

## Mental Health Support During Self-Isolation

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some websites and tips on how to deal with your feelings:



- <https://youngminds.org.uk/blog/>
- <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- <https://www.childrenssociety.org.uk/coronavirus-information-and-support>
- <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

## Mindfulness Apps

- [Headspace](#)
- [Calm](#)
- [Aura](#)

## Breathing Strategies

### Deep Breathing

- Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees...
- **Breathe** in through your nose and let your belly fill with air.
- **Breathe** out through your nose.
- Place one hand on your belly...
- As you **breathe** in, feel your belly rise...
- Take three more full, deep breaths.

### 4-7-8 Breathing Technique

- Empty the lungs of air.
- Breathe in quietly through the nose for 4 seconds.
- Hold the breath for a count of 7 seconds.
- Exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound, for 8 seconds.
- Repeat the cycle up to 4 times.

## Body Scan Meditation

- **Get comfortable.** Lie down or sit comfortably.
- **Take a few deep breaths.** Let your breathing slow down and start breathing from your belly instead of from your chest, letting your abdomen expand and contract with each breath.
- **Bring awareness to your feet.** Now slowly bring your attention down to your feet. Begin observing sensations in your feet.
- **Breathe into the tension.** If you notice any uncomfortable sensations, focus your attention on them. Breathe into them, and see what happens. Visualize the tension leaving your body through your breath.
- **Scan your entire body.** Continue this practice with each area of your body, gradually moving up through your feet until you reach the top of your head. Notice how you feel and where you're holding your stress. If there's any tightness, pain, or pressure, continue to breathe into them and you will find that they start to fade away.