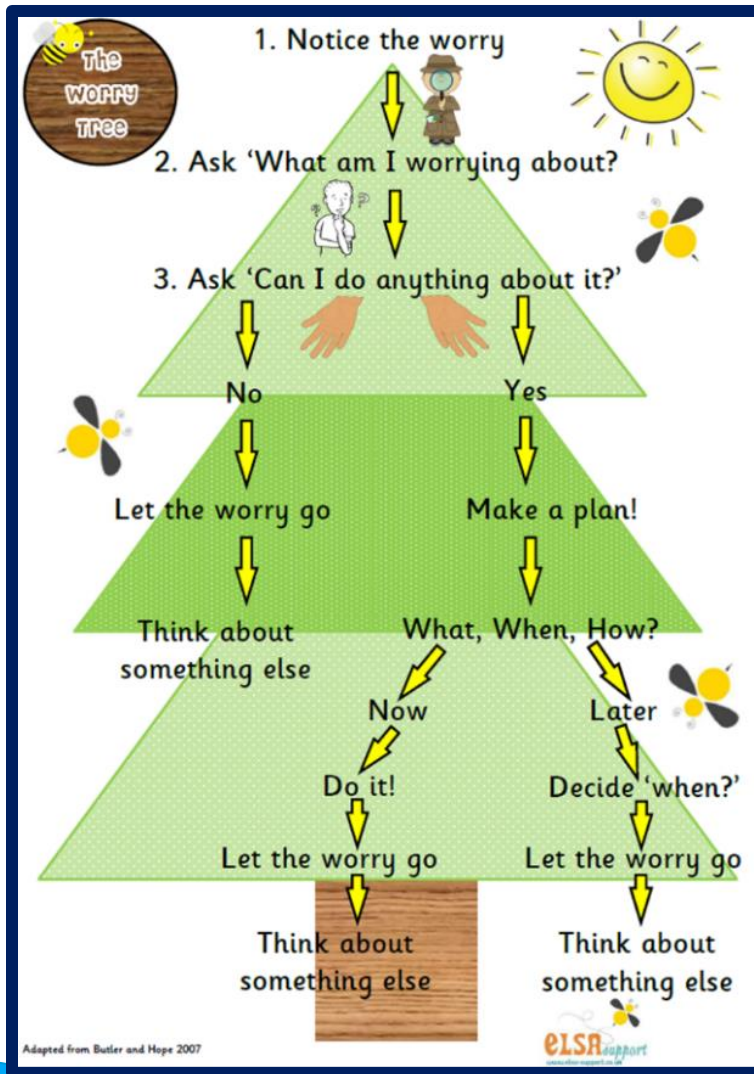


I'm worried about coronavirus...

Lots of people are feeling worried about coronavirus right now- even adults! This is a very normal way to feel when lots of changes happen quickly and it just means that the part of your brain that wants to keep you safe is functioning in the way that it's meant to. Often though people find themselves worrying about things that they have little or no control over- no matter how much worrying they do.

Follow this worry tree when you have a worry



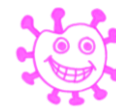
Is there anything I can do about my worries about coronavirus?

Yes, there is

Ok - what's my plan then?

There are two things that you can do as part of your plan to tackle your worries about the coronavirus:

- 1) Follow the 'how to keep yourself safe' advice on the next page
- 2) Once you are keeping yourself safe, you can use the strategies in the rest of this booklet to 'let the worry go'.



How to keep yourself safe

8

Wash Your Hands



Especially after going to the bathroom, blowing your nose, and before eating

Remember to throw your used tissues in the bin

Try not to touch your mouth, eyes and nose. If that's hard to do keep your hands busy with something else like a ball or squeezey toy.



Now you know how to keep yourself safe, it's time to 'let the worry go'