



Free access to Feeling Good Apps | New Blog on Positive Emotions and Immunity | Advice during the COVID-19 Outbreak

In the midst of a new chaotic Coronavirus way of life, it is important to support both your physical and mental health. It is completely understandable for people to feel stressed and anxious during this time of uncertainty and perhaps with new added complications to income, employment and childcare.

Now more than ever, it is important to understand why looking after your mental health is vital for your physical and overall health. The stress hormone corticosteroid can suppress the effectiveness of the immune system and extended periods of stress (a few days or more) have been shown to [decrease immunity](#). So doing what we can to reduce stress by looking after your mental health is so important. Positive emotions/outlook have been found to be associated with a lower risk of developing colds or flu. So maybe if we boost our positive emotions we can help our immunity, along with carrying out all the government advice on how to keep safe.

There are lots of resources available online to help support your mental (see links [here](#)) and the Foundation for Positive Mental Health would also like to offer our support with **FREE access to the Feeling Good Apps**, for a limited time during this challenging period.

Feeling Good Teens

Download the [Feeling Good Teens](#) app (suitable for age 11+) for FREE and have FREE temporary access to all of our tracks using the referral details:

Username: coboost

Password: coboost

Feeling Good: Positive Mindset

Download our [Feeling Good: Positive Mindset](#) app (for adults) for FREE and gain FREE temporary access of the positive mental training tracks using the login details below.

Username: coboost

Password: positive

The Feeling Good: positive mindset app was developed from an [Olympic sports coaching](#) programme. It is [accredited by NHS digital](#), and used in the NHS to aid recovery from stress, anxiety and depression.

Yet anyone can benefit from using the app without having to reach a crisis point, as it aims to strengthen key neural networks in the brain (just as you would train your muscles physically). It is a mental resilience technique, to help develop positive feelings, self-confidence and performance (mental and physical).

Top Tips on Staying Positive and Mentally Resilient

1. The science behind positive emotions and immunity

See Alastair Dobbin's [New Blog!](#)

2. See things in a different way.

Some find it helpful to reach for the positives that we can find (for example: the surge of community groups helping one another and the vulnerable, having time to slow-down and explore activities we might not have otherwise completed and lower carbon emissions). Understandably, it might be difficult to adapt a totally positive perspective, but it's important to focus on the things that we can control in our lives as opposed to things we cannot.

3. Staying connected when forced to stay apart

Despite social isolation, it is important to maintain contact with friends and family. A study by Robin Dunbar in Oxford found that virtual face-to-face interactions with someone (e.g Skype/Facetime/Zoom calls) are just as good for you as being in the same room as that person. So keep in touch!

A nice idea might be to create your own Google document like [this one](#) with friends and family to share and comment on online resources. You can even [sync Netflix](#) to watch T.V. and films together and chat!

Connecting with others in similar situations is helpful and there are plenty of social media groups of communities willing to help out or chat (search your local group via online platforms such as Facebook/Instagram/Twitter). If you are feeling emotionally distressed, contact a [helpline](#) for support or you can join a peer group online community such as [Elefriends](#)

4. Routine

Sticking to a routine can be a helpful way to structure your day. Develop a routine that prioritises looking after yourself. You might find it helpful to write down the ways in which you like to reduce stress or increase well-being (choose what's best for you) and incorporate it into your daily routine as a checklist

For example:

- 3 minutes of mindfulness
- Take a walk in nature
- Eat 5 vegetables/fruit a day
- Be creative for 30 mins

5. Stay Informed

With a lot of misinformation on the internet, it is important to use trustworthy resources to keep informed and up-to-date with pragmatic health guidelines to help you to feel in control.

[Gov.uk](#)

[Health Protection Scotland](#)

[Public Health Wales](#)

While we should stay informed it is also important that we...

6. Limit social media

The spread of misinformation and speculation is also contagious and dangerous as it can trigger

anxiety. It's easy to get swept up and spend hours on social media but it might leave you feeling hopeless and overwhelmed. If it's not making you feel better you can:

- Mute groups, Facebook pages or keywords on twitter or unfollow accounts that you find triggering
- Try some [apps](#) that can limit your time spent on social media to give yourself a break.

7. Reducing Burnout

It may be a few weeks or months until the UK has recovered from the pandemic. Make sure you take time to rest and relax and not burn out. For parents who are supporting their children at home, it is important to have some down time for yourself. Some may have more time on their (regularly washed!) hands. It's a great idea to learn new skills or spend time creating, exercising etc. but don't put pressure on yourself to do everything at once or even run the marathon from the (dis)comfort of your own balcony [\(as this man did in France\)](#). Make sure you get plenty of rest and stay hydrated.
