

# Guide for Mental Health and Wellbeing

It is a difficult time for many right now, with the coronavirus outbreak impacting peoples lives across the UK. Following the Government's most recent guidelines, please see below information which may help protect you, your staff and families.

Remember that it is normal to feel anxious, angry, bored or lonely during these tough times but it is important that you take care of yourself in order to care for your community and support the NHS.

## Physical

### Sleep

You may be struggling to sleep due to new worries and anxieties but a good night sleep is important to both your physical and mental wellbeing. Try to keep your sleeping pattern the same and have a nightly routine that includes limiting screen time, reducing caffeine and creating a relaxing sleep space.

Apps to help you sleep:

- Pillow (iPhone)
- Calm
- Headspace
- Sleep Sounds

### Diet

Now is the time to keep your immune system in top condition. This involves eating healthy food, drinking lots of water and trying to avoid alcohol, smoking and drugs. Cutting back on caffeine may help you sleep.

### Exercise

Moving your body to create endorphins is a great way to feel better, so keep exercising to look after yourself. Follow an online workout, there is a vast range of exercise on the internet to choose from.

If you can, enjoy your daily allowance of one form of outdoor exercise per day, this could be a run, walk or a bike ride. Spending time outside can have positive effects on your well being. Remember if you have a garden use it, and if you don't, make sure you open your windows to let fresh air in.

Exercise Ideas:

- Take a long walk or go for a jog
- Try a YouTube work out video
- Dance to music
- Yoga stretches

## **Relax and enjoy**

This is the perfect time to do the things you have always wanted to do but have never had the time. Focusing on your hobbies or learning something new is a great way to distract yourself from worries or anxieties you are facing. Read lots of books, develop your cooking skills, play board games or even just binge watch lots of boxsets on television. Don't feel too guilty for not achieving anything new, do what makes you feel good.

## **Mental**

### **Routine**

Creating a new routine will help you focus and feel a sense of new normality. It's a good idea to write a daily or weekly to-do list to help you obtain goals and check items off.

### **Workspace**

If you are working from home, or just spending more time at home, keep your living space clean and tidy. This will reduce feelings of anxiety, can increase productivity and can even help you to fall asleep at night more easily. If working from home, create a comfortable and functioning space where you can do so effectively.

### **Use facts and reliable sources only**

Social media is a great way to communicate but can often be home to untrue or exaggerated information. Stick to World Health Organisation, NHS and UK Government websites for updates.

### **Limit news and media exposure**

While keeping informed is important, being bombarded with negative information while not being able to do anything about it, holds no benefits for anyone. Take the information you need and switch off.

### **Keep in touch**

Talking to families and friends is a great way to lift your spirits while talking about feelings. Stay in touch by using the telephone, social media or video calls. If you're tech-savvy why not try a group video call where you can speak to more than one person at a time.

Apps to stay in touch:

- Facebook Messenger
- Instagram
- Facetime
- Whatsapp
- House Party (this app allows you to play games and quizzes together!)

## **Help others**

Helping others doesn't only benefit them, it helps you feel more positive. Find ways to make other peoples lives a bit easier, this could be doing someones food shopping, walking their dogs or even just checking in to see how they are coping. Remember, be aware that it is important to stick to the social distancing guidelines, even while helping others.

## **Talk to someone**

If your worries and anxieties are getting too much and you feel that you need help, many helplines will give you support and help you through the tough times.

Samaritans:

<https://www.samaritans.org/?nation=scotland>

SAMH:

<https://www.samh.org.uk/>

Shout (Support via text message):

[https://www.giveusashout.org/gethelp/?gclid=EAlaIQobChMIpMXr9orF6AIVmZ3VCh1Y7QEKEAAYASAAEgJSJvD\\_BwE](https://www.giveusashout.org/gethelp/?gclid=EAlaIQobChMIpMXr9orF6AIVmZ3VCh1Y7QEKEAAYASAAEgJSJvD_BwE)

Mind:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/>

Calm (men aged 15 – 35):

<https://www.calm.com/>

Lighthouse Club: The Construction Industry Helpline

Link: <https://www.lighthouseclub.org/construction-workers-family-crisis-appeal/>

Call (UK): 0345 605 1956

What they do: Provide financial and emotional support to those in the construction industry and their families.