



Staying well while staying at home

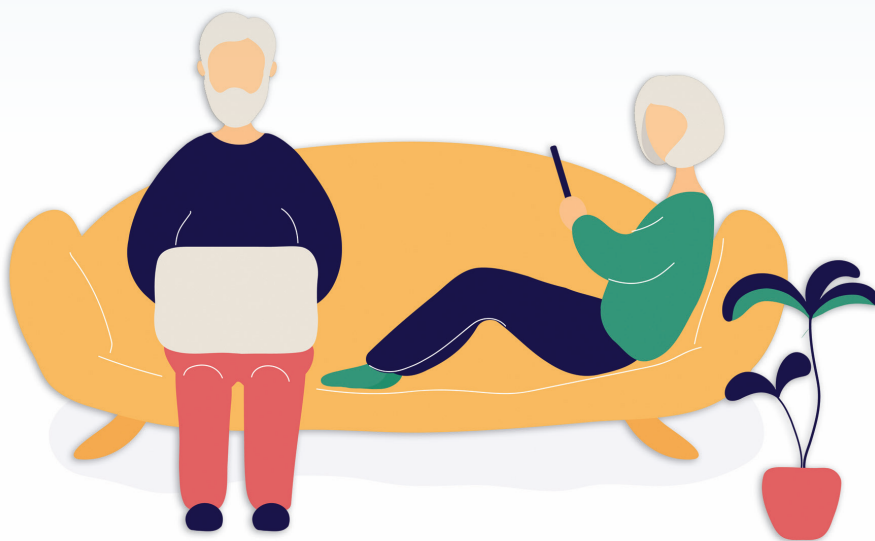
The Coronavirus outbreak means that many of us are spending more time at home, experiencing changes to our normal routine and facing uncertainty. However, there are things we can do to stay mentally well during this trying time.

Get practical

If you are concerned about making unnecessary trips outside, make some practical arrangements. Ask neighbours, family or friends for help with supplies or try to get them delivered to your door. The same applies for regular prescriptions, ask someone you know to collect it for you, or use a home delivery service.

Start a new routine

Life will be different for a while, disrupting our usual routines. Try to adapt and create a new routine. For example, you might want to plan your day or your week. If you are working from home, try to get up and get ready in the same way as normal, keep to the same hours you would normally work and try to go to bed on time.





You might want to break your day or week into blocks, and allocate time to exercise, carry out chores or relax by doing an activity you enjoy.

Work it out

Without our usual daily activities outside of home and access to the gym or usual ways of exercising, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Trying to eat well-balanced meals, drinking enough water and exercising regularly can all help us to feel better. Its also important to avoid drinking more alcohol than usual.



Do things you love

Make an effort to spend time doing things you enjoy. Reading, drawing, sewing, gardening and watching a film are all things you can do at home. If you want a challenge, picking something new to learn and make the most of the free resources online.



Limit the news

Try to set a specific time to catch up with the news, such as reading the paper in the morning, or watching the news in the evening. Keep informed but don't read all the information available on the outbreak. remember some sources such as social media may be unreliable.


Keep your mind active

Reading, writing, doing puzzles are all good ways of keeping your mind active by focusing on a task.

Keep in touch

Try to talk to friends and family using whatever method you prefer — phone, social media, or video call. Most people will be feeling the same, so will like to hear from you!

Get help if you need it

Remember all the usual services are open so if you are unwell or concerned (other illnesses continue during the pandemic) don't wait to see a doctor. If you are feeling low, anxious or depressed, feel unable to cope or keep yourself safe, you should contact your doctor to get the help you need. 

Source: adapted from <https://www.nhs.uk/oneyou/every-mind-matters/>