

Supporting Mental Health

	<p>Many people are worried about the coronavirus.</p>
	<p>My feelings may change too. I might feel happy or sad</p>
	<p>I might feel worried, scared or bored It's ok to have different feelings</p>
	<p>I can talk to my family</p>
	<p>I can talk to my keyworker or my social worker on the phone.</p>

I can help keep my mind healthy:

	<p>Keep a good routine</p> <ul style="list-style-type: none"> • Get up • Have a shower • Get dressed • Go to bed at my normal bed time
	<p>Keep busy and do things I like.</p> <ul style="list-style-type: none"> • Listen to music • Read a book or magazine • Watch my favourite TV programs or movies • Do a Jigsaws • Colouring in • Help out with jobs around the house • Go for a walk • Sit out in the garden • Talk to friends on the phone • Or something else <p>Circle things you like or that you might like to try.</p> <p>Write down other things you could do.</p>

	<p>Try not to watch too much news</p>
	<p>Stay away from social media.</p>
	<p>Don't drink too much Drinking will make me feel worse</p>
	<p>Don't stay up late. Go to bed at my usual time.</p>
	<p>I will be ok. I will get through this!!</p>

