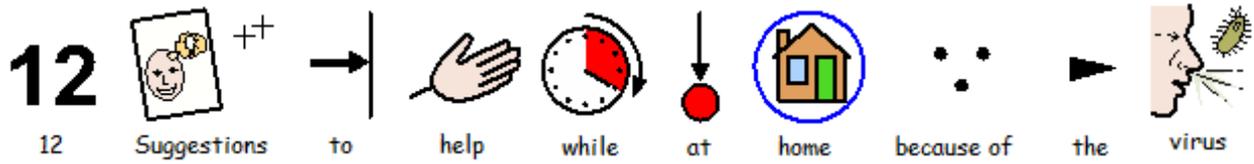
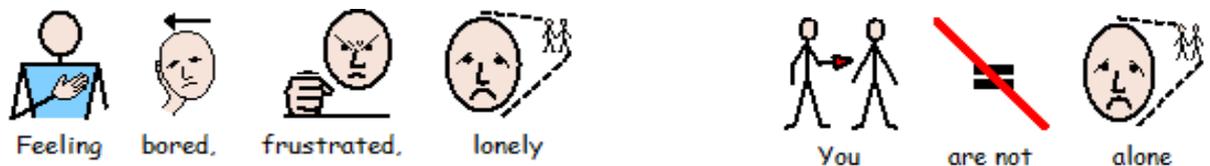


12 Suggestions to help you help yourself, and those close to you while staying at home avoiding COVID-19 Coronavirus.



You may feel bored, frustrated or lonely. You are not alone; lots of us do!



You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. Most of us are.



It is important to remember that it is okay to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these challenging feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and stopping the spread of the virus.

Taking care of your mind as well as your body is essential while staying at home because of coronavirus (COVID-19).

1) Limit the amount of news you watch or listen to

Limit the time you spend watching, reading or listening to coronavirus news coverage, limit yourself to checking twice a day, once in the morning and once in the evening.

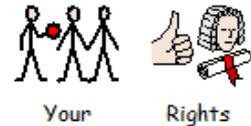


Consider turning off news alerts on your phone and remember, not everything posted on social media is factual.

Two trustworthy sources are [GOV.UK](https://www.gov.uk) or the [NHS website](https://www.nhs.uk).

2) Look into your employment and benefit rights

If you are worried about work and money while you have to stay home knowing the details about what the coronavirus outbreak means for you can reduce your worry and help you feel more in control. Click on this link to find advice from The Citizen Bureau: <https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>



Talk to your employer about working from home and learn about your sick pay rights. Ask your employer about the support they are going to provide.

3) Plan the practical things

Firstly, work out how you can get the food and household supplies you need. If you cannot get them yourself, ask neighbours, family, friends or carers. You could use online shopping and get your shopping delivered to your home.



Where possible, continue accessing treatment and support for any existing physical or mental health problems but check it is possible before you leave home. Inform the services you use that you are staying at home, and discuss with them how you can continue to receive support.

Where you need regular medicine, contact your GP, see if you can order repeat prescriptions by phone, or online via a website or an app on your phone. You can ask your pharmacy about getting your medicine delivered if they do not provide a delivery service, ask whoever is supporting you to collect them.

If you support or care for others, either in your home or by visiting them regularly, think about who can help out while you are staying at home. Let [your local authority](https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?id=6268:coronavirus-guidance) know if you provide care or support to someone who does not live with you. Carers UK has further advice on creating a contingency plan. Here is a link to them <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?id=6268:coronavirus-guidance>

4) Think about your daily routine

Your life is going to change for a while. There may be some disruption to your usual daily routine, with this in mind, think about how you can adapt your current routine to match this change in circumstances. Set yourself daily goals to achieve.

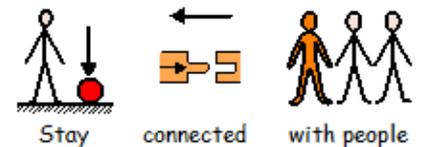


If you are now working from home, try to get up at the same time and get ready in the same way you would typically do. Eat at the same times and go to bed at your usual time.

