

# ***Six ways to be well during the Coronavirus***



**Many people are feeling anxious and overwhelmed at this challenging time.**

**It's more important than ever to think of ways of protecting our mental health and wellbeing.**



## **Belong**



*At a time of physical distancing and self-isolation, you may not be able to see people. It's still important to stay connected - find ways to stay in touch and talk about how you're feeling. Phone, text, video call, send a letter, wave to a neighbour.*

### **Communities Pulling Together**

Several communities have introduced initiatives to support their neighbours. The groups are a good first point of contact for anyone seeking support .

For more info visit the website **Link News**

www.linknews.org.uk or email [hello@linknews.org.uk](mailto:hello@linknews.org.uk)

## **Nurture**



*If you're feeling greater stress than normal, find ways to cope that will nurture your mind and your body. Work out a routine, eat as well as you can, relax, sleep well and drink sensibly. Try to think positive thoughts about what you CAN do.*

While you're at home, try to eat regularly and healthily, drink plenty of water, rest, relax and try to get enough sleep (your normal amount). Keep yourself safe - don't use smoking, alcohol or other drugs to deal with your emotions. Limit worry by lessening the time you spend watching or listening to media coverage that may be upsetting.

Visit this **NHS** website for advice to help you make the best choices <https://www.nhs.uk/live-well/>

## **Be Active** *Keeping active is important for your mental health. Get*



*outside if you can. When you are indoors, try to move, stretch or dance to your favourite song. Doing the vacuum cleaning and gentle seated exercise counts!*

To stay fit and healthy you should be aiming to do 20 - 30 minutes of moderate physical activity a day.

Try these free home work out videos from the **NHS Fitness Studio** <https://www.nhs.uk/conditions/nhs-fitness-studio/>

## **Be Kind**



*We're all in this together, even if we are more distant than normal. Helping someone who needs it can make you feel good. Accept offers of help as the person giving it will feel good too! Remember to be kind to yourself and make time for self-care.*

The Action for Happiness 'Coping Calendar' has thirty suggested actions to help you find ways of being kind to yourself and others at this time of global crisis. Keep calm, stay wise and be kind!

<https://www.actionforhappiness.org/coping-calendar>

## **Enjoy and Learn**



*Learning something new could help take your mind off your worries, help you to stay calm and give you hope for the future. Keep mentally active by reading, singing, being creative, playing an instrument, listening to Podcasts, doing an online course, puzzle or playing games.*

**Live Borders** has a good electronic library of eAudiobooks, eBooks, eMagazines and eResources:

<https://www.liveborders.org.uk/culture/libraries/elibrary/>

For a list of free, online, boredom-busting resources visit

**ChatterPack** <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

## **Be Aware**



*Choose to slow down and take time to pause. Learn some calming breathing techniques, mindfulness or meditation to help you through times of heightened worry, stress and anxiety.*

Taking slow, regular breaths can help you to control anxious thoughts and feelings, and make you feel calmer.

Try this breathing exercise from the **NHS** <https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

# ***Crisis? Ask for help***

## **Emotional support helplines**

For emotional support in and out of normal working hours:

**Samaritans (24 hours) Tel: 116 123**

**Breathing Space (NHS 24) Tel: 0800 83 85 87**

Mon - Thurs: 6pm - 2am

Fri 6pm - Mon 6am

**Borderline 0800 027 4466**

Freephone helpline for adults in the Scottish Borders who are experiencing emotional distress.

7pm - 10pm every day

**TEXT: SHOUT 24 hour crisis textline 85258**

[www.giveusashout.org](http://www.giveusashout.org)

**This leaflet is produced by the Joint Health Improvement Team - Email: [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)**

**For more information and ideas about how to look after your mental wellbeing visit our website**

**[www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)**