

10 STRATEGIES TO HELP TEACHERS AND EDUCATION STAFF MANAGE ANXIETY DURING THE CORONAVIRUS CRISIS



1 Writing down your worries can help them become more manageable and less overwhelming



2 Do some problem solving to help decide what you are going to do about it



3 Choose your news sources carefully and ensure that they are trustworthy and reliable



4 Allocate a time for catching up with news and information, rather than reviewing a constant drip feed



5 Let close friends or family know if things that they do make you feel anxious



6 Identify positive things that have happened today to balance the negative thinking e.g. keep a gratitude diary



8 Keep contact with friends and relatives regularly



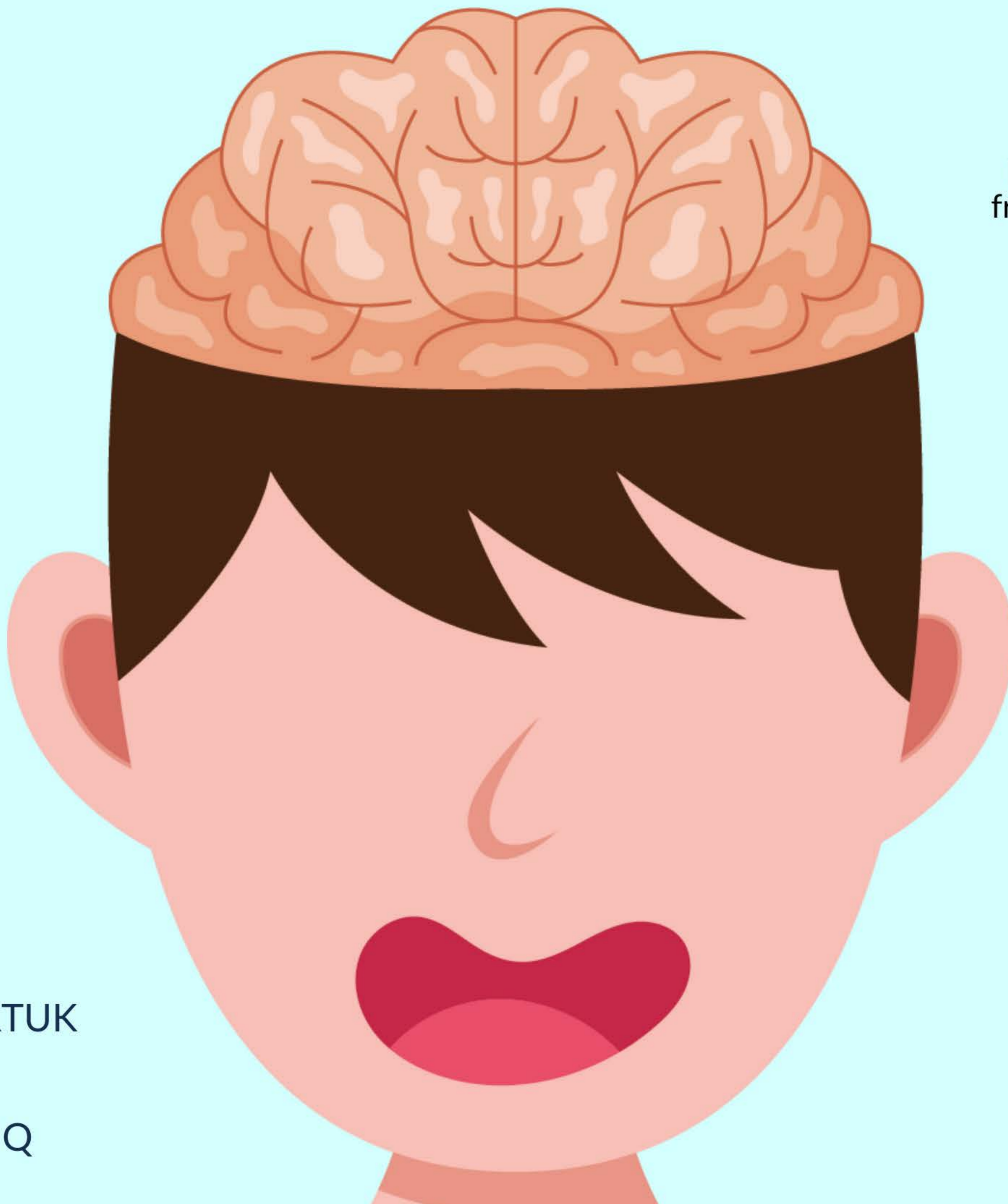
7 Get a routine to avoid bad habits and boredom which can increase anxiety and affect your mental health



9 Get enough sleep and ensure you have good sleep habits



10 Keep active and exercise regularly



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