

Coronavirus and Anxiety

Here are some suggestions if you are feeling anxious about the spread of the virus.

Think about access to media and social media

Some people can be quite paralysed by this anxiety and may want to completely stop interacting with the news, but for others this can be quite difficult. They want to know what's going on. Not knowing makes it worse.

Think about limiting how much time you spend on social media or reading, listening or watching the news. You may want to think about where you are getting your information from. Are the reports sensationalising the situation and scaremongering? Or do you feel they are reporting responsibly and with balance?

Don't ignore your anxiety

It's very normal to feel scared about something like this. Acknowledge that you feel this way. Don't ignore these feelings. Exploring why you feel this way can help either with friends and family or with a counsellor

Do something you can control

It can help to express this anxiety in a way that you can control. That could be writing down what you feel, or keeping a journal.

Once you've written it down, let it go. Allow yourself to worry, put it down in writing in a notebook, and then put that away. Let it go.

Bring it back to the present

With anxiety, it's often like you're 10 steps ahead, so bring things back to the present. Remind yourself of where you are now, what's happening in your life now, don't focus on the future.

Be really aware of what you're thinking. Sometimes we are catastrophising, we're focusing on all these 'what ifs?' Bring things back to what you actually know.

Reassure yourself, calm yourself.

Wellbeing check

Make sure you are looking after yourself, doing what you can to help get a good night's sleep, eating well and doing exercise. If we manage our health like this, it can help make us more robust against anxiety.

It's also important to make sure you are doing the usual self-management of any health conditions. Anxiety and the release of stress hormones can exacerbate physical symptoms.

Anxiety links our brain and body. Make sure you are doing what you can to look after your physical health.

Breathing techniques and mindfulness

Practise mindfulness, meditation or use breathing techniques to help you relax as these can be helpful in managing anxiety. They are good tools for dealing with nervous feelings. There are plenty of apps on phones or videos on wellbeing websites to help you get started