

<b>Do</b>	<b>Don't</b>
<p>Remember it is normal to feel sad, stressed, confused and angry during a crisis.</p> <p>Talk about how you are feeling, stay in touch with friends and family and anyone else who can help you make sense of things.</p> <p>Try to talk about something different.</p> <p>If you are struggling with your mental health, reach out to someone who might be able to help you.</p> <p>family.support@daisychainproject.co.uk</p> <p>Email Daisy Chain and we can help you get the support you need.</p>	<p>Feel guilty for feeling how you are feeling.</p> <p>Cut yourself off from the people that care about you.</p> <p>Feel alone, there are lots of people that are feeling the same way.</p> <p>Let Coronavirus consume all of your conversations. (If it helps schedule in some time to talk about it but avoid talking about it at other times during the day).</p>
<p>Look after your health. Try to make exercise part of your routine every day. Try to eat healthy food, get enough sleep and look after yourself. If you can get outside every day.</p>	<p>Fall into unhealthy habits. I.e. Staying up late, waking up late. Binge drinking, binge eating or letting your personal care slip.</p>
<p>Create a schedule for each day and try to stick to it. Break down the hours and try to make things interesting. Give yourself something small to look forward to every day.</p> <p>Take this time to start a new project, develop some new skills or organise things that you haven't had time for in the past.</p> <p>Try to get ready every morning, shower, brush your teeth, put on makeup if it makes you feel better.</p>	<p>Spend all day in your PJ's watching T.V</p>
<p>Gather the facts from resources you can trust. This will help you come up with a</p>	<p>Believe everything you read. Try to stay away from links on social</p>

<p>plan to keep you and your family safe. Try to think about things logically.</p>	<p>media. Try to limit the articles you are reading and the time you spend reading them. Try not to read articles right before bed.</p>
<p>Follow the government advice for keeping yourself, friends and family safe.</p> <p><b>Try to remember this will not last forever!</b></p>	<p>Put yourself or others at risk by socialising or going out more than you need to.</p>