

Top tips for coping with change

1. Stay in the 'here and now'

Try to focus on just the day ahead of you rather than fixating on longer-term plans. Put down your phone and relax for a moment. Just take one day at a time, and if you feel your mind drifting bring it back to focus on doing something mindful or creative, like making a creative scrapbook.

2. Manage your expectations

The current situation has taken away from most of us the ability to make plans and stick to them. It's natural to want to make plans, and have things to look forward but, for now only, it's better to focus on things that are closer in time.

3. Find a routine

To help you feel more in control of your life and less stressed about the changes around you, find your own little routine that can help you keep focus on the here and now. Routines give us a great sense of security. Here's more on making a great daily routine.

<https://www.bbc.com/ownit/take-control/structure-at-home>

4. Avoid online 'triggers'

Don't spend too much time online reading social media and following every news story. It can be hard to tell what is real or accurate, and everyone likes to share their opinions online. Unfollow accounts that stress you out to avoid feeling like the news is spiraling out of control.

5. Talk. Talk. Talk

Whether over online messages, the phone, or in person - tell your family and friends how you are feeling because other people will most likely be feeling the same way and talking to people you trust will always help.