

## **Ideas for managing stress and anxiety at home**

This is an anxious difficult time for all of us. We will all need to make extra effort to manage our worries and stress so that we feel happier and calmer, and are also in a better place to support our friends and families. Often, the things that we might have done before to manage stress, might not be an option right now. Try to focus on what you can do, not what you can't.

You will have a good sense of whether you are using mainly helpful or unhelpful coping strategies. Don't put pressure on yourself to make major lifestyle changes right now, but do try to introduce some of the strategies below to get some balance.

- **Stretching, meditating or relaxation**
- **Exercise at home** – there are lots of classes available for free online e.g. through Youtube.
- **Listen to music**
- **Rest and get enough sleep**
- **Watch TV and movies**
- **Read** a book that you have been meaning to get to
- **Puzzle books**
- **Go for a walk** (being mindful of social distancing guidelines)
- **Do something creative** – sew, dance, make art, sing – whatever is your thing!
- **Spend time outside** in the garden if you have easy and safe access to outside space
- **Socialise with friends** – Although we can't do this in person at the moment, there are lots of ways of doing it online e.g. Zoom, Skype, Microsoft teams, Houseparty. Most of them are free and allow you to connect with more than one person at a time.
- **Talk to people** – if you prefer phone, give a friend a call. Consider making a date or time to do this, in the same way that you would a meet up in real life.
- **Clean** - lots of people find cleaning helps them to manage stress. Most of us are being more careful about hygiene and cleanliness right now, so just make sure that it doesn't get out of control!