
CORONAVIRUS AND LOOKING AFTER YOUR MENTAL HEALTH



LIMIT SOCIAL MEDIA

Limit your time on social media, our feeds are filled with opinions and posts about coronavirus. It is okay to switch off and take a break from it.



LISTEN ONLY TO CRUCIAL NEWS

Limit the time you spend listening to/watching/reading the news. Gov.je and WHO are reputable sources and will tell you what you **need** to know



WASH HANDS, BUT NOT EXCESSIVELY

This a tough time for people with OCD. Make sure you are washing your hands for only the recommended time, rather than ritualistically until it 'feels right'.



STAY CONNECTED

Exchange phone numbers and email addresses with people you care about. Arrange check-in times and video calls.



TRY TO RELAX

Clean your house, read a book, learn yoga, meditate, watch films, do something creative, set yourself a routine, make your home a nourishing and safe space.



AVOID BURNOUT

Practise mindfulness, look at anxiety and stress resources online, let go and try to live in the moment. Get fresh air and see nature if you can. This will pass.