

TIPS FOR COPING DURING THE CORONAVIRUS PANDEMIC

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Taking control: being an 'expert patient'

- Be pro-active follow guidance, from reliable sources, on your condition.
- If you have any queries about your condition & COVID-19 contact your healthcare providers for advice, don't sit on worries.
- Make a list of the contact details of your healthcare providers to share with loved ones in case you do become unwell.
- Make sure you still contact your healthcare providers for any non-COVID-19 related health problems.

Accepting uncertainty and normalising distress

- Worry creates illusion of certainty
- Creates fake sense of control
- Feelings of vulnerability, uncertainty and threat may be triggered by the current situation.
- Feelings of distress are normal at abnormal times
- Find a way to express how you feel such as speaking to others, writing it down or crying it out.

Manage Stress & Self Compassion

- Use grounding techniques, coping statements, breathing exercises or distraction.
- Schedule pleasant events
- Be kind to yourself, current events may trigger earlier, similar difficult experiences.
- Help yourself and others

Coping with a chronic health condition

- Try to avoid absorbing negative messages about people with ‘underlying health conditions’.
- You matter, we all do.
- Avoid triggers of medical trauma.
- Remind yourself of everything you have dealt with before, this will pass.
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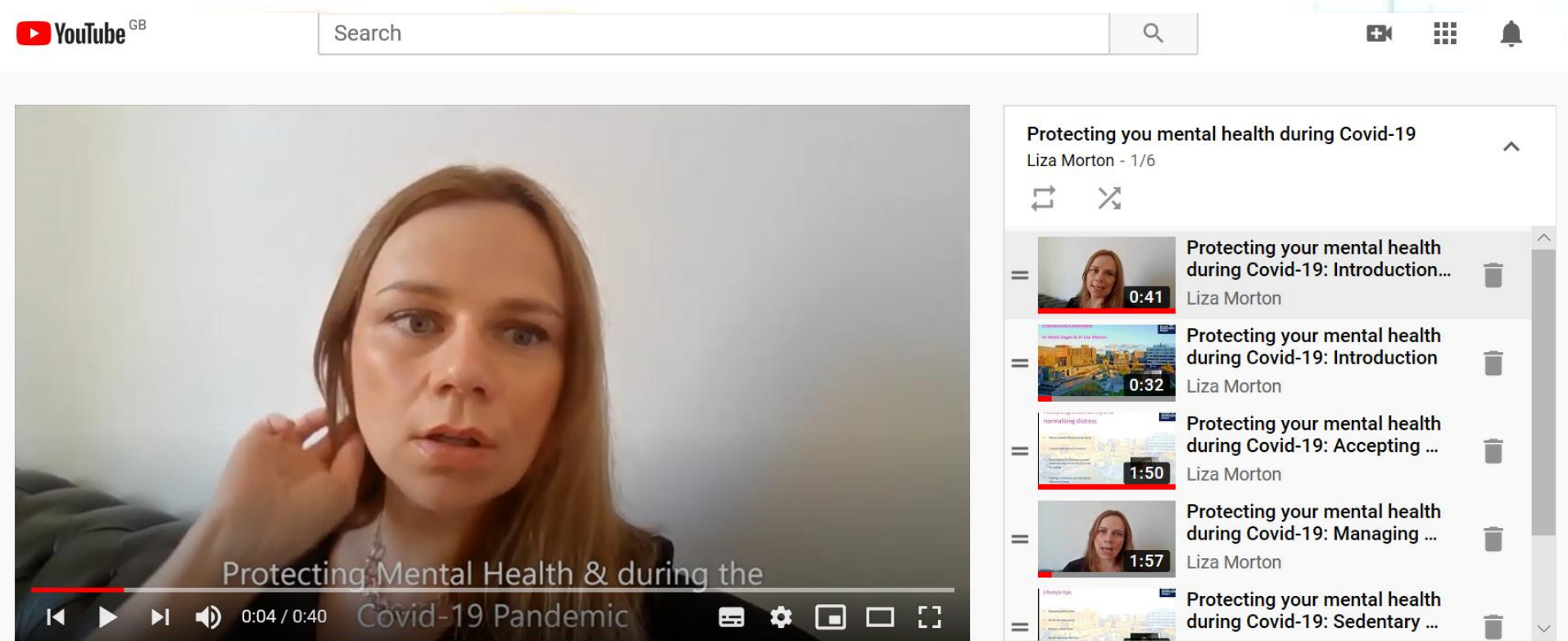
Maintain social connection & limit exposure to fake news

- Social support is one of most protective factors
- Stay connected
- Embrace technology – especially important if you are shielding
- Avoid fake news

Reducing sedentary behaviour & healthy lifestyle tips

- Stay physically active
- Sit less & move more
- Reduce screen time
- Avoid excessive exercise
- Healthy eating and hydration
- Structure and routine
- Sleep/wake cycle

Check out v-logs – freely available on youtube



The screenshot shows a YouTube video player with a search bar at the top. The video title is "Protecting Mental Health & during the Covid-19 Pandemic". The video is by Liza Morton and is part of a playlist titled "Protecting your mental health during Covid-19". The playlist contains five videos:

- Protecting your mental health during Covid-19: Introduction... (0:41)
- Protecting your mental health during Covid-19: Introduction (0:32)
- Protecting your mental health during Covid-19: Accepting ... (1:50)
- Protecting your mental health during Covid-19: Managing ... (1:57)
- Protecting your mental health during Covid-19: Sedentary ...

<https://www.youtube.com/watch?v=dFCGZXK37NQ&list=PLJZQnv2p43MwgykyMGVwwagNwQJpUh743&index=1>

School of Psychological Science & Health

An exploration of the impact of the COVID-19 pandemic on the mental health of adults with Congenital Heart Disease

We would like to invite participants to take part in an anonymous survey to investigate mental health & wellbeing for people living with a congenital heart condition during the Covid-19 pandemic.

Findings will be shared with our partner charity The Somerville Foundation to inform the development of resources & advocacy.



- ✓ **Participants need to be UK residents**
- ✓ **With a congenital heart condition**
- ✓ **Over 18 years old**

More info and link to survey:

https://hass.eu.qualtrics.com/jfe/form/SV_3mhiKNehTGak4o5