

COPING SKILLS

LOOKING AFTER YOUR MENTAL HEALTH & WELLBEING DURING CORONAVIRUS

Structure	Structure your time - break the day up into periods of time i.e. morning time, afternoon, evening time & night time. What can I do during each period?
Routine	Keep routines as much as possible. Get a good night's sleep, go to bed and get out of bed at regular times; eat at regular times, drink water & look after your personal care.
Information	Get accurate information about what's happening from trust worthy sources - what the government and H.S.E are saying. Ask your key worker for the recent accurate information. Switch off from the news and try not spend too much time thinking and talking about Coronavirus.
Safety	Focus on what you can do to keep yourself safe – <ul style="list-style-type: none"> • WASH your hands well and often • COVER your mouth and nose with a tissue or sleeve for coughs and sneezes • AVOID touching eyes, nose or mouth with unwashed hands • CLEAN and disinfect frequently touched objects and surfaces • SOCIAL DISTANCING by keeping at least 2 meters or more away from other people
Relax & Keep Calm	It is normal to feel anxious and worried at this time. Take time to relax and manage your worries. Take a deep breath; spend time in a quiet room; listen to calming music; massage your hands or feet; soak your feet; make of list of the things you are thankful for; write down your thoughts and feelings.
Exercise	Get up & move e.g. do some chair yoga, walk around the house, open the windows for fresh air and go outside in the garden.
Keep Busy	Keep busy and do the things you usually enjoy doing e.g. art work; reading; start a diary; sew; bake; do a crossword; watch a movie. Do the things that you have been meaning to get to e.g. de-clutter a room; do some gardening; sort out drawers; re-arrange the furniture. You will feel a sense of achievement from doing these jobs. Focus your attention fully on the activity that you are doing.
Beware of Negative Ways of Coping	Non-prescription drugs or alcohol are harmful and not helpful; Beware of smoking excessively – could this be an opportunity to reduce smoking or even quit smoking? Don't sleep all day or eat unhealthy food – this will lower your immune system. Don't isolate yourself from others – pick up the telephone.
Patience & Kindness	Be patient and kind with yourself and other people. This is new to everyone and is a difficult time for everyone as we all learn to adjust.
Support	Access your supports and keep connected by telephone - talk to family and your mental health key worker. They are available by telephone to help you problem solve and look for solutions to the challenges that you are facing.
Hope	Remember you are not alone and remind yourself: <ul style="list-style-type: none"> • I can get through this • I can take it one hour at a time • This will pass