

Helpful tips to manage your mental and physical wellbeing during the COVID-19 pandemic

Updated 14/05/2020

People have been advised to stay at home when they can to help prevent the spread of the virus and limit their contact with people. This can be particularly difficult and whilst it's always important to manage your mental and physical wellbeing, now more than ever, we must do everything we can.

Therefore, we have produced this document to provide some ideas for how to manage your mental and physical wellbeing at home:



Try to limit the amount of time you listen to information about the current situation and always make sure to get updates from reputable sources such as the BBC or government websites:

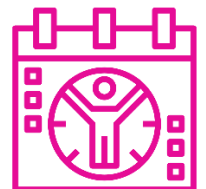
<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Connect with friends and family: Make use of social media, e-mail and chat on the telephone. These are still good ways to keep close to the people who matter to you. As well as keeping in touch with family members why not contact someone you haven't spoken to a while? Make a list of friends and commit to contacting different friend/s each day. Calling a friend to see how they're doing can boost both your wellbeing and theirs.



Face to face contact. Learn to use Apps such as Facetime, Zoom or WhatsApp so you can see as well as chat to family and friends. If you need help to download an App ring family or friends or Age UK to get them to talk you through it. Even set up your own WhatsApp group to arrange a daily group chat.

Create a daily routine. Rather than relying on the TV or radio for entertainment, you could try listening to music or podcasts, reading a book or starting a new hobby like researching your family tree: <https://www.family-tree.co.uk/getting-started>. Try setting yourself a task for each day which could range from cleaning out cupboards to trying a new relaxation technique.



Join a Choir: The Sofa Singers is a free weekly online singing event that aims to bring people together across the world to sing your heart out. It was set up by James Sills as a global response to the virus and is an uplifting way to keep connected to others across the globe: <https://www.thesofasingers.net/>

Go travelling from your armchair! Follow the link to visit some of the best museums and galleries in the world: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>



Keep active!

The guidelines on exercise have recently changed and you're now not limited to the amount of exercise you do. There are plenty of ways you can currently exercise, for example, a run, walk, or cycle. You can now do this with members of your household and you can meet/exercise with one person from another household as long as you adhere to the social distancing rules. There is also a range of online classes that take place to allow you to continue your exercise without having to leave home.

Keep a diary:

Record your daily routine and how you are feeling and always try to finish the daily entry with something positive from the day.



Eat Well: Plan for meals to make sure you have a healthy and balanced diet. Keep yourself well hydrated throughout the day. Women are encouraged to drink 2 litres of water and men 2.5 litres of water a day so keep a bottle refilled during the day so you know how much water you have had.

Learn a new skill: Make use of the internet and Apps to learn new skills such as drawing, baking, or speaking another language for when we start travelling again. Language sites include Busuu: <https://www.busuu.com/> or download the Duolingo app for your phone.



Keep moving: If you need to stay indoors to isolate yourself then remember it's important to keep getting up and moving. Why not stagger housework throughout the day, for example washing things as you use them; if you have stairs make more journeys upstairs (if you can) and if you live in a bungalow make sure you have a regular walk around.

Oldham Community Leisure have also started to deliver online exercise classes which you can now access their schedule on the link below:

<https://oclactive.co.uk/coronavirus-update/>

You can access their online classes through their Facebook live page on:

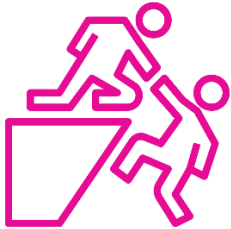
<https://www.facebook.com/OCLactive>

Find an exercise class: there is a range of online classes that you can take part in suitable for all ages and abilities. Sport England have easy to follow videos for people who have not done much exercise in the past as well as people who are used to doing aerobic exercise and are looking for a routine they can do at home:

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>



Alternatively, NHS England has videos on lots of different exercises from belly dancing to armchair Pilates: <https://www.nhs.uk/conditions/nhs-fitness-studio/>



Helping others and volunteering: Try and reassure people you know who may be worried. COVID-19 (coronavirus) mutual aid groups are self-organised groups of people setting up individually to support and help people in their communities. Members of the groups are volunteers.

