

What is Coronavirus?

Lots of people have been talking about the Coronavirus.

Coronavirus is a new virus.

It was first reported in China but has spread to lots of countries around the world.



The coronavirus can make people poorly. It can make people have:

- A high temperature (they feel very hot)
- A cough for a long time
- Shortness of breath (they struggle to breathe)
- Changes in your senses of taste and/or smell



Scientists, doctors and nurses are working really hard to help us all stay healthy.

The coronavirus spreads very easily.

This is why we have to do things to stop it from spreading.

How we stop Coronavirus from spreading

Washing our hands

One thing we can do is wash our hands.

Singing happy birthday or counting to 20 when we wash our hands will make sure they are clean.



Social Distancing

Another thing we have to do to stop Coronavirus spreading and stay healthy is called social distancing.



This means that you should not stand close to other people.



Lots of places like restaurants, shops and schools closed for a while to help us to social distance.



Face Masks

Face masks also help to stop the spread of Coronavirus. They protect us from catching it from other people.

We should always wear a face mask in these places:

- Shops and shopping centres
- On public transport (bus, train, plane, taxi, ferry)
- The bank
- The post office
- At train or bus stations, airports



Lots of people have been feeling worried about coronavirus.



It can feel like there are lots of things we are not allowed to do anymore.

But there are still lots of things we can do.

Anxiety about becoming poorly

'Anxiety' is an emotion that we all feel sometimes.

Some people might use different words for anxiety such as **worry, fear or panic.**

Worries

Lots of people have been worried about catching coronavirus.

People might have anxious thoughts or worries.

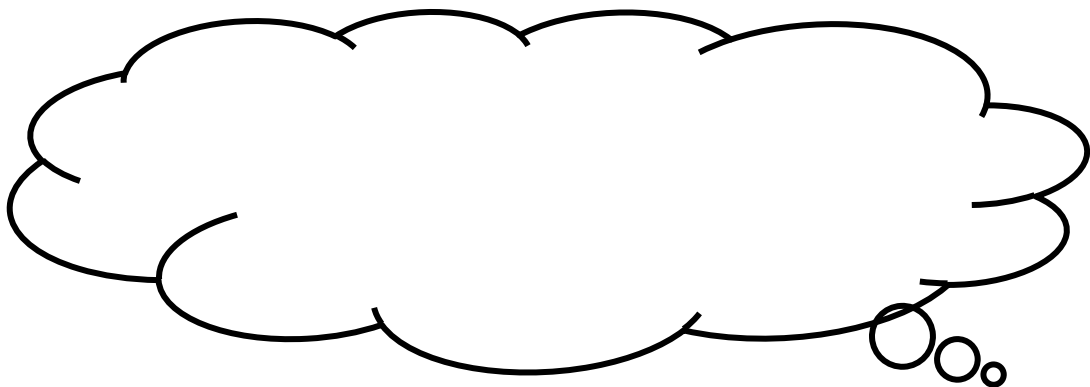
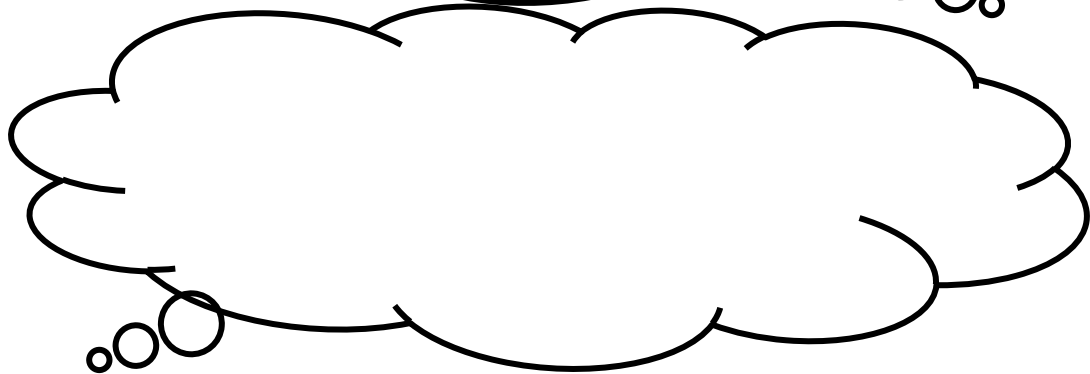
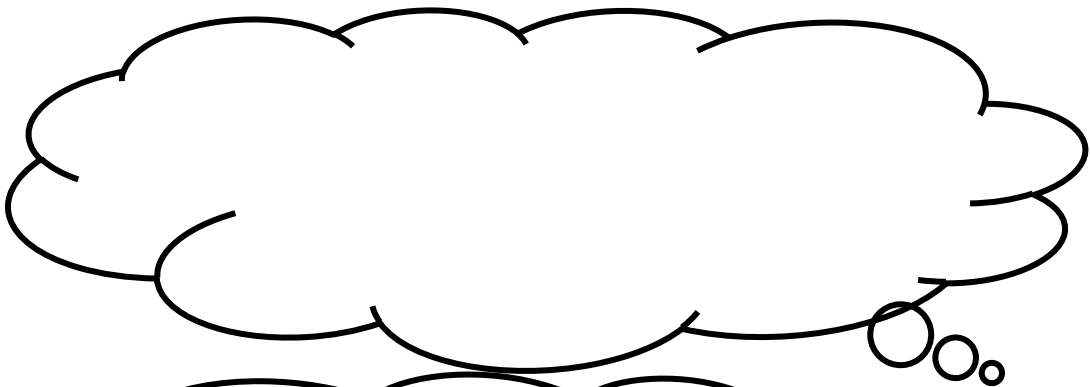
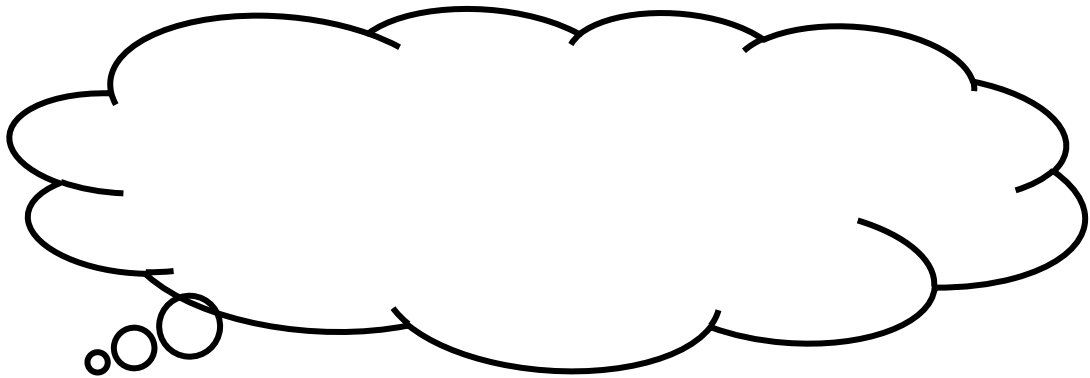
Sometimes worries can go round and round in our minds.

