What to do when you're anxious about a pandemic

Make sure you get your info from reputable sources like the World Health Organisation (WHO) and Centers for Disease Control and Prevention (CDC)

Limit access to media to prevent feeling overwhelmed

Focus on what you can control, e.g. practice good hygiene

Know it's normal and ok to be concerned

Give your thought patterns a 'reality check', e.g. if you get stuck in a 'thinking loop', think about something else, or reassure yourself

Remind yourself to be in the present moment (anxiety is often focused in the future on 'what ifs')

Seek support if needed

Look after yourself

Stay connected with family and friends

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