SAGE & THYME®

Tips for health workers on coping with anxiety during the COVID-19 pandemic

Follow these 4 steps:

STEP 1

Write a list of your worries/concerns.

STEP 2

Write a list of the people you can talk to, who help you with your worries/concerns.

STEP 3

Look at your list of worries/concerns and write down what could help with each one.

STEP 4

Try out some of the following ways of managing your anxiety:

1. Limit watching the news to once per day.

2. Avoid social media and unreliable sources of information.

3. Connect with people who matter to you and avoid people who make your anxiety worse.

4. Talk about your worries and anxiety with others.

5. Get some exercise and/or spend time in green space (complying with government guidance).

6. Focus on what can control, not what you cannot control.

7. Do things that you enjoy or learn something new.

8. Try mindful breathing: https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

9. Limit your time spent worrying to 15 minutes per day.

10. Focus on the 'here and now' and take one day at time.

11. Remember that many things you do have risks and that you are adjusting to the COVID-19 risks.

12. Use your employer staff support and health and wellbeing information and services.