

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](http://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/