

How to look after your wellbeing

It's understandable to feel worried at this time of great change but it's important not to let our wellbeing suffer. There are some simple things we can do to help ourselves stay healthy and well.

1

Working from home

Although working from home might make it tempting to stay in pyjamas all day it's better for our self-confidence and sense of purpose to continue to have regular routines. Try to start your working day at the same time as you usually would and make time within it to move, connect, eat and reflect.



2

Stay active

Stay active! Short on time? The NHS website has some handy 10-minute exercises and lots of tips to live well www.nhs.uk/live-well/



3

Loneliness

Self-isolation can be a frustrating and lonely time. For tips on how to stay well if you're self-isolating at home, visit the MIND website www.mind.org/uk



4

Information

Try to manage how you follow information about the outbreak in the media. If you can, avoid reading, or posting, speculation. The most up-to-date and reliable sources of information are from www.gov.uk



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Mindfulness

Take some time to clear your head. Why not try some free Headspace mindfulness meditations? www.headspace.com



6

Keep in touch

There are still lots of ways to keep in touch: pick up the phone, log onto WhatsApp/Skype/Yammer, and connect with others. Remember, it's always good to talk.



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Managing stress

Good Thinking is an NHS approved service promoting proactive self-care for anxiety, low mood, sleeping difficulties and stress. Use the self-assessment tool for personalised recommendations www.good-thinking.uk



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Get support if you need it

The Every Mind Matters website has all the information you need, from advice to support helplines www.nhs.uk/oneyou/every-mind-matters/ Further practical and emotional support is available from the NHS iCope service. You can self-refer or get more information at www.icope.nhs.uk

