



SUPPORT YOUR MENTAL HEALTH

With the Coronavirus outbreak it can at times feel scary and overwhelming and will inevitably affect our mental health. On top of this, the government has advised for us to avoid all but essential social contact. This can mean that our regular structures, social activities and communal spaces will not be available to us. Therefore, it is extremely important to take time to look after ourselves and our mental health! Remember, it is natural that this might be difficult and challenging, so why not take this opportunity to invest in some self-care!?

Here are some of our top tips for supporting your mental health during this time:

- **Create a structure:** Routines can be a useful tool in moments of uncertainty, so why not create a new daily routine. This could include having a set time to wake up, a time for reading, exercise, phone calls, relaxation techniques, learning a new skill, cooking or a time for creating something.
- **Keep in contact:** Although we may not be able to see each other in person, technology is a gift during this time. Be regularly in touch with people who matter to you and boost your mental health. This could be by email, video call (facetime, WhatsApp or skype), text or call.
- **If you live with others, be mindful of how you will be spending time together:** It can be intense if we have to see people all day every day. Why not sit down and have a chat with your family or others you live with to discuss things you would like to do together and how you can respect each other's space, allowing yourself some alone time.
- **Avoid over-watching the news and speculation:** Speculation and rumours can fuel anxiety, therefore clear and good quality information can help you feel more in control. <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public> is clear advice from the government. There is constant coverage on the coronavirus and if you find this overwhelming it is important to find a balance – why not find a certain time once or twice a day to watch the news to limit your new intake? The 5 o'clock news on most channels is usually a great time to get the important updates.
- **Stress Management:** You may find you are feeling stressed at times and it could be useful to find techniques that calm you. If you find yourself feeling overwhelmed, you can try to focus on controlling and calming your breathing this could be through meditation or mindfulness. Some other relaxing suggestions could be having long bath, talking to someone, making a cup of tea, writing a journal, finding smells, sounds or materials that make you feel calm.
- **Maintaining a healthy life style:** it has been well documented that being physically healthy helps to support your mental health, therefore it is important to keep your body active and maintain a balanced diet. There are various online home workouts and yoga classes, along with recipes and tips.
- **Balancing feelings with positivity:** As humans we are conditioned to feel a whole rainbow of emotions. Be sure to pay attention to the feelings that arise, this could be by writing them down, talking to someone, or finding a creative outlet. In balance with this it is a good idea to remain open to the positive things that pass through, this could be a positive headline or video showing communities coming together or the new bright flowers blooming in spring.





Can we be neighbourly?

Remember we are all in this together and you are not alone, and many communities are coming together to offer support. It might be worth seeing if there are any local forums or Facebook groups in which you can offer or receive support and keep up to date with the latest local developments. Here are some examples:

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

www.lidocentre.org.uk

<http://www.ealingcvs.org.uk/health/wellbeing-life/understanding-self-care-life/>

<https://befriend.london>

Here are some resources and suggestions:

Phone Apps:

Headspace

Duolingo

Neuro nation

Colorfy

Websites:

Creative isolation - <https://www.marchnetwork.org/creative-isolation>

TED talks - <https://www.ted.com/talks>

Yoga with Adreian - <https://www.youtube.com/user/yogawithadriene>

Spotify (Music and Podcasts) - <https://www.spotify.com/uk/>

(For Spotify you will have to create an account, but you can choose the free option for this)

Things to do:

Read

Artists

Films

Board games

Cleaning

Self-care:

Pampering

Cooking

Meditation

Learn a new skill
(instrument)

Creative Corners:

Arts and crafts
(Painting, drawing,
making)

Dancing

Music

Writing

IMPORTANT NUMBERS:

Although many services can no longer provide face-to-face contact, they are still in operation. Here are some numbers if you need them.

CAPE - 02088962552

Ealing SPA - 03001234244

Avenue House Duty - 02084832789

The Limes Duty - 02084831720

Out of hours

Samaritans - 116 123

SANELine - 03003047000 (4:30pm - 10:30pm)

SHOUT (text) - 85258