

Anxiety and the Coronavirus

Anxiety prone people often ask “What if”....



What if I get Coronavirus

What if I can't sit my GCSE's

What if I can't see my friends

You can put “What if” in front of anything you worry about.

This type of anxiety mindset is largely to do with the fear of the unknown, taking risks, feeling unprepared or unable to deal with the unseen

Strategies to deal with this mindset

- 1) **Control**
- 2) **Continuity**
- 3) **Caring**
- 4) **Creative**
- 5) **Compassion**

- 1) **Control** – Think about the things you can control, follow Government advice, eg wash hands. Its then important to recognise the things that are outside of your control e.g what if I can't do my exams, you must let these thoughts pass by, let them go.
- 2) **Continuity**- It is important for our mental health that we feel that we have a purpose. So create a routine. Set your alarm clock, make your bed, set a routine for the day to include things that you want to get done. Set yourself goals an example might be that you want to learn a new skill, cooking, learn a language, do some vlogging. Look on YouTube there are, lots of ideas
- 3) **Caring** – take some time to look after yourself, do some exercise, go outside for a walk (if you are allowed) get the right amount of sleep, don't eat to much CRAP Carbonated drinks, Refined Sugars, Artificial and Processed food , stay in touch with friends that make you laugh.
- 4) **Creativity** – Take up a hobby, read books or online. Do something arty, paint, draw, craft, cook
- 5) **Compassion** – Be kind to yourself, write down things that you like about yourself, make notes of things that you are good at. Do not judge yourself from others social media. Be kind to others. Is there anything you can do to help others stop feeling anxious, can you support an elderly relative or neighbour. Can you set up any support online for other people. Check in and make sure your friends are ok.



