

Top tips to feel better during the coronavirus pandemic

Easy read information



During this coronavirus pandemic, you may be feeling a lot of different emotions.

This is okay.



We all have different ways of coping.



These tips may work for different people at different times.



Only try the ones that you feel comfortable with and that you think might help you.



1. Stay in touch with your friends and family



If you cannot meet your friends and family, you could do this online instead.



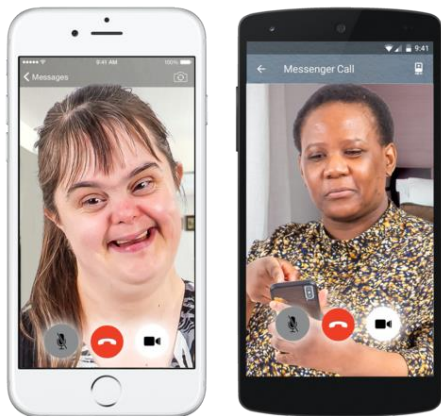
There are many ways to speak to people online.



You could have a video call.



There are different ways to have a video call.



You could use:

- Facebook messenger
- WhatsApp
- Zoom
- Facetime
- Skype



Sometimes it can be hard to think what you could talk about.



You could plan to talk about something you have watched, read or listened to.



It could be a weekly chat where you talk about your favourite book or tv show that you have watched.



If you do not like being on video, you could have a regular phone call or send each other postcards in the post.



Being able to speak to someone and having something to look forward to might help you feel better.



2. Try a new activity or a new hobby



Trying something new can really help to distract you from how you are feeling.



If you are spending a lot of time indoors, you might have some things you already do which you enjoy.



During the winter months, you may want to try some different activities that you have not done before.



You could try:

- learning new recipes
- painting, drawing or crafting
- playing games
- watching films or tv shows
- playing a musical instrument
- reading books



3. Get outside and look at nature



If you can go outside, you may find going for a walk, run or bike ride helpful.



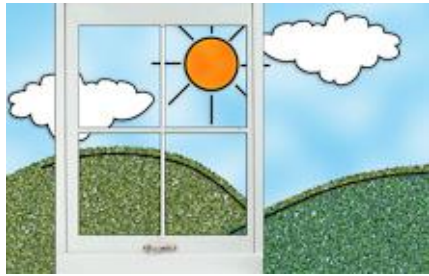
You can look for different types of animals and watch how the leaves are changing colour.



You could even draw pictures or write about what you have seen.



4. Stay inside and look at nature.



You could try sitting by a window and looking at the sky and trees.



Watch all the animals and birds that visit your garden or your local area.



Reuse old jars or plastic containers and plant seeds indoors.

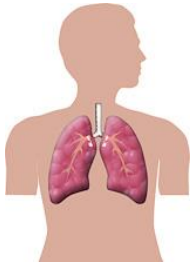
Watch your plants grow.



Nature can really help you feel more positive and relax.



5. Look after your body



If you are feeling bad, it can make it hard to look after your body.



Doing small things can make a big difference.



Make sure you eat healthily.



Drink enough water and try and do some exercise.



You can keep active in different ways.



Choose something that you enjoy like:

- dancing to music
- cleaning your home
- seated yoga
- running



Try to wake up and go to bed at regular times each day.



It is important to have enough sleep for your body, so you feel well rested.



6. Be careful about what you watch and read



If the news makes you feel bad try having a break for a bit until you feel better

You could try:



- watching or reading something else.
- asking a friend to tell you the latest news instead.
- taking a break from social media
- only reading happy stories online.



Please remember



We all have different worries or feelings about what is happening right now.



This is okay.



If you need some help you could speak to:



Mind:

Telephone: 0300 123 3393

Email: info@mind.org.uk



Samaritans:

Telephone: 116 123

Email: jo@samaritans.org



Mencap:

For England:

Telephone: 0808 808 1111

Email: helpline@mencap.org.uk



For Wales:

Telephone: 0808 8000 300

Email: helpline.wales@mencap.org.uk
uk



For Northern Ireland:

Telephone: 0808 808 1111

Email: helpline.ni@mencap.org.uk



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