

WELLBEING TIPS



MENTAL HEALTH & COVID-19

Physical health is the main focus of this current global situation but our mental health is arguably equally as important as the two are so linked.

Government advice about staying physically healthy is all over the TV and internet but there is less information about staying mentally well so here are some useful links/websites to help you look after your wellbeing.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsecb18d>

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

<https://www.goodtherapy.org/blog/how-to-cope-with-the-mental-health-impacts-of-covid-19-0314207>

<https://www.netdoctor.co.uk/healthy-living/mental-health/a31670364/coronavirus-anxiety/>

<https://www.psychologytoday.com/us/blog/anxiety-zen/202003/19-ways-support-your-mental-health-during-covid-19>