

STAYING WELL AND STAYING SAFE WHILE STAYING AT HOME DURING COVID-19

5 Top Tips



This 'top tips' sheet will give you some ideas for how you can take care of yourself mentally, physically and emotionally during these challenging times.

#1—CREATE YOUR NETWORK MAP

Your network provides important connectivity during times of social distancing. Sketch out those people, services, organisations who are in your network. These may be people with whom you are in regular contact, or organisations or support services that you know you can reach out to. Get creative!

#2—KEEP SOME STRUCTURE TO YOUR DAY

Perhaps you are working from home for the first time, or your daily routine has changed due to caring responsibilities or redeployment. Either way, planning out your day, to include time for breaks and lunch, as well as 'checking in' with friends, family. Keeping a routine like getting showered and dressed can be hugely beneficial in helping maintain a sense of normality.

#3—GET SOME FRESH AIR AND NATURAL LIGHT

The Government guidelines currently state that people can go outside once per day to exercise. If running or cycling isn't possible for you, you can still get some daily fresh air by pottering in the garden, eating your lunch outside, or even sitting by an open window.

#4—LIMIT YOUR EXPOSURE TO NEWS AND SOCIAL MEDIA

Whilst it is important to stay up to date with the news, too much exposure to 'bad news' can have a detrimental effect on our wellbeing. This is especially true of social media, which can generate a lot of 'fake news'. Scrolling social media feeds late at night can impact on your ability to sleep, so be mindful of what, how much and when you access your news at the moment.

#5—REACH OUT AND ASK FOR HELP

Existing local community support groups are there for people and new groups are being set up. In each locality in Gwent, these local groups are offering vulnerable people support, which may include phone calls, delivering grocery shopping and collecting medications. If you need something, it is really important to reach out to your local community groups.

If you are unsure where to ask for help, you can email us at Wellbeing_Training.ABB@wales.nhs.uk and we will put you in touch with the right person or organisation.



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