

Are you on a



Coronacoaster?

*Does your mood go up and down more than usual?
Are you loving lockdown one minute but weepy with
anxiety the next?*

You are on an emotional Coronacoaster

Try to:

- *Give yourself a break by doing some exercise or trying something you've never done before*
- *Eat and sleep properly*
- *Be aware of your posture and body language. If your body feels positive so will your mind*
- *Be kind to yourself and don't give yourself a hard time, everyone is finding this difficult*
- *Enjoy the highs and know that the downs don't last long*
- *Be social even if you don't feel like it. Chat to your friends, engage with a wide circle of people*
- *Seek help if you need it*