



How are you feeling?

People are telling us that they feel: Worried. Anxious. Afraid. Depressed. Lonely. Angry. Disappointed. Excited. Relieved. Stressed. Overwhelmed. Guilty. Frustrated. Ok...

All feelings are ok! People can react differently when big things happen. This is such an unusual event- all reactions and emotions are normal and ok. Try to accept your own and others' feelings.

How can I help my children?

- **Take time to talk** and listen. Be led by your child and answer questions honestly. Give them time to talk about their feelings.
- **Provide structure and routines** - so they know what to expect each day.
- Give them a chance to **succeed every day** through learning or play.
- **Encourage daily activity** - go for a walk, dance or use a fitness app.
- Find ways for your child to **interact** with their friends remotely.
- **Connect with them** - do things you enjoy together.



How can I look after myself?

- **Connect** - keep in touch with your friends, family and community using calls, messages and emails.
- **Be active** - keep your body moving. Try a fitness app. Get out for fresh air when you can.
- **Take notice** - pay attention to your body's sensations, and your thoughts and feelings. Notice what you can see, hear, touch, smell and taste.
- **Help others** - give something back to your household or community, in person or online.
- **Keep learning** - do something that stretches you and gives you a sense of achievement.
- Media Coverage - **Avoid excessive exposure**

What if I can't stop worrying?

Feeling worried is very understandable, but it can become overwhelming. If your anxiety or low mood mean that you can't do day-to-day activities you can ask for help here:

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing - for information, guidance and support for adults