What to do if you are anxious about coronavirus

Talk to someone about how you are feeling

It is normal to worry, but if you are feeling overwhelmed you should speak to someone you trust. This could be a friend, family member, a teacher or a helpline.

Arm yourself with facts, not 'fake news'

Staying informed can make you feel in control; but be aware that not everything that you read or hear will be true. Get information from reliable sources such as Government and NHS websites. If you want to read and watch the news, try to limit the amount of time that you spend doing this.

Be aware that not everything that is posted on social media is true. If what you are reading is making you feel anxious, take a break from social media and plan some activities that will take your mind off it such as chatting to a friend, watching a film, reading a book or doing some revision or school work.

Know what you can do

If you are feeling scared or panicked by coronavirus, remind yourself that there are practical things that you can do to keep yourself safe.

Follow the advice on the NHS website

Stick to your normal routine

It is important to keep a regular routine. Try to keep to your normal daily schedule as much as possible. Continue to enjoy activities that are safe and maintain healthy routines regarding food, sleep and hygiene.

Find things that help you to feel calm

It is important that you are not only looking after your physical health, but your mental health too. Think about activities that can help when you are feeling overwhelmed, like breathing techniques, writing down how you feel, playing music or talking to a friend.

Prepare

It may be that you need to spend a period of time at home. Talk to your family about how this will work and share your feelings with them. Think about the things that you may want to do during this time, how will you stay connected and how would you prioritise your wellbeing. Plan some activities that you can do at home, think about how you can keep a good routine which enables you to keep physically and mentally active and maintain good sleep patterns.