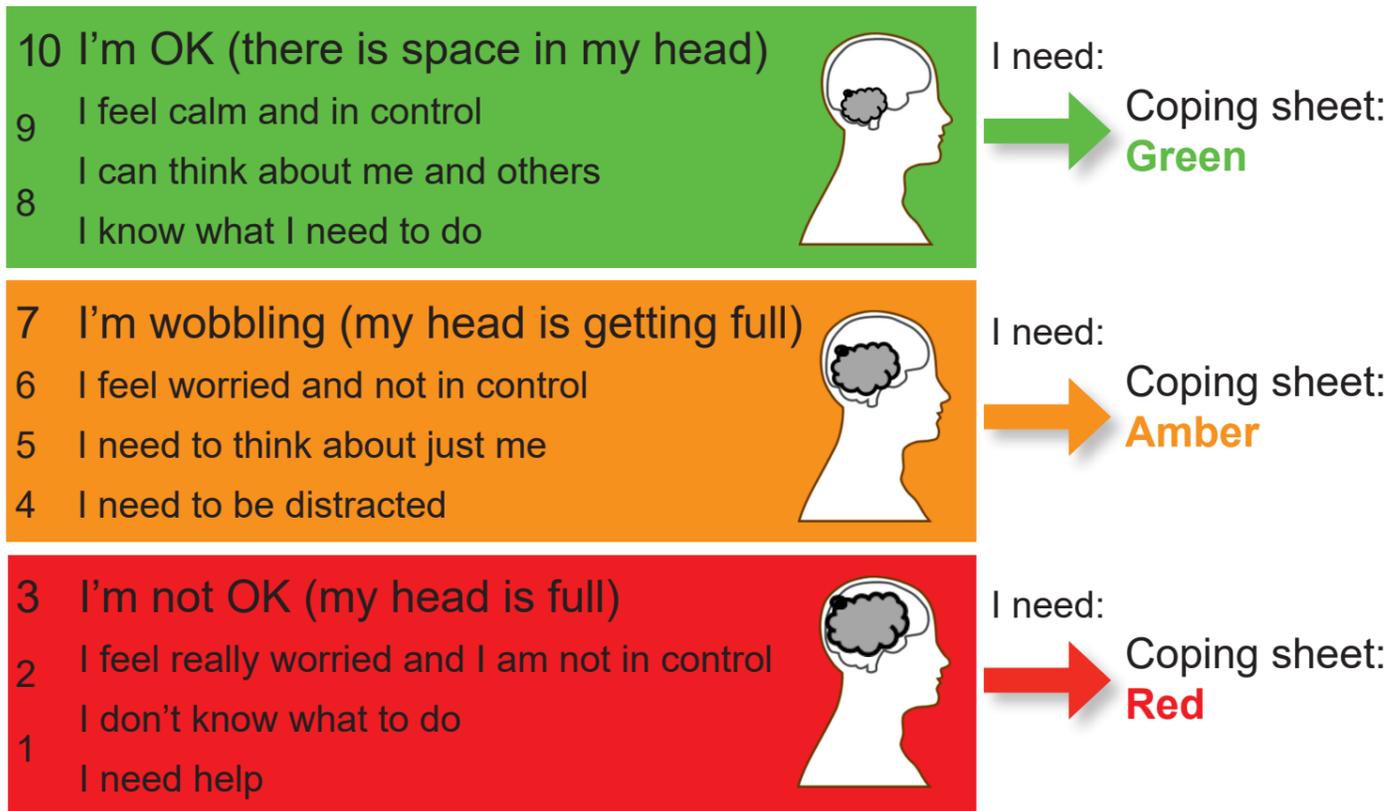


COVID-19: How do I feel and what do I need?



Coping sheet: **Green**

Sometimes we all feel OK and more in control. At these times we can do our best to use these feelings to reach out and support others as well as ourselves. We are all in this together. These are some things we can do to promote and maintain positive wellbeing:

- Limit the time you spend reading the news/social media** - stick to trusted sources of information eg. government and NHS websites
- Stay active** - important for both physical and mental health
- Take regular breaks away from your clinical/work area**
- Prioritise sleep** - get the rest you need to help you perform at your best
- Eat a balanced diet and keep hydrated** - try to avoid excessive caffeine, energy drinks and nicotine
- Make time for things you enjoy doing outside work**
- Keep talking** to your friends/colleagues about how you are feeling
- Give to others** - small acts of kindness make a difference to how you and others around you feel

Coping sheet: **Amber**

It is completely normal to be feeling worried. We are all in this together. Everyone will have times when they feel stressed and scared. Thinking or doing something different can help to distract us and take our mind off things. Here are some ideas for things that might help:

- Talk to others about how you are feeling (colleagues, psychology, staff counselling services)** - this will help you feel like you are taking control of your feelings
- Talk to others about something different** - this will help take your mind off things even for a short time
- Get outside even for 5 minutes if you can** - this will help you focus on the here and now
- Make a snack or a drink** - this will give you a task to focus on and something to enjoy at the end of it
- Put some music on** - choose music that makes you feel good
- Watch TV (not the news)** - this will help focus your mind on something else
- Read a book or magazine** - this will focus your mind and force you to sit down for a bit
- Connect with people: send a message to someone who you know will reply** - this will help you reach out and know you are not alone in your feelings

Coping sheet: **Red**

It is completely normal to sometimes feel overwhelmed and out of control. Everyone will have times when they feel so stressed and scared that they don't know what to do. At these times, it's important to focus on ourselves and seek help. We are all in this together. Overwhelming feelings will pass, but here are some things that may help in the meantime:

- Breathe: take three slow, long, deep breaths**- this will help to focus you in the moment
- Grounding: focus on one thing at a time around you that you can see, hear, smell, touch and taste** - this will help to focus you back into your immediate surroundings and distract you
- Try actively tensing and relaxing your muscles in turn, starting with the feet and working up towards your head**-this will help you to focus on controlling your body's reaction to the overwhelming feelings
- Tell someone how are feeling** - this will help you regain some control and know you are not alone in your feelings. People will help and support you.
- Close your eyes and concentrate on imagining a place where you have felt happy and relaxed** - this will distract you from the overwhelming feelings and calm your breath

Not all of these things will work for you. Try them out and see what works best.