



It's completely normal to feel worried about what's going on, let's be honest, most people are worried. **You're not alone.** Here are some things that can help.

There is an app for that!

Some apps that can support your wellbeing:

- For me (Childline app)
- Calm Harm- manage your urge to self harm
- Clear Fear- to help manage your anxiety
- Moodometer- interactive mood diary
- Calm- help reduce stress, anxiety and improve sleep

There are lots of other apps too, go to the site below for more ideas:

- healthyyoungmindspennine.nhs.uk/resource-centre/apps/

Five Steps to Wellbeing

Here are some things you can do even during Coronavirus:

- **Connect**- through phone calls or video calls with someone you know,
- **Be active**- take a walk around your local area, dance to your favourite music, or there are plenty of people on Instagram and YouTube offering keep fit activities for any ability.
- **Take notice** of your surroundings- you might spend a bit of time to de-clutter your home; or take time to notice things outside like- the birds, trees etc
- **Learn**- try to learn something each day. You could aim to learn a new word, read a book or blog, watch a TED talk
- **Give**- Send a message to someone you haven't spoken to for a while or put a note through an elderly neighbour's door just to say hello at a time when they are self-isolating and may be quite lonely.

Social Media

We all want to find information at this time to understand the situation better.

Be aware that there are many posts etc that use false or misleading information even when they say something like 'a friend who is a doctor says...'

So, make sure you get information from appropriate sources:

- BBC News/Sky News
- Public Health Wales
phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/
- NHS websites
www.nhs.uk/conditions/coronavirus-covid-19/
www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families
- Welsh Government website
gov.wales/coronavirus

Useful websites

Some useful websites to help improve your wellbeing at this challenging time:

- www.anxietyuk.org.uk/coronavirus-support-resources/
- www.ocduk.org/ocd-and-coronavirus-survival-tips/
- youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
- www.childline.org.uk/toolbox/calm-zone/



And Relax

We all have our own ways to relax, here are some simple home based ideas:

- Bake or try cooking a new recipe
- Play your favourite computer game
- Binge watch your favourite TV show
- Listen to your favourite music (and sing along!)
- Find a 10 minute yoga exercise on youtube
- Have a long bath

WELLBEING
DURING
CORONAVIRUS