Action Together are currently collecting information for people who are interested in formal volunteering roles in the local area. You can register for this

at <https://www.actiontogether.org.uk/volunteering>.

Need someone to talk to? The Silver Line is a confidential, free helpline for people aged 55 and over across the UK that's open 24 hours a day, seven days a week, 365 days of the year. They can offer information, friendship and advice and regular friendship calls. You can call them anytime on **0800 4708090**.



Got a specific condition?

These information pages may be useful for you if you're affected by any of these specific conditions:

Epilepsy:

<https://www.epilepsy.org.uk/info/daily-life/safety/coronavirus-covid-19>

Cancer:

<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>

Every Mind Matters: The coronavirus (COVID-19) outbreak may cause you to feel anxious, stressed, worried, sad, helpless, overwhelmed, confused or angry. It's important to remember it is OK to feel this way and that everyone reacts differently to different events. Every Mind Matters have a useful page with the 10 ways you can help improve your mental health and wellbeing if you are worried or anxious about the coronavirus outbreak. You can access it here:



<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>



YoungMinds have produced a page with advice on what to do if you're anxious about coronavirus. You can access it here:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

AKT supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment. Staff are currently working from home and able to support young people with a range of services including live chat (<https://www.akt.org.uk/>, between 10am and 6pm), a variety of online activities and resources (<https://www.akt.org.uk/blog/aktogether-online>) and one to one support with staff usually accessed at by completing a referral form at <https://www.akt.org.uk/get-help2>



POSITIVE STEPS
Support | Challenge | Change

The Early Help Service run by Positive Steps is temporarily delivering their services by telephone instead of face to face as part of our efforts to minimise the spread of the Coronavirus.

You can ring them on **0161 621 9412**.

Oldham Council

A helpline is now available for our most vulnerable residents unable to leave the house - and without a trusted friend, neighbour or family member to help them.

0161 770 7007. Open 9am-5pm on weekdays. And 11am to 2pm on weekends.



In danger, need the police, but can't speak?

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted, press **55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.



Domestic Violence Support

Lockdown is challenging for us all, but for some, home is the one place they wish they weren't. If you're experiencing physical or emotional domestic at this time, remember that help and support are available.

Always call 999 if you're in immediate danger. If you're unable to talk, you may be asked to cough or tap the keys on your phone.

And if you can't do that, those calling from a mobile will be passed to the Silent Solution system.

Here, you'll be prompted to PRESS 55 on your phone to be transferred to the police, who'll be able to help from there. More details, including what happens if you call from a landline, can be found here: <https://bit.ly/2yBM3Dy>

There are also several domestic abuse helplines that you can call:

- ☎ Refuge (0808 2000 247)
- ☎ Respect (0808 801 0327)
- ☎ Galop (0800 999 5428)
- ☎ Domestic Violence Assist (0800 195 8699)
- ☎ National Centre for Domestic Violence - NCDV (0800 970 2070)

Non-COVID-19 Related Health Concerns

Whilst everything is focussed on COVID-19 at present in the news and on social media. This doesn't mean that everything else has stopped! NHS staff have made huge efforts to deal with coronavirus but they are also working hard to ensure that patients can safely access essential services such as cancer checks and urgent surgery. If you have any health concerns then you should still contact your GP as you would before this current pandemic.

As a response to the current crisis, many services are developing online sessions for physical activity and mental wellbeing. For some of these, there will be a cost, or you may need to be an existing member of a gym. Please contact us if you would like information on these options. Alternatively, why not set up a local group via social media or WhatsApp and create your very own session or activity that you organise for a regular time to get everyone to virtually come together. We are happy to publicise any groups you would like to get off the ground.

Please note we will be doing regular updates around managing your health and wellbeing during this time of social distancing - We are aware that there are more new and innovative virtual activities being set up and will endeavour to provide as much information as we can - If you have any links, information on groups or activities that you would like to share with others please let us know and we can include it here.

Get in touch with us on **0161 622 5700** or send us an email at info@healthwatcholdham.co.uk.