



Staying well at home

A guide to help you while you are spending more time at home



Many of us have been asked to stay at home and protect ourselves from coming into contact with Coronavirus (also known as COVID-19). For some, it might make us more ill due to an existing health condition or because of our age.

Also, some of us are shielding ourselves from the virus because we may care for someone at risk and want to minimise the chance of passing it on. This means we are spending lots more time at home.

Changes in our normal lives like this can make us feel bored, isolated and frustrated. This is understandable and these feelings may affect our mood and cause some of us to feel low, worried or have problems sleeping.

If you spend a bit of time thinking about some positive things you can do now, while you are at home, it will help you to stay both mentally and physically healthy. There are five steps to feeling well, which can really help put us more in control and help us to feel positive even when it lots of things are happening around us.

Why not tick a few of the suggestions shown and even add some of your own?





Connect

If you connect with people you know, you will feel better.

Try phoning a friend or family member today. Agree a time and day when you will chat again.

Here's a few other ideas:

- Pick a fixed time each day or week to play a game with members of your household or to talk about how you are feeling.
- Use video calling to contact family/friends and schedule calls to different people each day/week.
- Say hello to anyone you see during the day (whilst of course keeping the recommended distance of 2 metres).
- Look out the window and smile or wave at anyone who passes.
- Take part in the weekly 'Clap for the NHS' on Thursdays at 8pm. Just stand in your doorway and clap for a few minutes.

My idea:





Learn

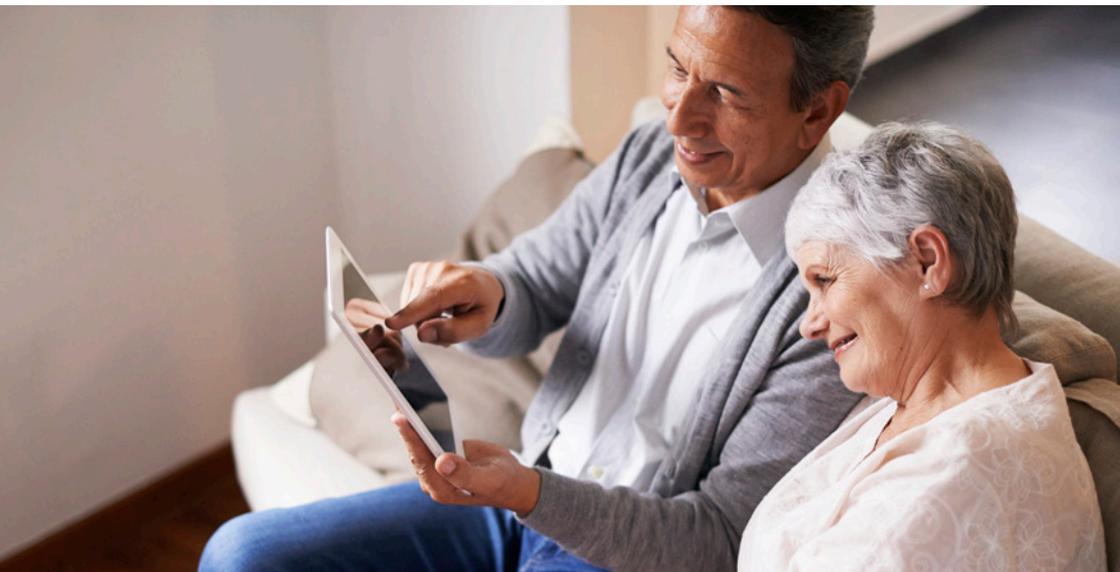
Continued learning during difficult times builds confidence, encourages social contact and creates a more active life.

Just by finding some simple things you want to learn you will already be helping to improve your wellbeing.

Why not get someone you know to tell you how to find things on the internet?:

- Read a book and ring a friend to tell them what you thought of it.
- You can join the library and get ebooks, audiobooks and emagazines here:
 www.plymouth.gov.uk/libraries/joinlibrary
- Visit an online gallery or museum to learn about a person or period in history that interests you. Just google search 'online museum tours' for some great experiences.
- Find out about something you've always wondered about.
- Learn a new 'word of the day' every day.

My idea:





Keeping Active

Physical activity is really good for health and mental wellbeing, helps reduce stress and improves your sleep and quality of life.

In addition, it can keep you strong and well balanced, which helps build independence and confidence.

And remember: slower-paced activities work just as well at helping you to feel good.

Here are two easy ways you can start to do more physical activity in your daily routine today:

- Try a 10 minute walk from your house and discover your neighbourhood on foot or, if you cannot leave your house walk around inside or in your garden if you have one. Try to go a bit further each time or try new route.
- Look for ideas for exercises you can do at home on the NHS or other trusted websites.

