

Wellbeing Information & Tips



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Managing Anxiety

Many of us have experienced heightened, or new experiences of feelings of anxiety, over the past couple of months since the beginning of the coronavirus pandemic. The term “Coronxiety” has even been coined by the organisation Anxiety UK (and you can find a variety of webinars from them around the topic [here](#))

It is important to remember there is no right or wrong way to feel, or a “normal” response to the pandemic and lockdown. Everyone is experiencing it very differently, and even though it might not feel logical, remember it is OK for your feelings to change, you might feel one way one day, and another way the next.



Graphics shared from Time to Change. [Click here](#) for more information

A few ideas that might help you manage your feelings of anxiety...

- Have a read through of this useful information from national Mind around [coping with feelings of lockdown easing](#)
- Remember to take care of yourself during this challenging time:



- Try some physical activity e.g. a gentle walk
 - Recharge by relaxing and taking some time out
 - Maintain your social connections
 - Spend some time in nature
 - Look after your physical health
 - Get enough sleep
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- Check out mindfulness apps such as the [Headspace app](#) for ways to help you relax
 - Try out a [21 day meditation experience](#) with world renowned meditation guru Deepak Chopra – for free!
 - Please do remember that anxiety is a normal reaction to stress and change - Every Mind Matters has provided these tips if you are feeling worried or anxious at this time [10 tips if you are worried about Coronavirus](#)
 - From July 24th government guidelines state that face coverings must be worn in shops as well as on public transport. This may be a cause for anxiety and worry, so do have a look at the new rules for face coverings which includes information about exemptions [New rules for face coverings](#)
 - If you are a carer, there is useful information about caring during the pandemic on the [Carers Centre in Brighton and Hove website](#).
 - For local support and information, please visit our [website](#) – we are still here for you. For further information on helpful organisations and other types of support, please go to [Coronavirus useful contacts](#)

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

