

## **LOOKING AFTER YOUR WELLBEING WHEN SELF-ISOLATING**

### **KEEP IN CONTACT**

- Make plans to video chat with people or groups you'd normally see in person
- You can also arrange phone calls or send instant messages or texts
- Run out of things to talk about? Why not set up a virtual book or film club?
- Can you use this time to send a message to all those people you have lost touch with but keep meaning to reach out to?

### **THINKING POSITIVELY**

- If it's possible try to think of this time as an opportunity to get something done. We often complain that we don't have enough time to read, take a bath, focus on our hobbies etc. Now is a great time to do all of those things
- Try having a clear out. Sort through all of your cupboards and storage spaces and donate what you don't need to charity or sell it online
- Have a digital clear out. Delete any old files and apps you don't use, upgrade your software, update all your passwords or clear out your inboxes
- Do any admin tasks that you haven't got around to, for example, cancelling memberships you no longer use

### **TRY TO KEEP UP A ROUTINE**

- If you're not sick, and you're able to work from home, that can be really helpful. Try to keep a sense of normality as far as possible
- Try to stick to your usual sleep patterns- it is easy to start going to bed later and then sleeping later but a regular sleep pattern is important for stress levels and physical health
- Same with eating patterns. And be aware that insecurity about food can trigger disordered eating such as bingeing so ensure you have adequate food in and try not to worry- our food supplies will not run out

### **TRY TO KEEP ACTIVE**

Just because you can't make it to the gym or exercise class doesn't mean you can't still be active. Exercise will help you keep your sleep pattern regular and will reduce stress so try to keep active by trying one of the following:

- Cleaning your home
- Dancing to music
- Going up and down stairs
- Seated exercises
- Online exercise workouts that you can follow at home
- Sitting less - set an alarm on your phone to remind you to get up

### **GET AS MUCH SUNLIGHT, FRESH AIR AND NATURE AS YOU CAN**

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

- Open the window to let in some fresh air
- Have flowers or potted plants in your home
- Take a seat next to the window and just look at out the trees, birds and flowers
- Listen to natural sounds, like apps that play birdsong, rainfall or animal sounds
- Get as much natural light as you can. Spend time in your garden if you have one

### **IF YOU ARE FEELING ANXIOUS**

You can find ways to comfort yourself if you're feeling anxious. There are lots of different ways that you can relax including:

- Arts and crafts, such as drawing, painting, collage, sewing, craft kits
- DIY
- Mindfulness
- Playing musical instruments, singing or listening to music
- Writing
- Yoga, Pilates
- Meditation

### **NEVER IGNORE YOUR MENTAL HEALTH**

If your mental health is getting worse contact your GP- they should be able to offer you a telephone appointment to discuss ways to cope

Look up your local mental health services- many accept self-referrals so you can put yourself forward for support. There is a lot of information about mental health issues on the Mind and NHS websites:

<https://www.mind.org.uk>

<https://www.nhs.uk/conditions/stress-anxiety-depression>

**IN AN EMERGENCY PLEASE DO NOT HESITATE TO CALL 111 OR 999**