

Easy Read Information
Produced by
Mencap Liverpool & Sefton

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COVID-19

How to look after your Mental Health



	<p>When you are socially isolating and staying at home, there are lots of ways to keep yourself well.</p>
	<p>Take a break and try not to watch the news all day long it can make you feel bad.</p>
	<p>Make sure any news you hear is correct and is not fake news.</p>








This information is produced for free. Please share it with anyone who might find it useful.




We are doing our best to make sure it is accurate and up-to-date.

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Please send any post to Mencap Liverpool & Sefton, 6-8 Mariners Road, Crosby, L23 6SX
For all our information about Corona Virus Outbreak, please visit: www.mencapliverpool.org.uk/covid19

 <p>HM Government</p> 	<p>So, you should get your information from the government site or the NHS page.</p>
	<p>To take your mind off the news you could:</p> <ul style="list-style-type: none"> . Read a book
	<ul style="list-style-type: none"> . Watch a film
	<ul style="list-style-type: none"> . Do a puzzle
	<p>Try and keep to your normal routine as much as you can. Make sure you:</p> <ul style="list-style-type: none"> . Get enough sleep
	<ul style="list-style-type: none"> . Eat healthy
	<ul style="list-style-type: none"> . Relax and breath

	<p>It is important that you try and keep yourself moving and happy. You could:</p> <ul style="list-style-type: none"> . Clean your house
	<ul style="list-style-type: none"> . Dance around to music
	<ul style="list-style-type: none"> . Do chair exercises
	<ul style="list-style-type: none"> . Take a bath
	<p>Make sure to keep in touch with your friends and family. You will be able to:</p> <ul style="list-style-type: none"> . Have a video chat
	<ul style="list-style-type: none"> . Make a phone call to your family or friends
	<ul style="list-style-type: none"> . Text your friends or family

	<p>Try to remember all the positive and happy things in your life.</p>
	<p>It is normal to feel overwhelmed, stressed or upset.</p>
	<p>If you do feel sad call someone for help. You could call the Samaritans.</p> <p>CALL 116 123</p>