

Taking care of your mental and emotional health Covid-19

1 BE IN CONTROL

Develop a routine and plan for a new normal but don't be a slave to it.

2 EMBRACE DISCOMFORT

We push away emotions but this makes things worse. Label your emotions in the moment.

3 FACE FACTS AND PLAN

Use reliable information to gather facts. This allows us to plan for our new normal and then help predict.

4 IDENTIFY YOUR THOUGHTS

Acknowledge and challenge negative thoughts, turn them into a positive.



5 ANCHOR IN PRESENT

Notice when your mind worries about the future and bring yourself back to the present.

6 STAY CONNECTED

Counteract feelings of isolation and loneliness by reaching out to family, friends, neighbours and colleagues. Use helplines when needed.


7 LIMIT SOCIAL MEDIA

Avoid escalating anxiety by not repeatedly searching about the virus and limit time online.

8 TAKE BREAKS

Be kind to yourself and allow yourself time off. Eat regularly, exercise and get some fresh air.



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