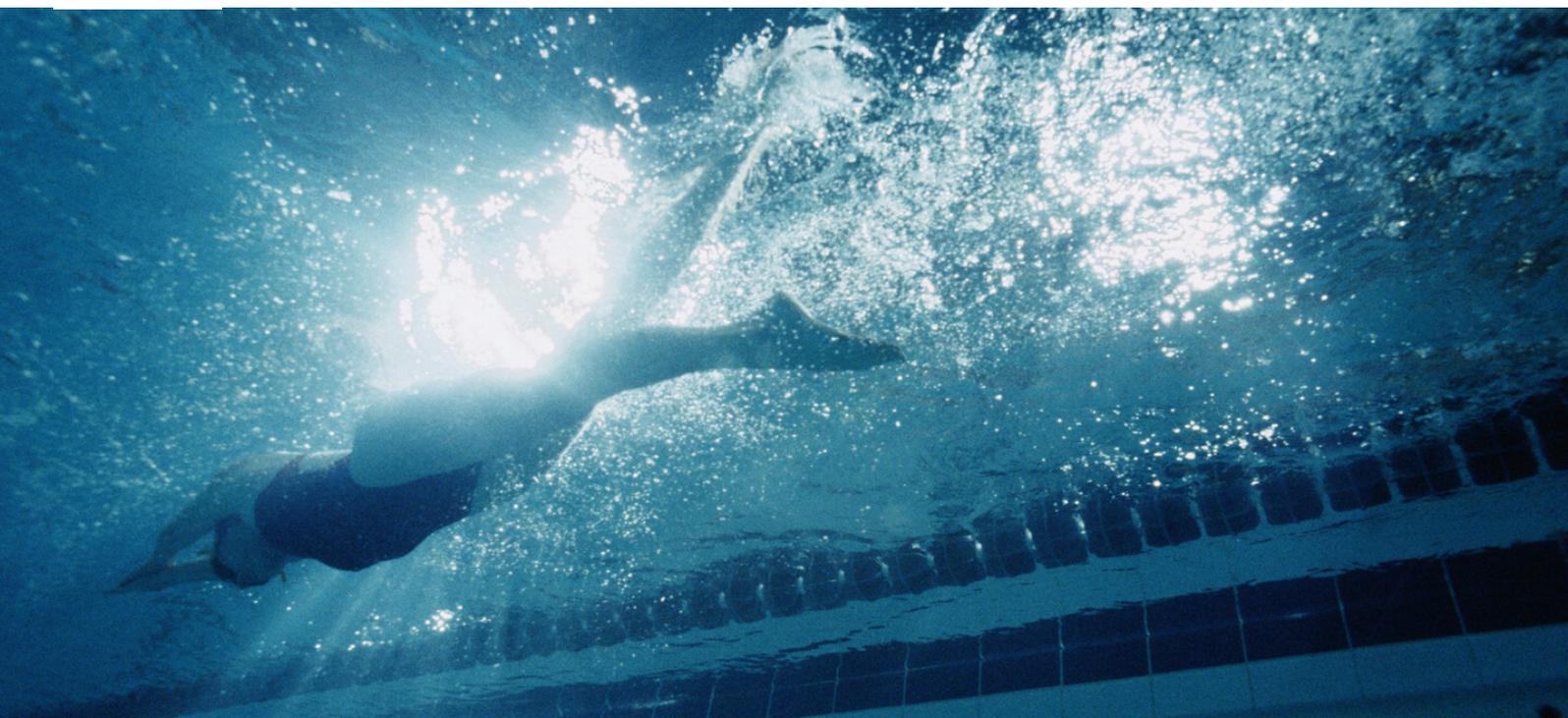


24TH MARCH 2020

LOOKING AFTER WELLBEING

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In these uncertain times it is really important for us to focus on maintaining our mental health, alongside our physical health. Here are a few things to consider.

MAINTAIN A REGULAR ROUTINE

- Maintain familiar routines in daily life as much as possible including sleep and wake times.
- You may need to create new routines, especially if children must stay at home.
- Think about how you'll spend time by yourself at home, for example, plan activities to do on different days or habits you want to start or keep up.
- Set a daily to do list to encourage structure and stay present

STAY CONNECTED

- Maintaining connections is hugely important for mental wellness
- Try and achieve this via phone, text, WhatsApp and video calls
- Support those around you - this has mental wellness benefits for them and you

FOLLOW OFFICIAL GUIDANCE

Keep up to date via the UK Government website:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

BE CAUTIOUS

There is a huge amount of information available which may not be as accurate as official guidance. Be cautious about what other sources of information you use

BE TARGETED

Try and set a daily time limit on following the news. If you can, make this at the same time every day e.g 10 minutes at 9am



EAT WELL AND BOOST IMMUNITY

- Eat a well balanced diet that includes all major food groups
- Boost your natural intake of vitamins and minerals by eating a wide range of fruit and vegetables
- Consider consuming a probiotic drink daily (Yakult or Actimel)
- Keep well hydrated, keep your water bottle clean and do not share with others
- Keep your hands clean by washing them regularly with soap and water then apply hand sanitiser
- Make sure you get enough good quality sleep

STAY ACTIVE

- Stay as active as you can
- For your daily exercise it remains safe to exercise in open spaces away from others (2 metres) and in groups of no more than 2 people
- Using resources like [paths for all](#) can provide local options for walking routes
- If you are self isolating and do not have symptoms set a daily activity target for yourself
- Share exercise plans and goals with others. Be creative with indoor exercise
- Engage in activities you enjoy and find relaxing
- Yoga and pilates are good forms of exercise for physical and psychological health
- The NHS has created a [10 minute workout](#) that can be performed at home
- If you have been diagnosed with coronavirus or have symptoms consistent with it (new persistent cough and/or fever) then you should do **no exercise for 10 days minimum or longer if you continue to feel unwell.**



MAINTAIN PERSPECTIVE

Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected

SOME UNCERTAINTY AND DISTRESS IS NORMAL

A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Keeping connected with others and seeking updates from credible sources will help with this

IF YOU FEEL LIKE YOUR MENTAL WELLNESS IS WORSENING

- If you feel like you are struggling to stay connected or that you feel more low or anxious you are not alone. Self help resources that may be helpful:
 - [Headspace](#) meditation and mindfulness app
 - [Tackle your feelings](#) interactive website based self help for low mood and anxiety symptoms
 - [Big Health](#) free access to apps: [sleepio](#) (sleep disturbance) and [daylight](#) (worry and anxiety)
 - [SAMH](#) has useful information on maintaining mental wellness
 - [Young Scot](#) This is a difficult time for young people too
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If these measure do not help and you feel that your mental health is worsening or is a concern to you or others:

- Tell someone how you are feeling.
- Contact your GP practice (0800 - 1800 week days)
- Out of hours – NHS 24 on 111 (1800 - 0800 weekdays and 24 hours at weekends)
- [Samaritans](#) 116 123 (open 24/7)
- [Breathing Space](#) 0800 33 35 37 (open Mon to Thurs 1800 to 0200, 24 hours over the weekend. Online chat also available)