

Wellbeing Toolkit

The Coronavirus pandemic is a very stressful time for everyone. This toolkit is designed to help you look after your mental & physical health during this difficult period. Tick any 3 boxes to start looking after yourself:

Sleep



- Fixed bedtime/wake-ups
- No screens 1 hour before bed
- Bedtime routine - read, bath or meditate

- Don't nap during the day
- Caffeine before midday only
- Eat evening meal early

Move



- 15 - 20 minutes per day
- Choose what you enjoy - dance/cycle/walk/run
- Outside is good but maintain social distance

- Workout with friends on Skype
- Make a shared exercise challenge with friends
- www.nhs.uk/live-well/exercise
- www.thebodycoach.com

Eat



- Mediterranean Diet - fruit/nuts/veg/fish
- Omega 3 foods - mackerel/salmon/flaxseeds

- Limit processed/fast food
- Minimise alcohol/sugar
- No recreational drugs
- www.nhs.uk/live-well/eat-well

Relax



- Meditate 10 minutes a day
- Relax with yoga or music
- Do something creative

- Practise Mindfulness - www.bemindful.co.uk
- Install "Headspace App"
- Install "Beat Panic App"

Connect



We have to physically distance but we can be socially connected.

- Regular catch ups with friends & family via phone/internet
- Supportive relationships
- Wave & smile at neighbours
- Cherish family time
- Get to know work colleagues
- Write a journal including positive feelings/gratitude
- Limit information overload
- Switch off social media
- Check news 1x daily
- Share skills e.g. help someone use Skype while they teach you baking via Skype
- Install "WhatsApp"
- Install "Skype" or "Zoom"

Purpose



Take the chance to reflect & think about positive steps for the future.

- Discover what you love
- Break dreams into smaller goals
- Be kind to yourself & others
- Plan your day & build routine
- Learn a new hobby- sketch, code, bake, sew, DIY, sort kitchen, spring-clean
- Volunteer
 - www.goodsamapp.org/NHS
 - You can be a phone volunteer if housebound
- Join local community Covid support groups e.g. Facebook
- Read/listen to a new book

Nature



We can't get out much but nature can still nurture us.

- Watch birds & animals from window/garden
- Get outside if possible
- Walk amongst trees
- Notice seasons changing
- Plant flowers & grow veg
- Notice your local surroundings

Help



Ask for help when you need it. We all will at some point.

- Council helplines:**
Bristol - 0800 694 0184
www.bristol.gov.uk/crime-emergencies/coronavirus-covid-19-what-you-need-to-know
South Gloucestershire
beta.southglos.gov.uk/get-help-and-support-in-your-area/
North Somerset
www.n-somerset.gov.uk/my-services/community-safety-crime/emergency/north-somerset-together/where-to-get-support/
- Self-referral to psychology** – 0333 200 1893
www.vitahealthgroup.co.uk/nhs-services/nhs-mental-health/bristol-north-somerset-south-gloucestershire/self-refer/
- AWP 24/7 mental health response line for existing service users** – 0300 303 1320 www.awp.nhs.uk/advice-support/24-hour-support/