

## How to manage worrying about your health

### **Think about access to media and social media**

Think about limiting how much time you spend on social media or reading, listening or watching the news.

You may want to think about where you are getting your information from. Are the reports sensationalising the situation and scaremongering? Or do you feel they are reporting responsibly and with balance?

### **Don't ignore your anxiety**

It's very normal to feel scared about something like this. Acknowledge that you feel this way. Don't ignore these feelings.

Exploring why you are feeling this way can help.

### **Do something you can control**

It can help to express this anxiety in a way that you can control. That could be writing down what you feel, or keeping a journal.

### **Let it go**

Once you've written it down, let it go.

Allow yourself to worry, put it down in writing in a notebook, and then put that away. Let it go.

### **Bring it back to the present**

With anxiety, it's often like you're 10 steps ahead, so bring things back to the present. Practice mindfulness techniques, grounding or breathing techniques.

### **Think about your thought process**

Be really aware of what you're thinking. Sometimes we are catastrophising, we're focusing on all these 'what ifs?' Bring things back to what you actually know.

Reassure yourself, calm yourself. We call it self-soothing.

### **Wellbeing check**

Make sure you are looking after yourself, doing what you can to help get a good night's sleep, eating well and doing exercise.