Archdiocese of Liverpool

Tips that may help during this period of uncertainty

Turn off the news and your social media for a while. It's so easy to constantly watch all the information that's coming in.

Try to avoid news which can make you feel anxious, only choose the stuff that's practical and helpful.

Just check the news once or twice a day and maybe in the morning and early evening.

Share the positive stories you see; of people who have recovered or even a post on social media that made you laugh.

Keep in touch with friends and family with Skype, FaceTime, WhatsApp or a phone call.

Connecting with others is so important and can help ease the stress caused by all the news. You can always mute social media groups if they are too overwhelming.

Why not connect with those you've not spoken to in a while, and check in with people that may need it.

As far as possible, try and keep up a daily routine, making sure each day has some variety.

Learn simple daily exercises you can do at home.

Keep a To-Do list so you can see what you're achieving.

Go for a walk, a run or a bike ride. There are lots of workouts available online; to suit everyone – from extreme beginner to expert.

You are perhaps feeling overwhelmed or annoyed at trivial things.

You may find it difficult adjusting to a different way of living.

You probably find that times are tough (or tougher) right now.

Well, rest assured that it's completely normal to feel overwhelmed or upset about a lot of what is happening right now and getting it out of your system is the best policy.

Always remember that social distancing doesn't mean emotional distancing.

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