

## Wellbeing Guide - Covid-19

Over the coming weeks and months, Covid-19 is going to cause a lot of disruption to our everyday lives. The aim of this guide is to provide you with hints and tips on how to stay well during this unsettling period. There are also some links to websites that provide relevant and accurate information.

### Stay Active

Make sure you stay active and if possible, try to go outside to get some exercise and fresh air each day. If you are not self-isolating, you can still go for walks, but avoid busy areas and continue to follow social distancing guidelines. If you are in self-isolation and therefore cannot go outside (apart from your garden) make sure to open windows and allow fresh air into your home. There are lots of free home workout videos available online, Youtube could be a good place to start. If you are feeling uptight or anxious, stretching/yoga can be a great way to keep active whilst also helping you relax.

### Limit Screen Time

There's a lot of news and information being shared online, so please try not to get too wrapped up in it all. Not all information being reported is accurate, so try to stick to reliable sources of information. <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response> is the official government website that provides accurate and relevant information and guidelines. If you find yourself becoming anxious, or you feel like too much of your time is spent thinking about Coronavirus, limit the amount of time you spend on your screens. There are apps you can download onto smartphones that remind you not to spend too much time scrolling e.g. BreakFree or Offtime.

### Keep in touch

Keep connected! During times of social distancing and self-isolation, we will not have the same level of human interaction that most of us are used to in our daily lives. Social interaction is crucial for our wellbeing, so it is important we make an effort to stay connected to friends, family and peers using calls, texts, Skype etc. If you usually attend a support or recovery group, find out what measures are in place to help you stay connected with your peers. If you're not sure on local arrangements, please contact Tanja Mehrer 07500 095790 or Diane Ord tel: 07715 311551 for relevant info in your area. It is always an option to hold virtual meetings online, which anyone with access to a smartphone, tablet or computer can join.

### Be prepared

Make sure you plan ahead and ensure you have a plan in place in case you do have to self-isolate. Please do not stockpile groceries. Instead, think about how you could get supplies - do you have a friend or neighbour you could ask for help? If not, is there a supermarket delivery service you could use? If you require medication, find out if there's a local pharmacy offering a delivery service and make sure you order prescription in plenty of time. Fubar news on Facebook is a good page for providing updates on local services.

## Ask for help

If you have concerns or questions, or feel like you'd like some additional support, there are still services who can help. Many organisations and services have swapped their face-to-face meetings for support over the phone/via skype etc. Please look out for updates via the forum mailing list, we are currently collating a list of the services being offered across Aberdeenshire. There are also national charities you can reach out to for listening support e.g. you can call Samaritans free at any time of day on 116 123.

## Keep a routine

As human beings, we benefit from having structure and routine. Your usual routine is going to be disrupted, so try to restructure it to suit the current conditions so that you still have a structure to your day. E.g. try getting up at a set time, eat regular meals, keep active and stay in touch with people. Below are some ideas of activities you can still do from home.

Why not pick 2 or 3 each day and incorporate them into your daily routine?

Read a book	Sudoku	Learn a language	Go for a walk	Meditation
Home workout	Listen to a Ted Talk	Speak to a friend	Listen to music	Play an instrument
Knitting	Gardening	Crocheting	Yoga/stretching	Mindfulness
Painting	List 5 things you're grateful for	Journaling	Cook a meal	Spring cleaning
Jigsaw puzzles	Bake a cake	Organise your home	Write a story/poem	Learn a new skill e.g. via Youtube

## Sleep hygiene

Sleep is so important for our wellbeing (mental, emotional and physical) so please make sure you do your best to get a good nights' sleep. Ideally, adults should aim for 7-8 hours per night. If this seems unachievable, there are things you can try to improve the length and quality of your sleep:

- avoid caffeine after midday
- get up at the same time each day (even if you had a poor sleep)
- exposure to natural daylight in the morning
- create a bedtime routine e.g. have a bath, stretch before bed, journal before bed
- avoid having electronics in your bedroom e.g. TV, Xbox, phone
- avoid things that will cause stress in the evenings e.g. don't listen to the news before bed

## Useful websites

Mind.org.uk is a great source of information, and they have a page dedicated to Coronavirus: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

The NHS provides accurate and up to date advice around your health and wellbeing: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Chatterpack has an extensive list of free resources from online courses, to online board games, to virtual tours: [https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2kwzYajBW6p6ficB4do\\_5496AKG8IOYESLISq3AmGBtPMLToEZmRY93Jk](https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2kwzYajBW6p6ficB4do_5496AKG8IOYESLISq3AmGBtPMLToEZmRY93Jk)