

We all have to deal with lots of stressful things, and we respond in different ways. Our feelings will be constantly changing, and we'll all have different reactions. Below is advice on how to manage taken from sources such as NHS, Mind, Every Mind Matters campaign, Hafal and Rethink Mental Illness



Manage your news intake

Find a credible source you can trust – such as TV, GOV.UK or the NHS website – and fact-check information you get from newsfeeds, social media, or other people.

Take a break from watching the news if it becomes too distressing. Find something else to do when it's on the TV, even if it's just for a day



Stay on top of difficult feelings

Despite the uncertainty, you are in control of your behaviour, who you speak to and your information intake.

Tips for managing anxiety include...

Setting a 'worry time' to go through your concerns so they aren't taking up your whole day

Try online meditation or breathing exercises. Apps such as Headspace can help you with this

Talk to your GP. There might be a physical cause for your anxiety which they can check for.

If your thoughts tend to be depressive or anxious, you need to think of different – but realistic – ways of thinking about the situation. See over for new ways of thinking. Are they more likely to be true than your automatic thoughts? Do they make you feel any different?

Use the Catch it, Check It, Change It Approach

Step 1 – Catch It

Try to spot when you have these kinds of negative thoughts. The best way to do this is probably to use your emotions as ‘cues’. When you feel anxious or depressed, check your thoughts. What are you thinking?

Step 2 – Check It

Stop and reflect on what you’re thinking. Is it true? Do you have evidence to back it up? Would other people interpret things in the same way?

Step 3 – Change It

At this point you need to try substituting more realistic thoughts. If your automatic thoughts tend to be depressive or anxious, you need to think of different – but realistic – ways of thinking about the situation. Then, check out these new ways of thinking. Are they more likely to be true than your automatic thoughts ? Do they make you feel any different ?

Get a good nights sleep

Good-quality sleep makes a big difference to how we feel, so it's important to get enough.

Use reading, gentle stretches or meditation to unwind. Create your personalised, restful environment by using ear plugs, finding your own ideal levels of light and noise maybe using ambient sounds or music if you enjoy them and keeping your clock and phone out of view.

Make sure you’re still doing the things you enjoy

Whether it’s an old or new hobby find what works for you! If you enjoy meeting others or having some company from time to time, get in touch and ACTS can help with this.

