

Top Tips to help you your mental health

It can be overwhelming to constantly be reminded about the coronavirus.

By only checking for updates at times you specifically set, it will limit how much you take in, and give yourself space to think and relax.

Make a plan for how you'll spend your time at home – you can think about things to do, things to study, things that can make you feel better, and people to contact online.

This may also help you feel less worried about self-isolation.

You could also discuss with a trusted adult how they can help you, such as reminding you of your plan and checking in on you regularly.

If something helps you feel better or relax, make time to do it – this could be something creative, such as drawing or baking, or listening to music. Knowing what you'll be doing each day can help, especially if you've been asked to stay away from school, college or work.

Having things to get up for, and knowing what will happen when, may help you feel more in control.

Sleep is very important, especially if you have been feeling worried, and eating and drinking enough will help you keep your energy up and stay hydrated.