

Emotional and well-being advice

How do I look after my emotional well-being during this stressful time?

Feeling concerned or overwhelmed by the news of Coronavirus is understandable, whether you are thinking about your own health and the possible impact, or for someone close to you. If you are feeling this way, remind yourself that there are practical things you can do:

- **TRUST:** You know your MPN well, use all your usual techniques and strategies to stay well.
- **ACKNOWLEDGE:** Notice and acknowledge the uncertainty, thoughts and worry as they come to mind.
- **PAUSE & PULL BACK:** Rather than respond to these try to pause and breathe. Remember, this may be the worry talking, thoughts are not statements or facts. These thoughts and feelings will pass.
- **INFORM:** Limit excessive exposure to the news/social media, if getting information, use up-to-date and reliable sources, e.g. NHS website. <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- **CONNECT:** Talk to someone about how you're feeling. Reach out for support from others by phone, text or video.
- **CALM:** Stick to your normal routine as much as you are able to. Add in things that help you feel calm, e.g. breathing, calming music/sounds/tv.
- **STAY PRESENT:** Explore the present moment, because right now, in this moment, all is well. Notice your breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right now. Then shift your focus of attention to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - mindfully with your full attention.