



Are you OK?

This is an unprecedented time and it is OK to feel stressed or anxious, this is entirely normal, and it is highly likely that many of your friends and family will be feeling this way.

You may have had to cope with being unwell, looking after family members or dealing with loss and bereavement. Coming to terms with the consequences that the Coronavirus has had for you and those close to you can take time.

This information helps you to identify what you are experiencing and where to access help:

Emotions or feelings

- Feeling worried, anxious or fearful most of the time.
- Being more irritable than usual or angry
- Feeling tearful, easily upset
- Experiencing guilt, numbness, loss of interest and enjoyment

Physical and bodily signs

- Tense muscles
- Trembling shaking
- Headaches or other aches or pains
- Shortness of breath
- Disturbed sleep, tiredness, exhaustion
- Feeling sick or having "butterflies" in your stomach
- Jumpy and easily startled
- Changes in appetite, eating and weight

Thoughts

- Thinking a lot about everything that might go wrong and especially the worst possible outcome
- Not being able to stop worrying
- Finding it hard to concentrate
- Difficulty in making decisions and losing confidence in yourself

Behavioural changes

- Being restless and unable to relax
- Finding it difficult to be with people
- Reduction in activities
- Not so inclined to look after self-care

Not everyone will experience all of these symptoms however if you are experiencing any of these and this has been happening for two weeks or more and impacting your daily life we can help:



Health in Mind is an NHS service offering help for stress, anxiety, low mood for people who are aged 18 and over and are registered with a GP in East Sussex.

There are a range of options -

Useful Videos - [7 Tips for managing anxiety and worry](#) and [7 Tips for improving emotional wellbeing](#)

Both of these are available on our [website](#), free to access at any time under the Resources tab.

SilverCloud - **Space from Stress, Space for Resilience, Space for Sleep** and **Space from Covid-19**

These are available on our [website](#), free to access at any time under the SilverCloud tab.

Alternatively, if you would like to talk to a clinician about your difficulties please complete our self-referral form on the Website - the link is on the [Contact page](#).

You can phone and ask for a self-referral form to be sent to you if you do not have access to the internet on **0300 00 30 130** (our lines are open Mon- Fri 9am - 5pm).

Alternatively, you can speak to your GP or practice nurse who can make a referral on your behalf.

For further information please go to www.healthinmind.org.uk

Email us at spnt.healthinmind@nhs.net