

Looking after your emotional wellbeing during Covid-19



Everyone is talking about coronavirus (Covid-19) at the moment and this can make us feel scared, unhappy or worried. You are not alone.

It's okay to be worried about what's happening in the world and to feel uncertain when so many things are changing.

Here are some small things you can do to help you feel better and to help you look after yourself and others in your community.

Keep in touch with friends and family

There are other ways to keep in touch with your friends or family if you have to stay at home because of local lockdowns, such as:

Texting or messaging them



Having a video call with a friend or group of friends. Some video calls have captions built in to help deaf people



Meeting in open spaces like parks or outside your home. Make sure you follow the rules in your country which will tell you how many people can meet together, how to keep the right distance between you and others and where and when you should wear a face mask



You can find details for support websites and helplines in your country here:
www.childhelplineinternational.org

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Not everything online is true

There is lots of information on the internet and not everything you will come across is true. It is important to check information you find online. Do you trust the information? Is it a trustworthy website or news channel with a good reputation? Just because a friend shared a link with you on WhatsApp, it doesn't mean it's true.

Tips when using the internet:

You can check the news at any time but you don't need to check for updates all the time, particularly if it makes you feel worried or sad.

Think about how many times you check your social media channels. Perhaps you don't need to do this so often?

Remember, take a break from the computer or your phone if you feel you are using them too much, and try not to use them just before you go to bed, as it could make it more difficult for you to go to sleep.

Create a new routine

To stop the virus spreading, we all have to stop doing some of the things we enjoy for a while. Lots of change can be worrying and it may take time to get used to this new situation. This is even truer when the changes aren't our choice and we have not had time to plan or prepare ourselves.

If your school or college is closed during lockdown then think about how you'll plan your days. Creating a new routine can really help. This could include planning when you'll do any studying, catching up with friends online and exercising.

Stay active

Exercise can be a really good way of keeping yourself happy and healthy.

Play some sports, even if you're doing it on your own like cycling, kicking a football around or dribbling a basketball.



Go for a run.



If local rules allow it, play some games or sports in your neighbourhood. But remember to follow the rules like regularly washing your hands, and keeping distant from people.



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...but also make time to relax

It's important to switch off from the world around us. You could:

Do some colouring in, or learn to draw or paint



Practise some cooking, or help to cook the family meal



Help with chores around the home, or help to grow some plants or vegetables



Learn to do some crafts, like sewing or tailoring. You could even help to make face masks for your family



Read a book



Take part in religious activities, or meditate or learn some relaxation exercises



Have some fun

Being happy and having fun in a time of crisis might not feel right, but it's important. You could:

Play a fun game with your family, or with your friends online



Dance around the room to your favourite song



Watch a comedy programme



Tell a joke



Talk to your family about funny things in your lives



Cook something interesting



Make something out of natural things such as mud, leaves, twigs etc



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Help others

When there's a crisis, people often come together to support each other.

Doing this in your community is an important way to help others and feel like you're making a difference. You could:

Help your family around the house



Play with your brother or sister



Help a neighbour get shopping or with harvesting



See what might help in your community by:

Looking at local newspapers



Asking family and friends



Reading posts in local WhatsApp groups



If you are supporting someone in your community face-to-face, make sure you:

Have no symptoms of coronavirus

Haven't come into contact with anyone who is unwell

Have protected yourself by being hygienic – washing your hands regularly, avoiding touching your face and wearing a face mask if this is required

Follow all of the rules in place in your country and local area

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Ask for help

If you're unsure or worried about anything, remember it's okay to ask for help.

You can talk to a:



Sharing how you feel can be difficult, but when we keep our problems inside, we can end up feeling trapped, overwhelmed or lonely.

Putting our feelings into words helps us understand them better.

What if I don't want to talk?

Writing about problems and how we feel can also help some of us to get things clear in our minds. Sometimes this is enough to make your worries feel smaller.

You could try writing:

A letter to yourself about what's happening



A song



A poem or story



➔ Sometimes we can find it easier to share how we're feeling with someone who doesn't know us. You can find details for support websites and helplines in your country here: www.childhelplineinternational.org