

# First Aid for Worry

It is normal to feel anxious right now because worrying things are happening. This anxiety is a normal, human response that people across the country and the world are sharing right now.

**Try these things to help you to manage your worries.**

- **Only check the news once or twice a day.** Although it can feel like you are doing something useful when you check the news, this may actually maintain your anxiety.
- **Interrupt worrying thoughts** by noticing: 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, 1 thing you can taste.
- **Stay active.** Plan small, useful tasks to do each day.
- **Look out of the window.** How many different shades of green can you see? Or blue? Or another colour?
- **Listen to all the noises you can hear outside the room.** Now listen to all the noises you can hear inside the room. Listen to the noises your body is making. Can you hear your own breathing? Listen to that for a minute or two.
- **When you wash your hands, do it mindfully.** Notice the feeling of the warm water, the slipperiness of the soap, the sensation of one hand moving on the other and the water running over your hands. Dry them gently and notice this sensation. You can do this for other activities, such as showering or washing up.
- **Talk to a friend or family member about something you both enjoy.** Start off by asking to have a conversation about this and asking not to mention the coronavirus.
- **Try a breathing exercise:** Breathe in for the count of four, and then out for the count of four. Do this gently for a few minutes. Notice the feeling of the air moving in and out of your nose and your chest rising and falling.
- **Offer encouragement and support to someone else.**
- **At the end of each day, write down three things you are grateful for today.**