

In this together...

COVID-19 represents a challenge to us all. No matter who we are, where we are from or what we do - we all have a responsibility to look after each other.

We may not be sure what to think, how to feel or what to do. That is ok, you are not alone.

We are united in looking after and caring for each other; as friends, as family and as communities.

Busy minds

Unwanted thoughts, feelings and sensations are completely understandable and normal. We all react differently to situations, but it is important to remember that what you feel is ok.

Our minds can feel "full" of thoughts and feelings. It can feel difficult to move beyond these thoughts and feelings. Remember, just like clouds, rain, sleet and snow, your thoughts and feelings will pass. Our mind is trying to keep us safe by giving us all of this information.

We can choose whether we tune into our mind or not. When it rains we don't shout at the clouds telling them to stop. We focus our attention elsewhere, looking at what we can control. If we can do this for something as big as the weather, we can do it for something in our own minds.



What matters to you?

While the storm rages around us there are two important questions to ask;

- "what truly matters to me?"
- "who truly matters to me?"

Consider ways to connect with the things and people you care about in new ways.

If the way you can connect isn't ideal, how can you at least keep the connection going?

If you aren't sure how to connect with something important, take a breath, slow down and ask: "What is the smallest, easiest step I can take?"

Communication tips if things get tense

Spending so much time together in one house can sometimes get tense. These tips can help to make things a little easier.

- Put yourself in their shoes. Trying to see things from both sides can help to resolve situations.
- Time in and time out: It is ok to want space from each other. Make sure you have somewhere cosy and private where you won't be disturbed. Also make sure you schedule time to be together so you don't become isolated.
- Coronavirus-free talk: Coronavirus is dominating our conversations and media at the moment. Make sure you spend time talking about other things
- Meet in the middle: When two people want to do different things, each try to think of creative solutions and strike a deal. Listen to what each other is needing from the situation.



COVID-19 First Aid Kit

Green - Keep Doing!

- Eat regular, nutritious meals and keep hydrated
- Keep a good sleep routine, enough but not too much
- Be active, e.g. exercises at home or a new dance routine— follow examples on YouTube
- Keep doing things that make you feel good, e.g. listening to music or having a relaxing bath
- Talking about things other than COVID-19
- Find new ways to share experiences that give you enjoyment e.g. a book or film club using Zoom or Houseparty

Gold - Start Doing - “A golden opportunity”

- A new hobby, like baking or doing crafts
- Learning, e.g. a new language or skill
- Strengthen relationships - learn more about your family and friends. How about a “This is your life” style quiz? Or asking your grandparents how they have come through difficult times in their lives?
- Support your local community by doing a random act of kindness for someone else e.g. walking their dog or collecting some milk
- Write a journal or draw about your experiences

Red - Stop doing

- Don't spend too much time watching the news or on social media
- Using non-official news sources - Stick to official news sources and NHS / government advice
- Limit time spent talking to people who are making you feel more worried

Useful resources

- **Headspace**
An app available on apple and android, lots of mindfulness exercises to help us to slow down, take stock and tune in to what is important to us
- **ACT Companion**
An app available on apple and android containing lots of exercises to help us take note of our experiences and begin to refocus on what matters to us. This app is currently free when using the voucher code:
TOGETHER
- **NHS COVID-19 Guidance**
www.nhs.uk/conditions/coronavirus-covid-19
- **CEDAR**
A range of self-help books developed for use in adult populations who are experiencing difficulties with unwanted thoughts and experiences
<http://cedar.exeter.ac.uk/iaptiaptinterventions/>
- **Wakelet**
Resources to support children during social distancing.
<https://wakelet.com/wake/564d7bc8-4bc9-462f-a9e1-2deb03150c3f>

