

Coronavirus and your Health and Wellbeing

It's understandable to feel worried at this time. The changing patterns of working and living are very stressful. Staying at home for a prolonged period can be difficult, frustrating and lonely for some people. It is important to take care of your mind as well as your body and to get support if needed.

Try to manage how you follow the outbreak in the media.

If you can, avoid reading, or posting, speculation.

The most up-to-date and reliable sources of information are from the NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>
and <https://www.gov.uk/coronavirus>

Fortunately, there are some simple things we can all do to help ourselves and others stay healthy and well. Here's a great site that provides useful tips and advice on looking after our wellbeing:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Other great sources of support and information include:

For tips on how to **STAY WELL** when self-isolating at home, visit the MIND website <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Use the time to **LEARN A NEW HOBBY/SKILL** do something enjoyable. Lots of resources on internet to learn to play guitar, knit, code what ever takes your fancy.

GET SUPPORT IF YOU NEED IT

- The Every Mind Matters website <https://www.nhs.uk/oneyou/every-mind-matters/> has all the information you need, from advice to support helplines

EXERCISE stay active! Short on time? Here are some handy 10-minute exercises <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

REACH OUT - there are still lots of ways to keep in touch: pick up the phone, log onto WhatsApp/Skype, and connect with others. Remember, it's always good to talk.

LAUGH - it reduces stress. Share a joke, watch a comedy.

MEDITATE - take some time to clear your head. Why not try some Headspace mindfulness meditations? It is FREE for NHS staff until December 2020. <https://work.headspace.com/nhs-clinical/member-enroll>

If you find yourself trying to cope with extended periods of anxiety or stress then speak to your doctor. GPs are offering telephone consultations - check with your GP surgery

RETHINK website has a special blog <https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

NHS PRACTITIONER HEALTH website (www.practitionerhealth.nhs.uk/covid-19-frontline-wellbeing) has some information in relation to wellbeing

Tools and resources to self-assess and help your management of some key mental health challenges: anxiety, sleep, low mood and stress. Log into **GOOD THINKING** www.good-thinking.uk/

RCGP published CPD resources for Covid-19, which are available at <https://elearning.rcgp.org.uk/course/view.php?id=373>

E-LEARNING FOR HEALTH website that is run by Health Education England has put on a number of training programmes at <https://www.e-lfh.org.uk/programmes/coronavirus/>

Look after yourself and others at this difficult time.

Camden CEPN Training Hub