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# Student Support

If the current news is making you feel anxious, concerned or stressed, here are some things you can do

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# Talk to someone about how you're feeling.

Whilst it is normal to feel worried, if you are starting to feel overwhelmed, it's important to acknowledge your feelings and speak to someone you trust, whether that's a friend, a family member, a teacher or a helpline.



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# Arm yourself with the facts



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FACTS

There is a lot of information about the virus out there and false reports can fuel anxiety. The [NHS common questions](#) about the virus can also be useful if you are worried about symptoms or family members.

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You might see stories or posts on social media that makes you feel anxious. It can be very hard to know whether or not social media posts are true, so try not to rely on updates from there.

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# Know what you can do

If you are feeling scared or panicked remind yourself that there are practical things you can do.

- Wash your hands more often than usual
- Use a tissue if you sneeze or cough
- Tell someone if you feel unwell



**Wash  
hands for  
at least 20  
seconds.**

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# Don't overexpose yourself to the news



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- Try to get your information from reputable websites
- Try to limit the amount of time you spend and stick to regular intervals in the days
- Plan some activities that you enjoy and which will take your mind off your worries.

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# Stick to your normal routine



Sticking to your routine can really help maintain a sense of normality. You might want to add extra activities into your day that make you feel calm, but try to keep to your daily schedule as much as possible.



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# Find things that help you feel calm



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- Breathe
- Listen to music
- Read a book
- Watch tv
- Play a game or complete a puzzle
- Write or draw about how you feel
- Talk to a friend.

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# Further Support



ESSENTIAL  
SUPPORT FOR  
UNDER 25s

DIGITAL  
SOCIAL  
MOBILE

THEMIX.ORG.UK  
0808 808 4994

- Talk to a friend, family member or teacher.



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