Anxious? Scared? Feeling down? Here's 5 tips for looking after your mental health during the Coronavirus outbreak

We're hearing a lot about keeping ourselves and our communities healthy during the current outbreak and that's important. But we should spend time taking care of our mental health too. Being at home more, social activities being cancelled, constant news updates and social media; it can all leave us with negative feelings. There are things we can do to help:

1) **Take some time away from the news**
Try to limit news updates and social media use to certain times of the day. It is especially sensible to avoid these in the evenings when your mind should be preparing for relaxation and sleep

2) **Keep some routines**
Time might feel endless when you're at home all day. Having a routine of getting up at a similar time each day can help you sleep better at night. Having a shower and getting dressed can make you feel more motivated to start the day.

3) **Eat well**
Research suggests that eating regular meals and including healthy foods in your diet can help your mental health. It might feel tempting to drink more alcohol when you feel stressed, but this is likely to make you feel more down and anxious in the long term.

4) **Keep moving**
It might seem difficult to get exercise if you are isolating at home, especially if you don't have a garden. It is Ok to go outside to get some fresh air and exercise, just avoid crowded places and keep a safe distance from others.
If you can't get out, try to open doors and windows to get fresh air. You might also like to access some exercise routines on TV or online

5) **Talking Helps**
If you live alone, try to stay connected to friends and family through regular phone calls. Voicing worries or just sharing news can really help to reduce stress. If you are feeling isolated or lonely, consider reaching out to those in your local community for help (see below)

   More Resources:

- Help and **Befriending** service
  - https://www.thevoluntarynetwork.org/
  - Contact Nicky Padhiar on 01638 608049
  - nicky@thevoluntarynetwork.org

- **Newmarket Coronavirus Volunteer Network**
  - Find them on facebook.
  - They will soon be sending out flyers with more details on how to access help

- **Exercise resources**

- o 'The Green Goddess', Diana Moran: exercise classes on BBC Breakfast at 6.55am and 8.55am on Mondays, Wednesdays and Fridays.
  - o Lots more ideas here: https://www.nhs.uk/live-well/exercise/
  - o Yoga with Adriene (youtube)
  - o PE with Joe (every morning at 9am on youtube)
  - o Cozmic kids yoga (youtube)

- **Mental health resources and support**:
  - o https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak
  - o www.wellbeingnands.co.uk
  - o www.LLTTF4Suffolk.com
  - o www.suffolkmind.org.uk
  - o Apps for your phone: headspace, calm, insight timer
  - o Young people: www.kooth.com and www.thesource.me.uk