



General Advice

Setting up a new routine can give structure and meaning to your day. Keep your sleeping and eating times consistent will help you manage your mood, as well as giving you the chance to fill your days with different activities that you enjoy.

You know yourself. If spending lots of time focusing on media reports/ updates and news is increasing your anxiety, try to limit it to specific times of the day. For instance, set aside a half hour in the morning/evening, and only look at the news at those times.

For help, support and advice:

North Gwynedd CMHT
01248 363470

South Gwynedd CMHT
0300 085 2407

Out of hours
01248 353551

CALL Helpline
0800 132737

Samaritans: 116123

<http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<http://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>



Looking After Your Mental Health While Self-Isolating



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



F.A.C.E C.O.V.I.D

F = Focus on what's in your control.

You can't control what happens in the future. You can't control the virus or your natural feelings of anxiety about it. You **can** control what you do, here and now. Use **ACE** to handle these difficult experiences and give yourself more control over your actions.

A = Acknowledge your thoughts and feelings.

Notice what's going on inside you, thoughts, feelings, memories & urges in a kind way. Observe what's going on like a curious scientist.

C = Come back into your body.

Connect with your body. Breathe slowly, push your feet hard into the floor. Straighten and stretch you back and spine.

E = Engage in what you're doing.

Notice 5 things you can see, 3 or 4 things you can hear and something you taste or smell. Refocus your attention on the activity you are doing. Repeat.

C = Committed Action

This means taking effective action, including all protective measures such as hand washing and social distancing. Also consider what simple things you can do to look after yourself and other. Can you offer kind words to someone in need or help with a task or chore? What are the most effective ways of spending your time?

O = Opening Up

We can't stop difficult feelings from rising, they're normal reactions. But we can make room for them by allowing the emotions to be there and treating yourself kindly. How would you treat a friend in this situation? Treat yourself like a friend.

V = Values

Act in ways true to your values. What do you stand for in a crisis? If you value kindness and caring, how can you be kind to yourself and other?

I = Identify Resources

Where can you go for advice, help and support? This includes family, friends, neighbors, health professional and emergency services. Find a reliable, trustworthy source for information. E.g. The World Health Organization.

D = Disinfect & Distance

Disinfect your hands and practice social distancing, but don't cut yourself off from support.

5 Ways to Wellbeing

Here are 5 things you can do every day to look after your mental health while self-isolating.

