

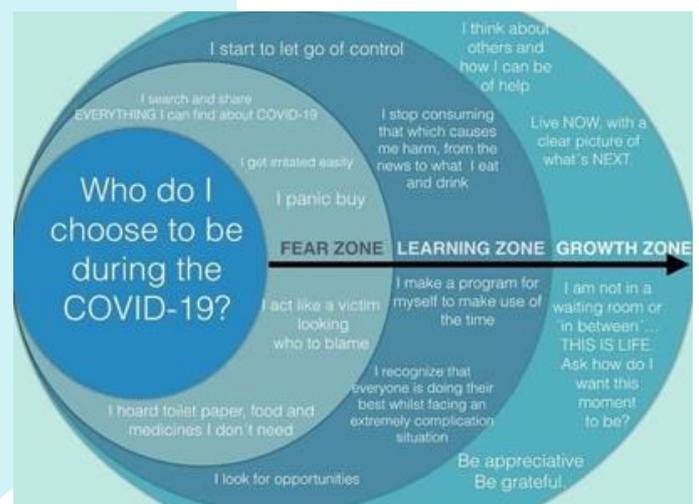
## Hints and tips for managing anxiety/worry during coronavirus 2020

There has been, and there will continue to be so much uncertainty about the future and what it holds for us. No one really knows what lies ahead. What we know is that humans have a tendency to try and find certainty by worrying.

It's helpful to remember at times like this, that there are still things within our control. You can decide if someone comes in your home or not, you can decide whether to watch the TV or read a book, you can decide whether you go for a walk or sit in the garden, listen to music or write. This is a different time and we need to adjust well to doing things differently to ensure we maintain good mental health and wellbeing.

### What can help:

- **ROUTINE** - the most helpful thing you can do for yourself at the moment is have a routine to your day. Try to follow it in a self-disciplined way. Resting and keeping yourself occupied are not polar opposites. Do things that you find relaxing or fun. What are you choosing to fill your time with? Is it helpful to you? If not, try something else. Whatever you choose, make sure it's worthwhile and has.
- **Going for a walk** - try somewhere new, a place you have not been before. There may be streets or local areas you've driven around, walk around them, look in the gardens, smell the flowers, hear the sounds
- **Check your breathing** – breathe in and out to the count of four, notice your stomach rise as you take a deeper breath, not just your chest rise. Doing this for 60 seconds will help you relax and allow you to feel you have some control over your body again
- **Look around you and use your senses** – 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and one thing you can taste. This will help to ground you in the present moment
- **Be sensitive** – accept and respect other people's opinions and feelings. Learn to treat differences of opinion as unimportant and build on points of agreement. Try not to control others, control yourself.
- **Be watchful of interpretations** – your approach to life and the way you interpret things is so important. The way you choose to see this situation matters, you can see that you are choosing to stay at home for the greater good. You are not then imprisoned in your home.
- **Look after your vulnerabilities** - avoid pessimistic conversations, arguments, gloomy looks, information overload, horror films or suspense films, and a messy house. Being at home can be hard to handle for some. Our emotions don't depend only on ourselves; they're also influenced by what we see, hear and touch.



## Stress Survival Ideas

Body	Mind	Soul
Healthy sleep	Talk about what's stressing you out with a friend/relative	Engage in positive or encouraging self talk
Move your body	Keep a journal	Practice saying 'no' more
Eat well	Prioritise your time, write lists of what needs to be done, and when	Take a break from social media or the news
Practice deep breathing	Break big tasks into small steps	Accept that stress is a normal part of life
Relax your muscles	Have a healthy routine	Try putting time aside for prayer or mindfulness
Take a nap if you need it	Ask for help when you need it	Let yourself rest if you feel you are heading towards burn out, do not push yourself too hard
Listen to calming music	Consider seeing a counsellor if it's all too much	Do a repetitive, meditative action – saying the Rosary, Taize chant, Gregorian chant

**Your mental health is as important as your physical health**

What are you choosing to focus your attention on?

Tend towards whatever you find that gives you peace & love...



Pressure from external sources will remove your focus of attention from what you are able to cope with and manage successfully.

Self-care is vital for you and your family. You cannot pour from an empty cup!

Look for things that help you remain positive, things or people who encourage you and help you thrive. Notice if you feel pulled in different directions and make decisions that are good for you.



**REMEMBER** - there are services out there that provide professional support. Face to face counselling for all ages is available at The Road Centre Ltd based in Chester le Street and Newcastle upon Tyne. Contact: 0191 3891188 or email: [info@theroadcentre.com](mailto:info@theroadcentre.com)

In addition to this, the Diocesan Listening Services are available in Newcastle on: 0191 2326953 or in Northumberland on: 07732980740. These are manned by professional counsellors who offer counselling free of charge. Don't suffer alone, there are people trained and available to help.