This can make us feel even more worried and anxious.

People might have worries such as:



What are your worries? You can write them in the thought bubbles below.



Anxiety in the body

When we feel anxious, we have worries in our minds.

We also can feel anxiety **in our bodies**.

Some physical feelings of anxiety can be:



Anxiety can feel different for everyone.

What does anxiety feel like in your body? Use the body map below to draw what anxiety feels like in your body



Managing anxiety

Looking after yourself

It is really important to look after yourself, especially when you are feeling anxious. Some ways to look after yourself are:

Exercise



Walking



Running



Yoga



Dancing

What are the ways that you like to exercise? You can write them down below

Healthy eating



Eating fruit and vegetables



Drinking lots of water



Cooking healthy meals

What are some healthy meals or snacks that you like to eat? You can write them down below

Sleep

We should try to get 7-9 hours of sleep per night.



Sometimes when we feel anxious, it can be hard to sleep.

Here are some tips to help you to sleep well:

➤ Go to bed at the same time every night



➤ Wake up at the same time every morning



➤ Do something relaxing before you go to bed (like doing a breathing exercise or having hot milky drink)



➤ Don't eat too late in the evening



➤ If you can't sleep, get up and out of bed. Do something relaxing until you start to feel tired, then get back into bed and try to sleep again.



Do something to take your mind off it

Doing things you enjoy

It can be hard to remember to do the things that you enjoy when the world feels so strange.

It is important to carry on doing things that make you feel happy. For example:



Watching TV or a film



Cooking



Drawing

What are some of the things you enjoy doing? You can write them down here:

Keeping in touch with people

Staying in touch with friends and family can help us to feel happier.

Social distancing means we can't always see friends and family face-to-face. But we can keep in touch in other ways. For example:



Speaking on the phone



Texting or WhatsApp



Video calling on Skype, FaceTime or Zoom



Writing a letter

Who do you want to stay in touch with? You can write them down here:

Relaxing the body

On the next few pages, there are some scripts. You could ask someone to read them to you whilst you listen along and relax.

