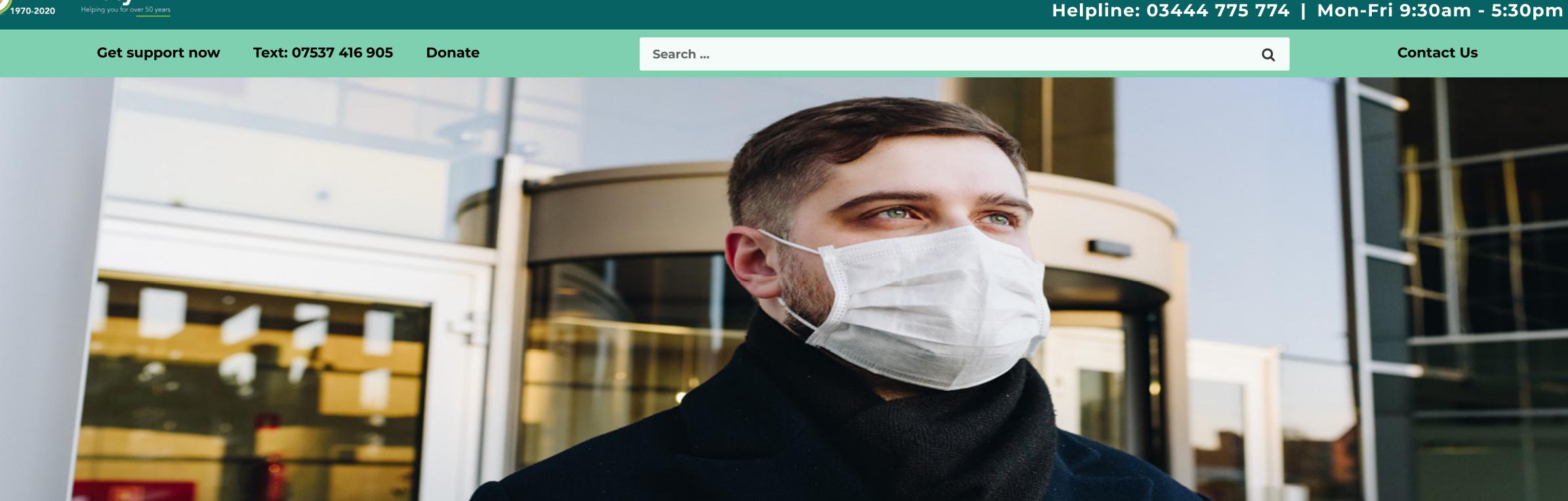
Become a member



Coronanxiety support & resources

### On this page you will find easy access to a range of information, resources and support for helping you understand how to deal with your anxiety during these difficult times while Coronavirus (COVID-19) is impacting on our lives.

Get a free subscription to Headspace and access to 1:1 therapy support here

**Face Masks and Anxiety Disorders** 

Anxiety UK supports the Government guidelines (https://www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-yourown/face-coverings-when-to-wear-one-and-how-to-make-your-own) and is particularly pleased to note that provision has been made for people for whom

### the wearing of masks may cause distress.

We also urge members of the public to be tolerant where they see people not wearing masks. For many people with hidden disabilities and mental health issues, masks may be something that they very much struggle with. If you are worried that wearing a mask will exacerbate your anxiety:

## Try wearing a mask at home to start with to acclimatise to the feeling. If it is too uncomfortable the Government has made it very clear that anyone

managing physical or mental illness or impairment, or disability, or anyone for which wearing or removing a face covering will cause severe distress are exempt from having to wear them in public. Please do not feel you must wear one if you fit into these categories. Obviously ensure you maintain other measures such as social distancing and regularly washing and sanitising hands

If anyone challenges you, simply say: "I'm in a health category that the Government has advised do not need to wear masks. Please rest assured I am

taking every other precaution including minimising my contact with others, practising social distancing and regularly washing and sanitising my hands."

# Lockdown and claustrophobia

Blogs on #Coronanxiety

- Maintaining a healthy mindset when faced with challenges
- ▶ Health and other forms of anxiety and coronavirus
- Covid-19 and anxiety part 2 ▶ How to talk to children about COVID-19

How to cope with anxiety while social distancing

- Managing my health anxiety through the covid-19 outbreak
- ▶ Thoughts from space on confinement and isolation
- ▶ Love in the time of Coronavirus
- ▶ Charity leaders call for more support for those with anxiety disorders
- Anxiety UK call for joined up action to tackle Covid-19 well-being Increase in anxiety levels following lockdown extension
- Coronaphobia and life after lockdown

Post lockdown anxiety

To find out more about our online courses and support groups

**Click here** 

### ▶ BBC News - Coronavirus: how to protect your mental health ▶ Kent Live - How to stay calm and protect your mental health during coronavirus

News coverage

- ▶ BBC News Coping with coronavirus anxiety
- ► ITV News Post lockdown anxiety

You Tube channel here

manage it

Our next webinar will be announced shortly, tune in to our previous webinars on our

#Coronaxiety webinars

## yourself #Coronanxiety - how to be kind to y...

**#Coronanxiety - how to be kind to** 



staying at home

#Coronanxiety - mental health and ...

