

## **Coronavirus: Coping with talk of death and dying**

There is lots of talk about coronavirus, death and dying all around us at the moment. This can bring up difficult feelings and remind you of grief and those who have died in the past. It may also make you feel worried about yourself or a loved one dying.

### **Tips for how to help yourself and others**

- Take regular breaks from the news and social media.
- Only check the news at certain times of the day.
- Keep to a regular daily routine which includes some time to relax.
- Do things to help you take your mind off it – watching old films or TV series, reading, arts and crafts, or jobs around the house.
- Try asking friends or relatives to talk about other things for a while.
- There is some good advice for those dealing with anxiety or mental health issues on [www.mind.org.uk](http://www.mind.org.uk) or call their Infoline on 0300 123 3393.
- If you know a friend or relative is feeling anxious, keep in touch with them (on the telephone).