Relaxation Script

Sit in a quiet space. Make sure you are comfy.

Now it's time to start your relaxation

Close your eyes and notice your breathing

Breathe slow and easy

Feel your tummy and chest move up and down as you breathe

in and out

In... out... in... out

Let's relax your muscles

Relax your shoulders

Feel the muscles go soft and relaxed

Relax your face

Let the muscles in your face go soft

Relax your arms and your legs

Feel them relax

Your body is starting to relax and feel calmer

Feel your breath go in and out

In... out... in... out.

When your ready, open your eyes and come back into the
room.



Breathe in



out



in



out

Guided Imagery

Sit in a quiet space. Make sure you are comfy.

Now it's time to start your guided imagery

Sometimes thinking about a nice, calm place can help us feel relaxed.

Start by focusing on your breath

Breath in... out... in... out...

Now picture yourself at the beach.

The rays of the sun are soft and warm.

You hear the sounds of the seagulls and the waves rolling gently.

The waves roll in and out, in and out.

Each wave makes you feel more and more relaxed.

Pause for a while

You can see the sand, and the waves, and the blue sky.

You can feel the cool salt air.

You take deep breaths of the air and with each breath, you feel more and more relaxed.

You feel safe and calm.

Pause for a while

Enjoy the feeling of peaceful relaxation

When your ready, open your eyes and come back into the room.



There are lots of other things we can do to feel relaxed and calm. Such as:



Having a bath



Listening to calm music



Giving yourself a hand massage

What do you like to do to feel relaxed? Or what would you like to try? You can write your ideas below:

Coping with worry

Worry time

Worrying all the time can make it really hard to get on with your normal life.

Spending less time worrying can make us feel less anxious.

This can make it easier to get on with life and feel better.

One thing you can try to help you worry less is to have “worry time”. Having worry time means planning in 15 - 30 minutes each day for worrying.



Worry time should be in the morning or afternoon. It should not be too close to bedtime.

Worry Box



If you have worries at other times in the day you can write these down and put them in a “worry box”.

Leave them in your worry box and save them until worry time.

You can make your worry box out of an old tissue box.

You can use the space below to plan your worry time:

My worry time will be at: _____

My worry time will last for: _____ minutes

Checking less

Feeling worried or anxious about coronavirus can make us want to check the news a lot.



It can also make us want to check our bodies for symptoms of coronavirus.



But... checking the news or our bodies too much can actually make us feel **more** anxious.



It can be really helpful to cut down how much you check the news or your body.

For example, you could check your body once a day. You could check the news in the morning and then once again later on.

It is also really important that you get your news from official sources. The best place to read the news is:

The World Health Organisation

You could ask a friend or family member to read it with you and answer any questions you have.

Use the space below to plan your checking:

I will check the news at: _____

I will check my body at: _____

Practice positive thoughts

When we have lots of worries or anxious thoughts, it can help to:

➤ Stop



➤ Take a deep breath



➤ Try to think about things differently



You can do this by saying some positive thoughts to yourself. Some positive thoughts you could say to yourself are:



What other positive thoughts could you say to yourself? Use the space below to write them down.

Planning and practicing

There are lots of ideas of ways to help you cope with anxiety in this booklet.

It is really important that you practice these skills and activities. The more you practice, the easier it will become!

You can use the table on the next page to help you to plan and practice new skills and activities.

In the first column, you can write how you feel **before** you practice.





You could write a number between 1-10 to describe how anxious you feel. 1 = Very calm and not anxious at all. 10 = Really, really anxious.

In the second column, you can write which activity you want to practice

For example (going for a walk, baking, saying positive thoughts)

In the third column, you can write how you feel **after** you practice.

You could write a number between 1-10 to describe how anxious you feel. 1 = Very calm and not anxious at all. 10 = Really, really anxious.

How I feel before (1-10)  	Activity	How I feel after (1-10)  

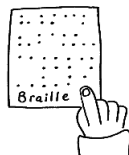
Activity Diary

It can be really helpful to plan in activities or helpful strategies. If you plan your activities each day, it can be easier to motivate yourself to do them.

Use the table below to plan in activities or helpful strategies for the week

	Morning 	Afternoon 	Evening 
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

This leaflet is available in other languages or formats



For more information see www.cwp.nhs.uk.

**The information in this leaflet was valid at the date of
Production September 2020 and is due for review in September 2022
Leaflet code: E-CAB-20-731**

