

# Coronavirus and your wellbeing

You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.



## Eat Well and Stay Hydrated

- Think about your diet. Your appetite might change if your routine changes, or if you're less active than you usually are. Eating regularly and keeping your blood sugar stable can help your mood and energy levels.
- Drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. It could help to set an alarm or use an app to remind you.

## Connect with people

### Stay in touch digitally

- Make plans to video chat with people or groups you'd normally see in person.
- You can also arrange phone calls or send instant messages or texts.
- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.



## Decide on your routines



- Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.

Just print and go!

A 'Weekly Planner' grid with a pink border. The title 'Weekly Planner' is at the top left. The grid has seven columns for the days of the week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, and Sunday. The Sunday column is merged with a 'Notes' column. Each cell is a light pink rectangle.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes

- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time. Set alarms to remind you of your new schedule if that helps.

- If you aren't happy with your usual routine, this might be a chance to do things differently. For example, you could go to bed earlier, spend more time cooking or do other things you don't usually have time for.

- 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.

- Agree on a household routine. Try to give everyone you live with a say in this agreement.
- Try to respect each other's privacy and give each other space. For example, some people might want to discuss everything they're doing while others won't

## Try to keep active

Build physical activity into your daily routine, if possible. Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do. Exercising at home can be simple and there are options for most ages and abilities, such as:

- cleaning your home
- dancing to music
- going up and down stairs
- seated exercises
- online exercise



## Get as much sunlight, fresh air and nature as you can

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.

It's possible to still get these positive effects from nature while staying indoors at home. You could try the following:

- Spend time with the windows open to let in fresh air.
- Use natural materials to decorate your living space, or use them in art projects. This could include leaves, flowers, feathers, tree bark or seeds.



- Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.
  - Look at photos of your favourite places in nature. Use them as the background on your mobile phone or computer screen, or print and put them up on your walls.
- Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one, or open your front or back door and sit on the doorstep



## Plan for studying at home

- Find out from school what homework and digital learning will be available if you need to stay at home, and what technology you might need. Remember to add time in for breaks and lunch.
- If school has not supplied homework or digital learning, you could select books or podcasts you'd like to explore during your time away from school. You can also think about card games, board games and puzzles, and any other ways to stay active or be creative.
- There are free online courses they could try out. For example, these could be from [FutureLearn](#) and [BBC Bitesize](#). Your local library might also have online activities or resources you can use.



## Find ways to spend your time

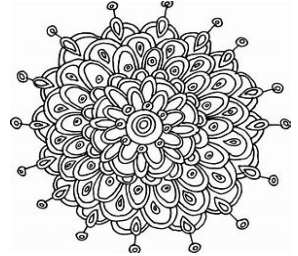
- Try having a clear out. You could sort through your possessions and put them away tidily, or have a spring clean. You could set any old possessions aside to donate to a cause you care about, or use online selling sites to pass on things you don't want to keep. If you do sell anything online, you might want to delay your delivery dates until you can leave the house to send your parcels.
- You could also have a digital clear out. Delete any apps you don't use, upgrade your software, update all your passwords or clear out your inboxes.
- Write letters or emails, or make phone calls with people you've been meaning to catch up with.



## Find ways to relax and be creative

There are lots of different ways that you can relax, take notice of the present moment and use your creative side. These include:

- arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling
- colouring
- mindfulness
- playing musical instruments, singing or listening to music
- writing
- yoga
- meditation.



## Keep your mind stimulated

- Keep your brain occupied and challenged. Set aside time in your routine for this. Read books, magazines and articles. Listen to podcasts, watch films and do puzzles.



- Some libraries have apps you can use to borrow ebooks, audiobooks or magazines from home for free, if you're a library member.
- [FutureLearn](#) and [OpenLearn](#) have free online courses you could try.
- There are lots of apps that can help you learn things, such as a foreign language or other new skills.

## Take care with news and information

- Stay connected with current events, but be careful where you get news and health information from.
- For up-to-date advice in English, see the [NHS coronavirus webpage](#) and [gov.uk coronavirus webpages](#).
- For up-to-date advice in Welsh, see the [NHS Wales coronavirus webpage](#) and [llyw.cymru coronavirus webpage](#).
- If news stories make you feel anxious or confused, think about switching off or limiting what you look at for a while.
- Social media could help you stay in touch with people, but might also make you feel anxious including if people are sharing news stories or posting about their worries. Consider taking a break or limiting how you use social media. You might decide to view particular groups or pages but not scroll through timelines or newsfeeds.

## If you are feeling anxious

- If you have [panic attacks](#) or [flashbacks](#), it might help to plan a 'safe space' in your home that you'll go to.
- You can also find ways to comfort yourself if you're feeling anxious. For example, there are [games and puzzles you can use to distract yourself](#), and [breathing exercises](#) which may help.



The British Association for Counselling and Psychotherapy (BACP) has more information on [how to cope if you're feeling anxious about coronavirus](#).





## If you are feeling claustrophobic or trapped

- Open the windows to let in fresh air. Or you could spend time sitting on your doorstep, or in the garden if you have one.
- Try looking at the sky out of the window or from your doorstep. This can help to give you a sense of space.
- Regularly change the rooms you spend time in.



**Stay safe and take care of YOU!**

**Twitter: @actionblues**

**Please follow us and get up to date advice and tips to look after your well being 😊**