**#Coronanxiety - sleeping well** 

#Coronanxiety - sleeping well

Watch later Share

## #Coronanxiety - tolerating uncertai... Watch later

#Coronanxiety - Feeling Trapped a..

**#Coronanxiety - tolerating** 

uncertainty



### **#Coronanxiety - mindfulness** and Claustrophobic techniques

Watch later Share



#Coronanxiety - Parental Anxiety





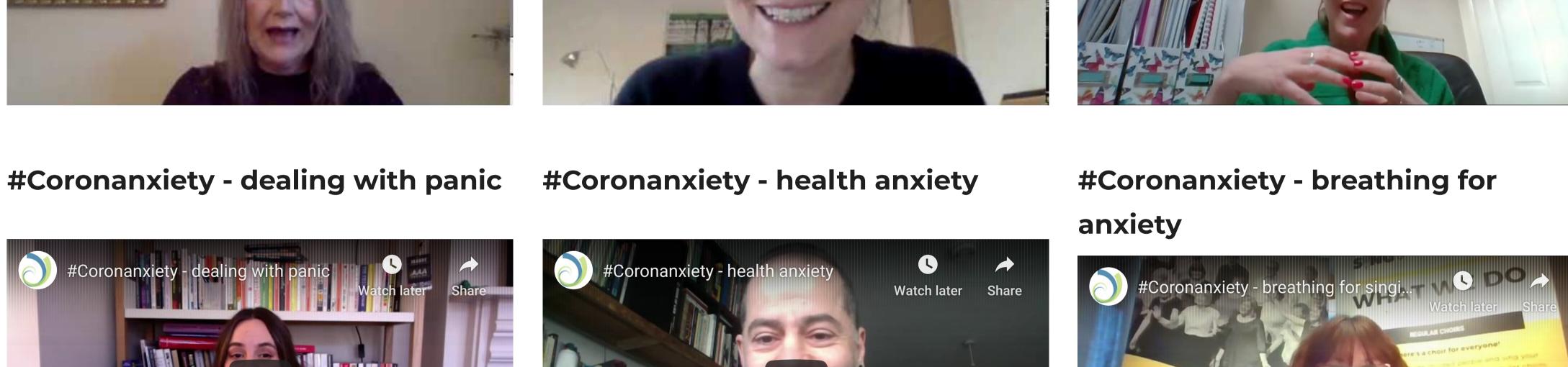
# **#Coronanxiety - OCD and how to**

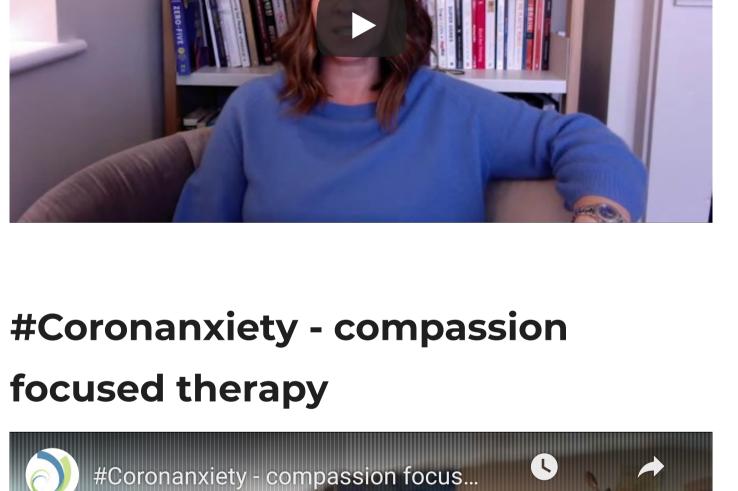


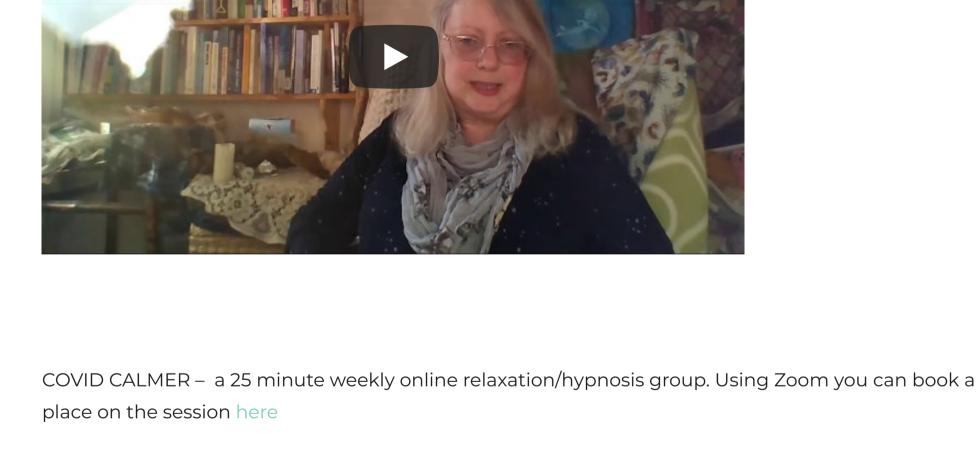
## #Coronanxiety - mindfulness techn... Watch later



# #Coronanxiety - perinatal anxiety







#Coronaxiety collaborations

Watch later

We've teamed up with world renowned clinical psychologist Prof Paul Gilbert OBE, pioneer of Compassion Focused Therapy and President of The Compassionate Mind Foundation, who discusses in a series of here how compassion can help us during this time of heightened anxiety and uncertainty, with a powerful vision for the future of our societies.

If you find singing a great way to help manage your mental well-being but can't get to your usual choir practice, you may want to join in with the virtual choir run by Emma Rowland here http://www.singoutstrong.co.uk/virtualchoirpractice.html

SING OUTSTRONG
Virtual Choir Practice

## Keep an eye on our webinar schedule too for Emma delivering a session on breathing for anxiety coming soon.

Other useful links

▶ NHS Coronavirus information ► Government response to Coronavirus

► COVID-19 Mutual Aid UK ▶ Coping during the pandemic - a free online course

▶ Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty keeping connected while social distancing - CARES

▶ Helping kids manage anxiety during a pandemic Butterfly breath breathing technique

World Health Orginsation mental health considerations

