

## Covid Coping Tips – Astuces pour gérer le Covid

1/ The British mental health organisation MIND has prepared this short and easy pdf with basic tips (level A2-B1).

<https://www.mind.org.uk/media/6787/easy-read-pdf-top-tips-for-coping-with-the-coronavirus-pandemic-mencap-mind-081220.pdf>

**Key recommendations include:**

- a) Stay in touch; b) Try a new activity or a new hobby; c) Get outside and look at nature; d) Stay inside and look at nature; e) Look after your body; f) Be careful about what you watch and read.

2/ Other information by MIND is here, on the website (Level B1-B2):

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#TipsForTakingCareOfYourMentalWellbeing>

These are tips for us struggling to maintain our mental wellbeing:

- a) [Understanding difficult feelings about coronavirus](#): Find support, seek help, try online peer support, express feelings creatively, make choices to control what you can, look after physical health.
- b) Tips for taking care of your mental wellbeing: Find ways to connect with others, adapt your routine for winter, get natural light, take care of news, tips for low mood or depression, anxiety, feeling claustrophobic or trapped.
- c) Looking after your practical needs: Look after your home environment: small steps to help relax.

3/ **The Conversation:** “[7 mental health coping tips for life in the time of COVID-19](#)”, by Linda E. Carlson, April 27, 2020. This article should be accessible to B2-C1 students. It includes suggestions to:

1. Be kind to yourself (and others) – have compassion and patience for your own struggles.
2. Manage your feelings – keep a diary/journal, talk to friends, get exercise, do yoga, meditation, etc.
3. Be realistic, lower your expectations.
4. Make the best of the situation – distinguishing what you can and cannot control.
5. Keep routines – especially sleep
6. Keep physical – not social – distance from others.
7. Stick to reliable sources for the facts (and skip the dross).

4/ “[Emotional Well-Being and Coping During COVID-19](#)” from the Department of Psychiatry and Behavioral Sciences at the University of California San Francisco the following is an extensive presentation ([pdf](#)). Accessible to C1-C2 students. Tips include many of the above, but also:

- Eating well (the Mediterranean diet instead of a “junk food western diet”);
- Working well enough from home – organising home work space etc.
- Reducing stress arousal through breath practices.
- Dealing with trauma, moral injury and grief.
- Invisible losses: Secondary trauma, survivor guilt, and moving through the Covid-19 crisis.
- Dealing with stigma.
- Dealing with pandemic fatigue and avoiding Covid burnout.

**Videos:** Dr Lee David, “[Top tips for coping with anxiety during the COVID-19 pandemic](#)”, BMJ (British Medical Journal) Learning. This video should be suitable for B1-B2 students. Eight minute video which is quite complete, drawing partly on cognitive behavioural therapy.

David Gutterman, Clinical psychologist, “[6 Ways to Cope with Coronavirus Stress and Anxiety](#)” – 3 minute video, B1 level. Tips include: focus on what you can control (in the family); avoid information overload; remember ways you’ve stayed calm in the past; create new routines; embrace stress and talk about it; be present and take life one day at a time.

A little bit of global perspective helps too: [UNICEF: Coping with COVID-19 trailer](#). This trailer introduces a series of views of the pandemic through girls’ eyes. [The “Coping with Covid-19” videos are available here](#).