

Minding Our Mental Health

These are uncertain times for us all some people might find it more worrying than others. Most people's lives will change in some way over a period of days, weeks or months. But in time, it will pass. It is important that we stay as physically and mentally well so we can support ourselves, family and friends.

Useful Tips:

Stay informed but set limits for news and social media

The constant stream of social media updates and news reports about coronavirus could cause you to feel worried. Sometimes it can be difficult to separate facts from rumours. Use trustworthy and reliable sources to get your news.

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>

On social media, people may talk about their own worries or beliefs. You don't need to make them your own. Too much time on social media may increase your worry and levels of anxiety. Consider limiting how much time you spend on social media.

If you find the coverage on coronavirus is too intense for you, talk it through with someone close or get support.

Keep up your healthy routines

Your routine may be affected by the coronavirus outbreak in different ways. But during difficult times like this, it's best if you can keep some structure in your day. It's important to pay attention to your needs and feelings, especially during times of stress. You may still be able to do some of the things you enjoy and find relaxing.

For example, you could try to:

- Exercise Regularly – get fresh air
- Keep regular sleep routines
- Maintain a healthy, balanced diet
- Practice relaxation techniques such as breathing exercises
- Read a book

Stay connected to others

During times of stress, friends and families can be a good source of support. It is important to keep in touch with them and other people in your life.

Remember that talking things through with someone can help lessen worry or anxiety.

Support Available

You don't have to appear to be strong or to try to cope with things by yourself. There is support available to



Teen- Line Ireland Freephone Helpline

Freephone Helpline: 1800 833 634

Web: www.teenline.ie

ChildLine

Tel: 01 679 4944- Helpline does not appear on telephone bill

Available 24hrs, 365 days

Web: www.ispcc.ie

Email: ispcc@ispcc.ie

Samaritans Helpline

Tel: 1850 60 90 90

Web: www.samaritans.ie

Email: jo@sqamaritans.org

Text support 24:7- Send an SMS text message to 087 2 60 90 90

1Life Suicide Prevention Helpline

Web: www.1life.ie

Text: "Help" to 51444 for 1 to 1 support (standard text message rates apply)