

## Maintain positive mental health

Infectious diseases pandemics like coronavirus (COVID-19) can be worrying. This can affect your mental health. Some people might find it more worrying than others.

You may notice some of the following:

- Increased anxiety
- Feeling stressed
- Finding your self checking symptoms in yourself or others
- Becoming irritable more easily
- Feeling insecure or unsettled
- Fearing than normal aches and pains might be the virus
- Having trouble sleeping
- Feeling helpless of a lack of control
- Having irrational thoughts

It's important to pay attention to your needs and feelings, especially during times of stress. There are many things you can do to mind your mental health.

For example, you could try to:

- Exercise regularly, especially walking
- Keep regular sleep routines
- Maintain a healthy diet
- Avoid excess alcohol
- Practice relaxation techniques such as breathing exercises
- Read a book
- Search for on line exercises or yoga classes, concerts or guided tours
- Improve your mood by doing something creative
- Stay connected with people, friends and family
- Make time for doing things you enjoy

Have a routine: Keep up daily routines as far as possible, or make new ones.

If you smoke or drink, try to avoid this more than usual. It won't help in the long-term.

Information source: <https://www2.hse.ie/wellbeing/mental-health/covid-19/minding-your-mental-health-during-the-coronavirus-outbreak.html>