

## Keeping your Mind Healthy during Self-Isolation – Take Always for the Adults

Social media can be a helpful tool to stay connected. There are Facebook groups dedicated to sharing ideas to keep the family entertained during self-isolation. Twitter is super too, check out #stayhomechallenge and #workoutathome

Self-Care Activities... a few to get you started!

Practice mindfulness - Apps such as Headspace and Calm are great, you can also find free guided meditations on YouTube.

Keep a journal - Sometimes, you need a physical manifestation, getting a thought out of your head in order to let it go or to make sense of it and process it effectively.

Eat slowly! – Mealtimes may not be as rushed during self-isolation as during a normal working week. Take the time to savour your food and to dine together if possible and safe to do so.

### Managing Anxious Thought in Yourself and Others

With anxiety, it is like you are ten steps ahead. We sometimes call this “catastrophising”. It is helpful to be really aware of what you’re thinking. Sometimes when we are “catastrophising” we are focusing on all of the “what-ifs”. Bring things back to what you actually know. Reassure yourself, calm yourself.

If you feel overwhelmed with information, it may be that you need to take time each day actively avoiding the news stories. Always be mindful through, and ignore fake news stories. They are designed to feed anxiety!

Avoid telling people “not to worry”. Our brain won’t register the “don’t”. It’s like saying, “don’t imagine there is a parrot on your shoulder”. You will ignore the don’t and imagine it!

#### Self-Quarantine To-Do List:

- Work on your side hustle
- Binge [insert favorite show here]
- Start that book you bought 5 years ago
- Rack up some much-needed nap time
- Learn a new Tik-Tok dance.

@W/hereTo/nextMedia

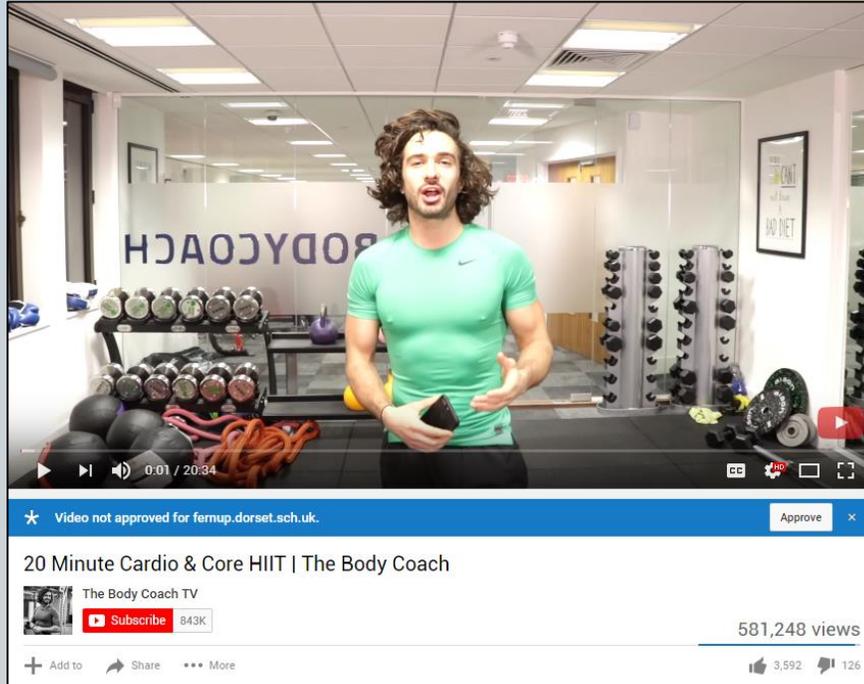
Your things

## An Act of Kindness in our Community

Elderly people are likely to be deeply affected by period of isolation. We have lots of care homes and nursing homes in our community. Perhaps you could write a letter or draw a picture to send to the resident and brighten up their day?

## Stay Active!

The Joe Wicks' 20 Minute HIIT videos on YouTube are perfect for everyone – even when you're stuck indoors!



If you are well enough, enjoy a workout together with your child, exercise can release happy hormones.

## Stay Connected

If you're self isolating, keep in touch with friend and family using technology. Communication is crucial for our happiness, especially during challenging times. Perhaps you could set up a virtual art group, or even singing group via Skype, Facetime etc.! Togetherness and social connection will ease the potential loneliness for everyone.

## COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



## MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

## Stay at Home Checklist

This is a fantastic checklist from the Mind website – they have a whole array of resources to support our mental health and wellbeing during this uncertain time.

[www.mind.org.uk](http://www.mind.org.uk)



## Financial Support and Advice

This is a fast moving topic, but there is up-to-date information on the Money Saving Expert website.

