

# Well-being during Covid 19

We have brought together all of the information, advice, guidance and resources we have been sent over the last couple of weeks and hope these help you in these challenging times

## Talk to someone about how you're feeling

If you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's a friend, a family member, a teacher or a helpline.

**Is current news on coronavirus (COVID-19) making you feel anxious, concerned or stressed?**

**Here are some things you can do.**

## Don't overexpose yourself to the news

Staying informed can make you feel in control but the constant news reports could also become overwhelming. Try to get your information from reputable websites. If you are finding it hard not to think about the news, try to plan some activities which will take your mind off things. You can find the latest government guidance on leaving your home [here](#).

## Arm yourself with the facts

There is a lot of information about the virus out there and false reports can fuel anxiety. Stay on top of what's happening by using the [government website](#); it is the most up-to-date and reliable source of information. The [NHS coronavirus page](#) can also be useful if you are worried about symptoms or family members.

## Find things that help you feel calm.

Think about some activities that can help when you are feeling overwhelmed, like breathing techniques, writing down how you feel, playing music or talking to a friend. For some ideas, have a look at [how you can make a self-soothe box](#), or these [coping techniques](#).

## Dealing with self-isolation

Think about who you can keep in contact with and how you can use apps to talk to friends and family face to face. It's important that you talk to people you trust during this time and continue to stay connected. They might be in the same situation and can help you navigate anything you are going through.

## Maintain your routine

Get up in the morning and go to bed at the same time. Eating regular meals and staying hydrated will help also, as well as taking breaks throughout the day to talk to someone or do something that you enjoy. If it's possible, try activities in your home that get you moving, like yoga, football skills practice or dancing.

[Anna Freud Self-care resource](#) contains many simple self-care activities which you can do at home. Written by young people to help other young people who are feeling anxious or have a low mood.

[I'm A Young Person Who Is Worried about the Coronavirus - What Advice Can You Give Me?](#)

Anna Freud guidance

Supporting Schools & Colleges: [A Guide To Supporting The Mental Health and Wellbeing Of Pupils and Students During Periods Of Disruption](#)

[Corona virus and mental health](#)

[Supporting your child](#)

[What to do if you are anxious](#)

[Talking to your child about Covid-19](#)



[Every mind matters](#)

[NHS tips if you are worried](#)

[Check if you have Covid-19 symptoms](#)

[What to do if you or someone you live with has Covid 19 symptoms.](#)

[Government wellbeing guidance for Parents](#)

[Wellbeing activities and ideas for families](#)

[Tips for dealing with your child's worries](#)

## STAYING SAFE ONLINE

[Internet matters](#)

[Net-aware](#)

[Parent info](#)

[Thinkuknow](#)

[UK Safer Internet Centre](#)

### Other useful resources

[Every mind matters](#)

[Childline](#)

[Domestic abuse help](#)

[Call police but cant talk](#)

[Mental health foundation](#)

[Supporting Children with Learning Disability/ASD Coping with COVID-19 Isolation](#)

[The Book of Hopes](#)

[DSE Guidance on maintaining healthy posture](#)



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