10 STRATEGIES TO HELP TEACHERS AND EDUCATION STAFF

MANAGE ANXIETY DURING THE CORONAVIRUS CRISIS



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



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



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



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



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



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

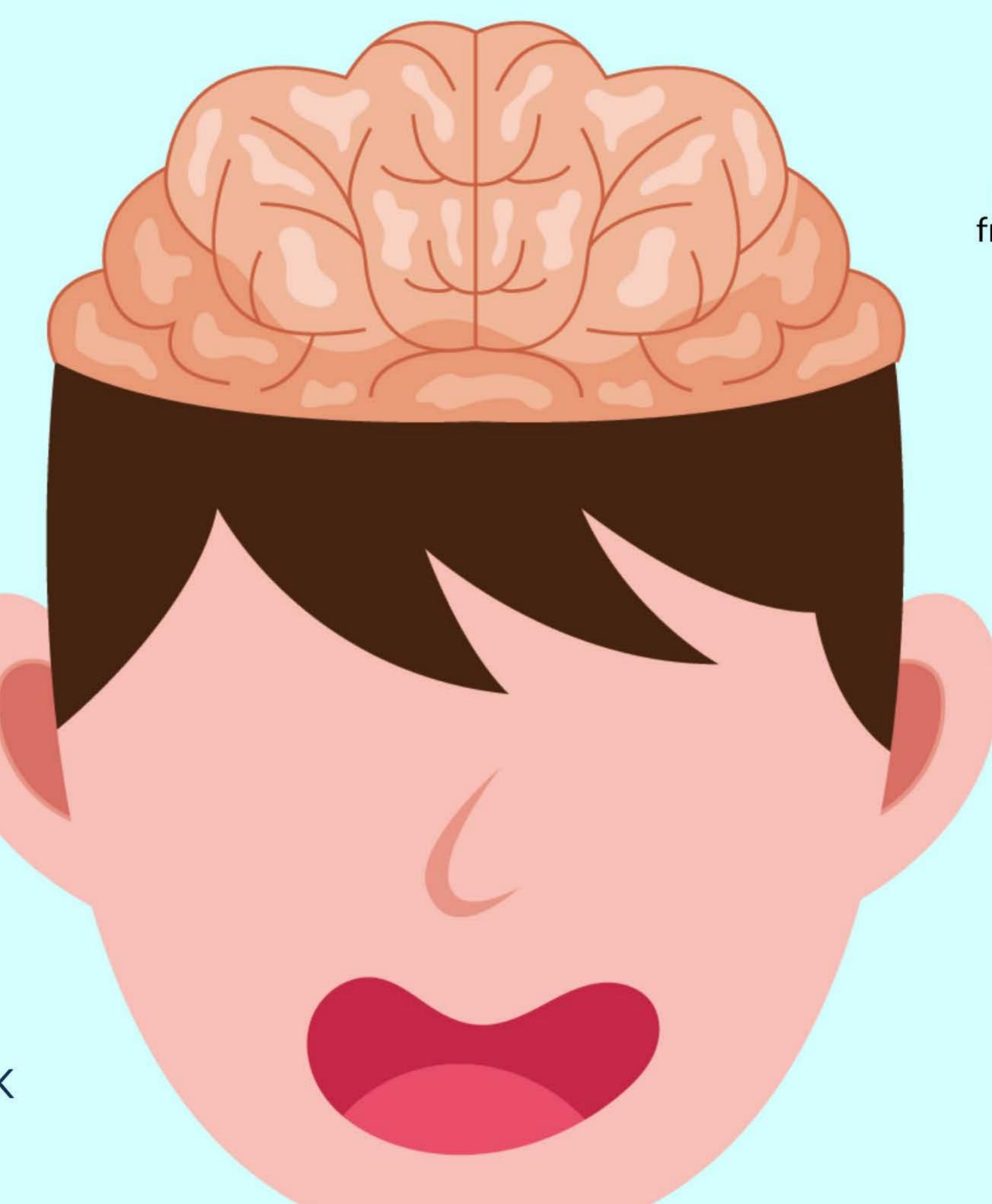




Get a routine to avoid bad habits and boredom which can increase anxiety and affect your mental health









Keep contact with friends and relatives regularly



Get enough sleep and ensure you have good sleep habits



Keep active and exercise regularly



Education Support is the only UK charity providing mental health and wellbeing support to everyone working in education. Please call their free, confidential helpline staff by BACP qualified counsellors and get help when you need it: 08000 562561 educationsupport.org.uk/helpline