The advice also includes information about cancelled holidays, utility bills and sick pay.

Mortgage lenders are offering payment holidays for people who may struggle to make ends meet due to work constraints. If you are renting property, then there may also be help available from the government. Or you can contact your landlord as they may also be eligible for a payment break.

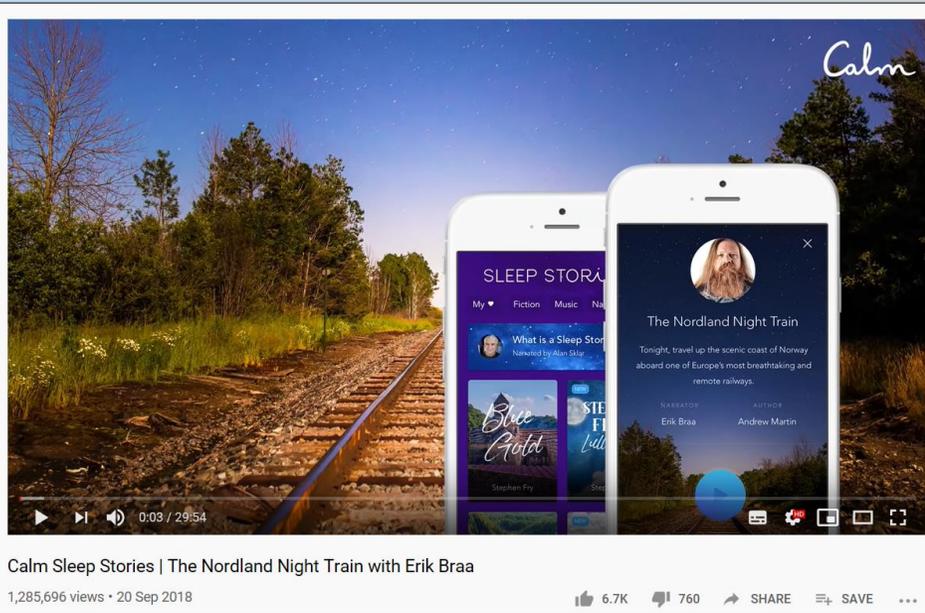
MRC have a dedicated COVID-19 helpline to phone if you are worried.

0800 159 559.

## Checklist: are you ready to stay at home?

- Food: do you have a way to get food delivered?
- Cleaning: are your cleaning supplies stocked up?
- Money: can you budget for any higher bills or expenses? Will you save money from lower transport costs that you could spend elsewhere?
- Work: can you work from home or not? If not, what are your rights to payment or benefits?
- Medication: do you have enough medication, or a way to get more?
- Health: can you reorganise any planned therapy or treatments?
- Commitments: can someone else help you care for any dependents, walk your dog, or take care of any other commitments?
- Connectivity: have you checked the contact details of the people you see regularly, like their phone numbers or email addresses?
- Routine: can you create a routine or timetable for yourself? And if you live with other people, should you create a household schedule? Do you need to agree how the household will run with everyone at home all day?
- Exercise: is there any physical activity you can do inside your home, such as going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?
- Nature: have you thought how you could access nature? Can you get some seeds and planting equipment, houseplants or living herbs?
- Entertainment: have you thought about things to do, books to read or TV shows to watch?
- Relax: have you got materials so you can do something creative, such as paper and colouring pencils?





Calm Sleep Stories | The Nordland Night Train with Erik Braa

1,285,696 views · 20 Sep 2018

6.7K 760 SHARE SAVE ...

### Are You Struggling to Sleep?

Have you tried listening to Calm's free "Sleep Stories" on YouTube? They're relaxing and may help you to get a more restful night's sleep.

If you are struggling to get to sleep, you can also try to list things; this switches off our 'emotional' brain and engages our 'logical' brain. If you are finding it hard to dial down those worrying thoughts, try listing in your head. Animal in alphabetical order, types of flowers, anything!  
If you are able to get to a shop, it is worth trying Bergamot essential oil, or drink some cherry juice. As these are known to release sleep hormones.

### Keeping a Routine

If you are self-isolating, it is important to try and keep a routine if you are well enough to do so. Getting up, washed and dressed and having activities planned every day will greatly help your mental health.

It may be worth thinking of plans before your normal routine changes, so that you can organise anything that you may need such as mindfulness colouring books, puzzles or household products (if you are planning a spring clean!)

You may want to share your plans with others, or coordinate ideas with friends and family. Could you set up a virtual hobbies group?



A huge thank you to Amy Root @novahypno for all this information.