

Mind your Mind: safeguard your mental wellness during the Covid-19 pandemic

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As we are having to make major changes to our daily lives, and we face several uncertainties, our mental wellbeing can be compromised. The constant information we are all receiving regarding the pandemic is distressing for all and is specially challenging for those who already live with anxiety, depression and other mental health conditions on a daily basis. We need to take every step possible to look after our physical wellbeing as well as our mental wellness.

The World Health organisation has issued recommendations on mental health and dealing with stress during the outbreak. Here are some of the suggestions:

- Avoid watching, reading or listening to news that cause you to feel anxious or distressed.
- Seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times.
- Get the facts. Gather information at regular intervals, from local health authorities.
- Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.
- Even in situations of isolations, try as much as possible to keep your personal daily routines.
- Stay connected with your social networks. You can stay connected via e-mail, social media, video conference and telephone. Agree regular check-in times
- Engage in healthy activities that you enjoy and find relaxing. Exercise regularly.
- Keep regular sleep routines and eat healthy food.
- Keep things in perspective.

The full document can be found here

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

UCL Resources

You can also contact CareFirst which provides a free Employee Assistance Programme (EAP) offering confidential information, advice and counselling services. More information about the service and other mental wellness resources can be found here:

<https://www.ucl.ac.uk/human-resources/mental-wellness>

External resources

You may also find helpful the advice and check list provided by the charity Mind
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Further advice on coping with increased anxiety can be found at Anxiety UK
<https://www.anxietyuk.org.uk>

Further advice on coping with Obsessive Compulsive Disorder (OCD) can be found at OCD Action
<https://www.ocdaction.org.uk>