

Mind – Mental health and Support

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

Coronavirus and your wellbeing

You might be worried about coronavirus (COVID-19) and how it could affect your life. This may include having to stay at home and avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

This information is to help you cope if:

- you're feeling anxious or worried about coronavirus
- you're staying at home and avoiding public places, following Government advice that we should stay at home as much as possible
- you are [self-isolating](#) because you, or someone you live with, has [symptoms of coronavirus](#). Self-isolating means that you stay home and keep away from other people.

And it covers:

- [Practical advice for staying at home](#)
- [Taking care of your mental health and wellbeing](#)
- [Support for work, benefits and housing](#)
- [Checklist for staying at home](#)

You might also find these links helpful:

- [NHS guidance about coronavirus and staying at home, in English](#).
- [Welsh Government guidance about coronavirus and staying at home, in English and Welsh](#).
- [NHS guidance about what to do if you, or someone you live with, has symptoms of coronavirus and you need to self-isolate, in English](#). This guidance is stricter than the general guidance about staying at home.

Practical advice for staying at home

If you're staying at home or indoors more than you usually would, go to our website

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

to get further advice on:

- Eat well & Stay hydrated
- Keep taking your medication
- Continue accessing treatment and support if possible
- Take care of your immediate environment
- Find ways to work or study at home
- If you have care needs, or provide care or support to someone else

NHS England and the Welsh government are contacting people who they have identified as being at higher risk of severe illness from coronavirus. This is because of certain pre-existing physical health conditions.

If this affects you or someone you know, there is specific guidance that you should follow, and extra support available to help you:

- [The UK Government's specific guidance about how to protect yourself, in English](#).
- [The Welsh Government's specific guidance about how to protect yourself, in English and Welsh](#).
- If you live in England, you can [register for extra support on the UK Government website](#), or somebody else can register on your behalf.

Taking care of your mental health and wellbeing

If you are staying at home more than you usually would, it might feel more difficult than usual to take care of your mental health and wellbeing.

These are some ideas on our website <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/> which may help:

- Hand washing and anxiety
- Connect with people
- Decide on your routine
- Try to keep active
- Get as much sunlight, fresh air and nature as you can
- Find ways to spend your time
- Find ways to relax and be creative
- Keep your mind stimulated
- Take care with news and information
- If you're feeling anxious
- If you're feeling claustrophobic or trapped

Support for work, benefits and housing

You might be feeling anxious or uncertain about how your work, benefits or housing will be affected by coronavirus.

On our website <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/> there are some ways to find guidance and support:

- Support for employees
- Support for businesses and employers
- Claiming benefits
- Support for housing problems
- General support and advice

Checklist for staying at home

- **Food:** do you have a way to get food delivered if you need to self-isolate?
- **Cleaning:** do you have cleaning supplies?
- **Work:** can you carry on working, including working from home? If not, can you find out your rights to payment or benefits?
- **Medication:** do you have enough medication, or a way to get more?
- **Health:** can you reorganise any planned therapy or treatments?
- **Connectivity:** have you got ways to keep in contact with people you see regularly, like their phone numbers, email addresses? Do you need help setting up digital communication, like a video calling app?
- **Routine:** can you create a routine or timetable for yourself? And if you live with other people, should you create a household schedule? Do you need to agree how the household will run with everyone at home all day?
- **Exercise:** is there any physical activity you can do inside your home, like going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?
- **Nature:** have you thought about how you can bring nature into your home? Can you get some seeds and planting equipment delivered, or put up photos of green spaces?
- **Entertainment:** have you thought about things to do, books to read or TV shows to watch?
- **Relax:** have you got materials so you can do something creative, such as pencils and paper?