



Minding your Mental Health

The spread of COVID-19 is a new and challenging event. Some people might find it more worrying than others. You may notice increased anxiety, stress or trouble sleeping. But there are many things you can do to mind your mental health during times like this.

Here are some tips to mind your mental health during this pandemic.

Check in with your family or friends by phone regularly. During times of stress, friends and family are a good source of support. Even though you cannot get out and about much at the moment you can use e-mail, social media, letters or phone calls. Remember that talking things through with someone can help lessen worry or anxiety. You do not have to appear to be strong or to try to cope with things by yourself.

Stay informed but set limits

There is so much news on COVID-19 it is normal to feel vulnerable at this time when that is all people can seem to talk about. Make sure you are reading or listening to news from reliable sources. If you find the coverage on COVID-19 is too intense, talk it through with someone close or get support.

Keep up your healthy routines

Your routine may be affected by the COVID-19 outbreak in different ways. But during difficult times like this, it's best if you can keep some structure in your day.

It is important to pay attention to your needs and feelings, especially during times of stress. You may still be able to do some of the things you enjoy and find relaxing.

For example, you could try to:

- Exercise regularly, especially walking - you can do this even if you need to self-quarantine
- Keep regular sleep routines
- Maintain a healthy, balanced diet
- Avoid excess alcohol / smoking. This will not help your health in the long-term
- Practice relaxation techniques such as breathing exercises
- Read a book



If you need to speak with someone contact:

ALONE Helpline ☎ **08 18 222 024** 8am-8pm offering advice and support.

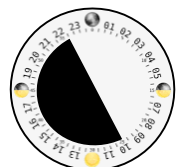
www.alone.ie. Telephone befriending and food drops as needed.



SeniorLine is another Freephone service offering up to date guidance and support for COVID-19 concerns. ☎ **1 800 804 591** every day from 10am-10pm.

Your mental health **Information Line** – ☎ **1800 111 888**

For updated factual information and advice visit www.HSE.ie or call ☎ **1850 24 1850**



Please remember that medical, scientific and public health experts are working hard to contain the virus.