



# Coronavirus and your wellbeing



The word coronavirus (Covid 19) can be scary and can affect our mental health. Below is a checklist to help you prepare should you need to stay at home for two weeks.

- Food-** Do you have a way to get food delivered?
- Cleaning-** Are your cleaning supplies stocked up?
- Money-** Can you budget for any high bills or expenses?  
(Will you save money from lower transport costs that you can spend elsewhere?)
- Work-** Can you work from home? If not, what are your rights to payment/ benefits?
- Medication-** Do you have enough medication, or a way to get more?
- Health-** Can you reorganise any planned therapy or treatments?
- Commitments-** Can someone else help you care for any dependents, walk your dog, or take care of any other commitments?
- Routine-** Can you create a routine/ timetable for yourself/ household?
- Exercise-** Is there any physical activity you can do inside your home?
- Nature-** Do you have any house plants, living herbs or seeds?
- Entertainment-** Have you thought about things to do, books to read, or tv shows to watch?
- Relax-** Have you got materials so you can do something creative, such as paper & colouring pencils?

