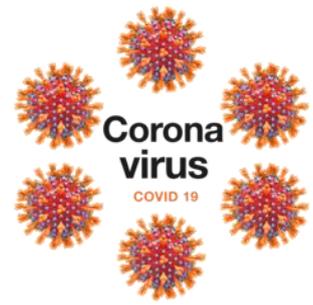




## What you can do if you feel worried



The HSE and the Government are working hard to protect us from the Coronavirus.

Because of the virus we all must make some changes to the things we do every day.

This is to keep us safe.



Sometimes people feel worried or sad because of these changes.

Some people feel afraid.

Here are some things you can do to help you with these feelings.



Learn about all the things that you can do to keep yourself safe.

Elbow bumps, washing hands, and keeping three or four steps from strangers.

Practice doing these things with your family, friends or staff.



Smile or laugh when you are doing these things.

Laughing is a great way to change your feelings.



It's good to watch the news on the TV or on the internet.

Sometimes seeing too much bad news can make us sad or worried for other people.

If this happens, try looking for good news or other things you like on the TV or internet.



Talk about your worries and feelings with family and friends.

Talk about what you can do to stay safe and well.

Then find some good news to talk about.



If you can't meet up with your family or friends – talk to them on the phone or on video.



Sometimes you can change your feelings by taking three deep breaths.

Practice doing this with family and friends.

Laugh when you are finished!



Music and singing are good ways to make you feel better.

Play some music that you like.

Dance in your seat or in the room!

Play some music and sing along!



Exercise makes you feel good and keeps your body healthy.

Move around in the house or go for a walk outside.



Looking out for good things helps to change your feelings.

When you are moving around - practice looking out for one good thing that makes you happy.

Tell a friend about the good thing you saw.



Doing nice things for other people helps to change your feelings.

Try to do one nice thing to make someone else happy each day.

It can be as simple as a smile or a wave or helping with the washing.



Learning something new or making something new can help to change your feelings.

Try and do one new thing every day.

It can be as simple as eating something different, painting a picture, listening to some new music or finding a new colour or picture that you like.



And remember – Don't forget to smile