

**How to look after your mental health during time of uncertainty?**

You’re likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them.

Speak to family or friends and ask how they cope with uncertainty. Could you learn anything from them?



Rumination is a common factor during times of uncertainty – if your mind starts to wander, use your senses to refocus on what you are doing in the present moment.

Take each day one step at a time. Focus on the present moment. A routine can help to give you some structure, e.g, eating habits, exercise and sleeping pattern.

Think back to past experiences where you have coped well with uncertainty and pick out what really helped you feel better back then.

In times like this, increase your focus on self-care and kindness. Take time to slow down, breathe, to connect and relax.

Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground.

You’re likely to be in a period where the amount of worry you experience is going to be higher, anticipate this and be ready to find out how well you can tolerate this level of worry.