

## **Maintaining wellbeing during the COVID-19 outbreak**

Many people are experiencing increased anxiety and/ or distress in the current COVID-19 situation, along with more emotional ups and downs than usual. This is a normal reaction to uncertain times, and there are many resources available which can help with difficult feelings and with managing everyday life at the moment. Below are details of some online sources of support.

### **Ideas for supporting resilience during the outbreak**

- NHS – ideas on managing anxiety during the coronavirus outbreak, with links to other helpful webpages

Go to [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) and click on coronavirus anxiety tips

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips>

- Mental Health Foundation – detailed advice on managing many aspects of emotional and physical health during the outbreak

Search [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) for ‘coronavirus’

<https://mentalhealth.org.uk/coronavirus>

- Mind mental health charity – detailed advice on wellbeing during the outbreak:

Search [www.mind.org.uk](http://www.mind.org.uk) for ‘coronavirus and your wellbeing’

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

### **For those with health anxiety or other anxiety issues**

- Anxiety UK – this well-established organisation has extended its telephone helpline hours, set up online support groups, and offers videos and webinars, on dealing with different aspects of Covid-19 related anxiety and worry.

Go to [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) and click on #coronxiety

<https://www.anxietyuk.org.uk/coronxiety-support-resources/>

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## **Mindfulness resources**

- Breathworks mindfulness meditation foundation – free online mindfulness course and wellbeing advice for managing anxiety during the outbreak, and free online mindfulness course for healthcare workers to manage stress - 'The Quiet Place'

Go to [www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk) and click on 'Mindful self-care during troubling times' or 'The Quiet Place'

<https://www.breathworks-mindfulness.org.uk/mindful-self-care-for-troubling-times>

Register for The Quiet Place with your email address, and you can then access the free online mindfulness course

- Headspace – this well-established mindfulness app currently has a free section of meditations called 'weathering the storm'
- Other free mindfulness practices and links to live online sessions and talks are available at on the Free Mindfulness Project website

Go to [www.freemindfulness.org](http://www.freemindfulness.org) and click on the link to 'Covid-19 mindfulness response'

<http://www.freemindfulness.org/covid19>

- FACE COVID - a mindful, acceptance-based approach to living well in the current situation. This is a set of strategies for responding to uncomfortable emotions and thoughts and moving forward during the outbreak.

Search YouTube for Russ Harris FACE COVID five minute video clip

<https://www.youtube.com/watch?v=BmvNCdpHUYM&feature=share>

## **Tips and support for those with existing mental health issues**

- Rethink mental health charity – advice for those already managing mental health issues, during the outbreak

Go to [www.rethink.org](http://www.rethink.org) and click 'Covid-19 support' for advice on managing mental health

<https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>