You could set a time for a daily home workout or an outdoor walk, pick a regular time to clean, cook, read and watch a TV programme or film.

5) Stay Connected

Please stay connected with the people you trust; this is important for your mental wellbeing. While you are at home, think about how you can keep in touch with friends and family – by phone, messaging, video calls or social media. Now is an excellent time to reconnect with old friends and members of the family you do not see very often.



6) Stay on top of your feelings

Concern about the coronavirus outbreak is perfectly normal; we all have it. However, some of us may experience more anxiety than others, and this can affect our day-to-day lives.

If your anxiety is impacting on your day to day life, please try to focus on the things you can control, such as how you act, who you speak to and where you get your information. Re-read point 1 above.



It is fine to acknowledge that some things are outside of your control, but if constant thoughts about the situation are making you feel anxious or overwhelmed click on this link: <https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

7) It is good to talk about your worries and concerns

Most people are concerned, worried possibly a little scared about how fast life has changed due to the threat of this virus. It is normal to feel this way.



It is okay to share your concerns with people you trust, it is good to talk, it does help, and it can lead to greater understanding which reduces worry. In talking about your concerns, you may help the person you are talking too as well.

If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead. Here is a list of some of them:

Anxiety UK - Charity providing support if you have been diagnosed with an anxiety condition.

Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm). Website: www.anxietyuk.org.uk

Bipolar UK - A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

CALM - CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight). Website: www.thecalmzone.net

Men's Health Forum - 24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation - Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind - Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

No Panic - Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.nopanic.org.uk

OCD Action - Support for people with OCD. Includes information on treatment and online resources.

Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge

Website: www.ocdaction.org.uk

OCD UK – A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm). Website: www.ocduk.org

Rethink Mental Illness - Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Refuge - Advice on dealing with domestic violence.

Phone: 0808 2000 247 (24-hour helpline)

Website: www.refuge.org.uk

Samaritans - Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE - Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:
www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

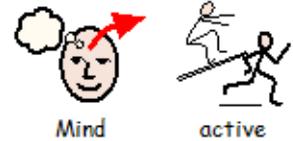
Website: www.sane.org.uk/support

YoungMinds - Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

8) Keeping your mind active can help
Read, play games, do crosswords, complete sudoku puzzles, jigsaws, or try drawing colouring-in, painting. Have a go at writing short stories. It does not matter how good you are as the more you do, the better you will get. Whatever it is, find something that you enjoy.



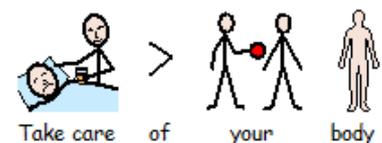
9) Relax-set aside time to relax
Relaxing can help with difficult emotions and worries and improve our wellbeing. It can be easy as going for a walk outside. If you are going on your own, always let someone know where you are going. Visit: <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/> for some helpful ideas. Time every day to unwind and relax can also help deal with your feelings of anxiety.



10) Do things you enjoy
Make an effort to focus on your favourite hobby provided it is something you can still do at home. If not, try something new you can learn at home. There are lots of free tutorials and courses online, and people are coming up with inventive ways to do things, like hosting online pub quizzes and music concerts, why not join in?



11) Take care of your body
Our physical health impacts on how we feel and our mental health. Right now looking after your physical health is very important and will prevent you from adopting unhealthy patterns of behaviour which will make you feel worse. Eat healthily, create well-balanced meals, drink lots of water and exercise regularly.



Avoid smoking or taking drugs, and try not to drink too much alcohol. You can leave your house, alone or with members of your household, for 1 form of exercise a day – like a walk, run or bike ride. But make sure you keep a safe 2-metre distance from others. Or you could try one of our easy 10-minute home workouts, see link below: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

12) Sleep well
Try to maintain your regular sleeping pattern and stick to good sleep practices. Good-quality sleep makes a big difference to how



you feel, make sure you get enough but not too much as it will make you feel sluggish!