

Coronavirus (COVID-19)

Coronavirus and your wellbeing

You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

Some mental health problems can cause difficult feelings or behaviours to do with washing or hygiene. If you experience this, you might find it hard to hear advice about washing your hands.

If this is making you feel stressed or anxious, here are some things you could try:

- Don't keep re-reading the same advice if this is unhelpful for you.
- Let other people know you're struggling. For example, you could ask them not to remind you to wash your hands.

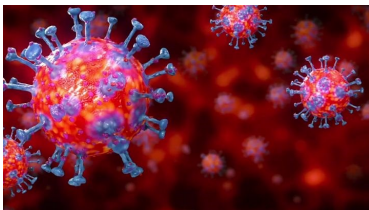
Breathing exercises can help you cope and feel more in control. You can [find a simple breathing exercise on the NHS website](#). Our pages on [relaxation](#) also have some exercises you can try, and other relaxation tips.

- Set limits, like washing your hands for the recommended **20 seconds**.

Plan something to do after washing your hands. This could help distract you and change your focus.

Keep in touch digitally

- Make plans to video chat with people or groups you'd normally see in person.
- You can also arrange phone calls or send instant messages or texts.



Coronavirus

If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

Think of other ways to keep in contact with people while meeting in person is not possible. For example, you could check your phone numbers are up to date, or that you have current email addresses for friends you've not seen for a while.

Connect with others in similar situations

- Speak with someone you trust. If you are feeling anxious about coronavirus or staying at home more than usual, you may find it helpful to talk about these worries with someone you trust, especially if they are in a similar situation.

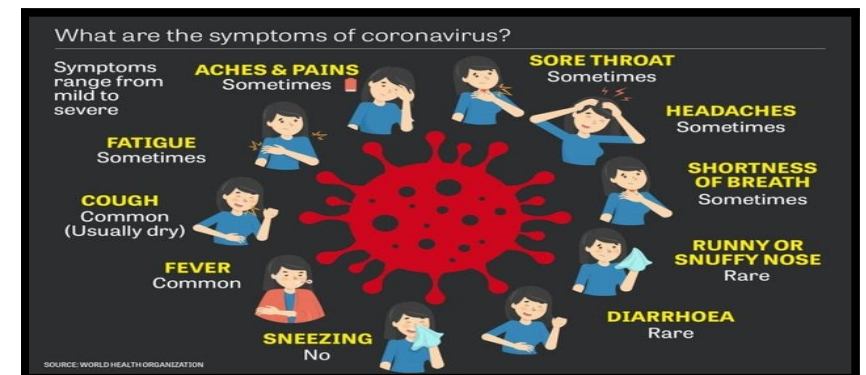
You could join a peer support community. Mind runs an online peer support community called [Elefriends](#), where you can share your experiences and hear from others.

If you're going online more than usual or seeking peer support on the internet, it's important to look after your online wellbeing.

If you're worried about loneliness

- Think about things you can do to connect with people. For example, putting extra pictures up of the people you care about might be a nice reminder of the people in your life.

Listen to a chatty radio station or podcast if your home feels too quiet.



Mental Health

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Kooth is a website that children and young people can use to get advice, support and guidance for any problem. They can connect to this **anonymous and free service** which is available every day via their laptop, tablet or smartphone at www.kooth.com

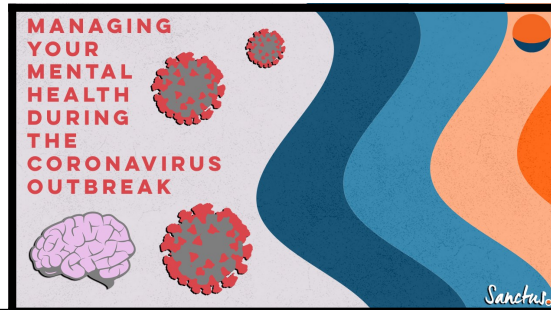
Sleepio is an online sleep improvement programme, proven to help you fall asleep faster, stay asleep through the night, and give you more energy during the day. **Physical Activity**

Have a look at the [NHS Fitness Studio](#) which is packed full of tips and videos.

Connect Health provides a first tier physiotherapy service in Milton Keynes. Their [web-site](#) has section that patients can access to help them get information on how to manage many musculoskeletal conditions.

General Health & Wellbeing

5 Ways to Wellbeing are a great way to think about steps you can take to maintain and improve your health and wellbeing.



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Social Distancing

Social distancing is one of the pieces of advice being suggested to help limit the spread of coronavirus - but what does the phrase actually mean?

Quite simply, it means making sure there's enough space between people who are well and those who might not be well.

The aim of it is to help stop germs spreading, including viruses such as the [coronavirus](#).

How can you tell if you're too close?

The World Health Organization says keeping at least one metre apart from someone who might be coughing or sneezing will help stop the coronavirus spreading.

The coronavirus is spread by tiny droplets sprayed from the nose and mouth when someone who has it coughs or sneezes.

If these drops are inhaled or they enter someone's eyes, the virus can be passed on.

Keeping a metre away makes it less likely that the drops will spread from person to person.

If you can reach out and touch another person - then you might be too close to them!

