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Iechyd Cyhoeddus  
Cymru  
Public Health  
Wales



Llywodraeth Cymru  
Welsh Government

# Coronavirus

## Looking after your mental wellbeing

We are living through a difficult time and it is more important than ever to look after your mental health and wellbeing.

### How are you feeling?

Like better handwashing to protect your physical health, there are things you can do to protect your mental wellbeing.

By taking steps to care for your own mental wellbeing, you will feel better, your body will benefit and you will also be better able to care for others at home, in work and in your community.

You'll find some tips and links below to help you look after yourself, family and friends.

Using **CALM** may help you to take care of your feelings, your body, your thoughts and what you are doing:

### Calming activities –

Relaxation and mindfulness exercises (try headspace), talking to others who can reassure you.

### Attending to basic needs –

Planning your day and thinking carefully about your sleep, exercise and what you eat.

### Learning to re-think –

Avoiding rumours, limiting media coverage, focussing on the things you can do.

### Making yourself feel good –

Doing things that help you laugh, take your mind off your worries and staying connected with others.

### More information

If you'd like more information and links to practical support, visit the Public Health Wales 'How are you doing?':

[www.phw.nhs.wales/howareyoudoing](http://www.phw.nhs.wales/howareyoudoing)

If you need to speak to someone, the CALL Helpline provides confidential listening and emotional support in Wales, 24 hours a day:

**0800 132 737 / [helpline.org.uk](http://helpline.org.uk)**

Citizens Advice can provide advice on financial support and signpost you to other agencies who may be able to help you - **03444 77 20 20** (9am to 5pm, Mon – Fri): [www.citizensadvice.org.uk/wales/about-us/contact-us/](http://www.citizensadvice.org.uk/wales/about-us/contact-us/)

By following the latest advice, you are already doing your part to protect the most vulnerable people in our families and communities.

