



OUR
STORIES

OUR
WORTH

OUR
PURPOSE

How to deal with COVID-19 anxiety

DO SOMETHING YOU CAN CONTROL.- creative stuff or writing a journal describing your feelings.

LET GO: Once you wrote it down, put it away. Let it go.

Bring things back to the present

WITH ANXIETY IT IS OFTEN LIKE YOU ARE 10 STEPS AHEAD.
Bring it back to the present.

THINK ABOUT YOUR THOUGHT PROCESS.
Be aware what you are thinking.
Sometimes we are catastrophising, focusing on 'what ifs?'
Bring it back to what you actually know.

REASSURE YOURSELF.
Calm yourself. It's called 'self-soothing'.

WELLBEING CHECK
Look after yourself, eat well, sleep well, do exercises (lots on YouTube).
Be mindful.

Anxiety links our mind and body. Make sure you do what you can to look after your physical health.