Check out these websites for loads more great ideas

Please read the joining instructions carefully to ensure they suit your level of fitness and health. If in any doubt, start with the lower level activities and build up.



www.nhs.uk/conditions/nhs-fitness-studio



www.nhs.uk/conditions/nhs-fitness-studio/chair-based-pilates-exercise-video



www.activedevon.org/resources



www.sportengland.org



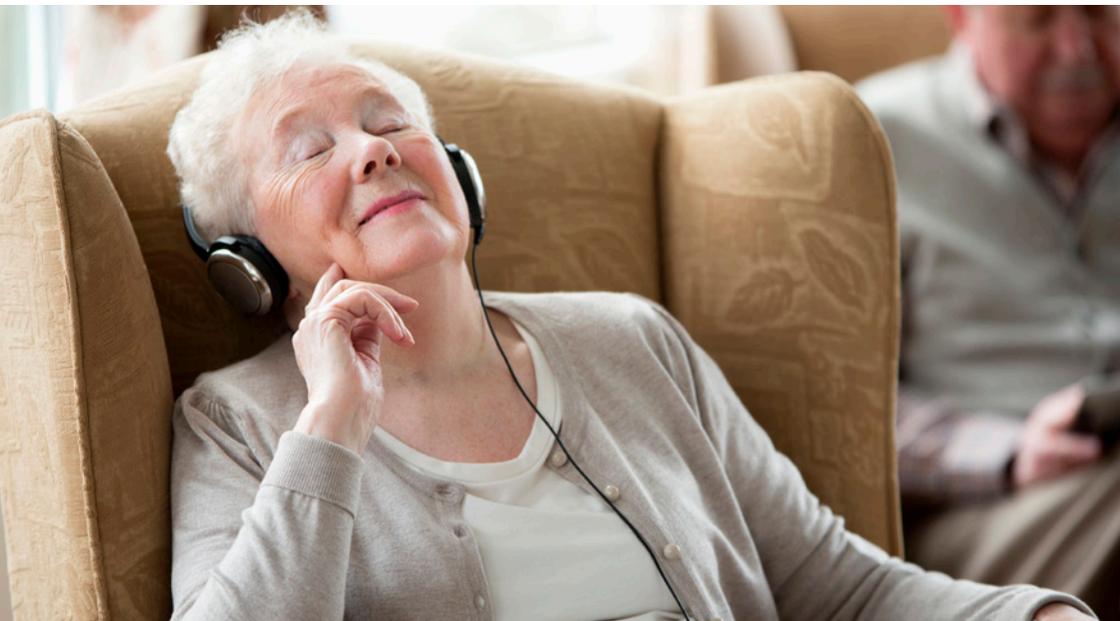


Notice

If you take some time to enjoy the moment you are in right now and look around, you will feel better. Here are a few ideas that may help:

- Spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to favourite radio programmes or watching TV.
- Have a ‘clear the clutter’ day at home.
- Try spending time with the windows open to let in the fresh air, arranging space to sit and see a nice view and get some natural sunlight, or get out into any private space, keeping at least 2 metres away from your neighbours and other household members.
- Notice the sensations of things; the food you eat, the smell of your freshly laundered clothes, the sounds around your house or garden.

My idea:





Give

People who have a greater interest in helping others are more likely to be happy because giving and co-operating with others fuels the reward areas in your brain, helping to create positive feelings.

Doing just one act of kindness once a week can lead to increases in your own wellbeing.

Giving can range from small everyday acts to larger commitments.

- You can do some really simple and easy things like phoning your friend for a chat.
- Say thank you to the person who drops off your shopping.
- Offer to help with housework.
- Volunteer with, or donate to, a local organisation or charity who are advertising for help during the emergency response.

My idea:



Now you've done the CLANG, you can think about the next level clang ER: Eating well and Relaxing...

Eat well and drink plenty of water

Try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and get a good night's sleep.

The body is made of about 75% water and you should drink six to eight glasses of water every day. As we are less active during the pandemic we may not feel as thirsty.

- Post a note on your fridge door to remind you to drink enough water.
- For flavour and nutrients, why not add slices of cucumber, lemon or orange to the humble glass of water. Herbal teas and milk are also good at helping to keep you hydrated. Avoid sweetened drinks like soft drinks because of the high sugar content.

The Eatwell Guide is a great visual aid that shows the different types of food to eat. You can find it here:

 www.nhs.uk/live-well/eat-well/the-eatwell-guide

Relax

Good mental health helps us relax and enjoy our lives more.

You can find simple ideas to help look after your mental health and wellbeing here:

 www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips

Get a free plan, expert advice and practical tips here:

 www.oneyouplymouth.co.uk/your-mind-plan



One You Plymouth

 www.oneyouplymouth.co.uk
website for more information and support.
Wellbeing Helpline: 01752 437177



The Plymouth Online Directory (POD) a community-based directory with a focus on health, social and wellbeing services, to support people in the local community to live independently and make life choices that will improve their health and wellbeing.

 www.plymouthonlinedirectory.com

The Samaritans website also has help for general mental health and wellbeing and issues relating to the coronavirus outbreak:

 www.samaritans.org

They also have a 24 hour helpline. You can call the Samaritans on 116 123 any time for free.