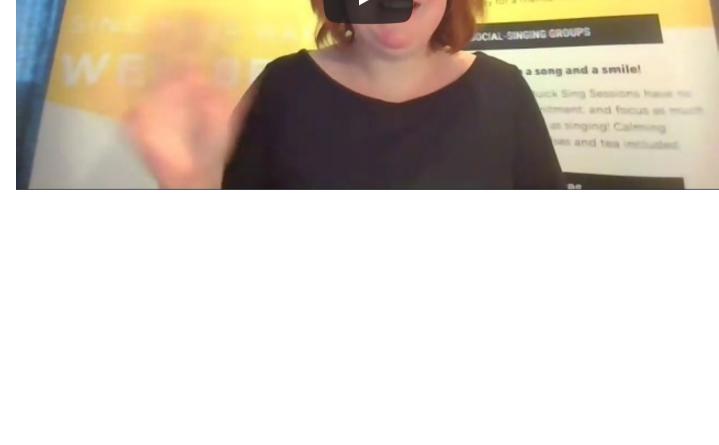
Soothing with our senses

About us

and anxiety based depression.

To read more please Click Here »





sunrises and sunsets to you to brighten up your life at this difficult time. #Coronanxiety #anxiety #Nature #well-being #Sunrise #Sunset

Get a free subscription to Headspace and access to 1:1 therapy support here

Since WWF and the Mental Health Foundation have created the 'Thriving With Nature' guide, the

coronavirus pandemic has changed all our lives. We believe it is now more important than ever for

everyone to enjoy the remarkable mental health benefits of connecting with nature.

We've teamed up with Clyde River Time Lapse Views – Gourock. to bring these beautiful, uplifting

Download the guide here.

Infectious Disease Outbreak ▶ Resources for the OCD and related disorders community during the COVID-19 outbreak

Coping with Stress During Infectious Disease Outbreaks

Coping with anxiety about coronavirus

Five ways to combat anxiety Mindful self-care for troubling times

▶ Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an

▶ Breathworks found - Vidyamala Burch blog post Doing what matters in times of stress WHO

Critical illness, Intensive care, and Post - Traumatic Stress Disorder (PTSD)

STANDARD

AWARDS 2019



Help others by providing advice and support to those in need.





Blog





**Infoline:** 03444 775 774 **Admin Enquiries:** 0161 226 7727 **Text Service:** 07537 416905 Email: support@anxietyuk.org.uk Donate Leave a legacy

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Get help

**Send an email** 

Anxiety UK is a national registered charity formed in 1970, by

Katharine and Harold Fisher, for those affected by anxiety, stress

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