

Helpful Resources and Support

In these times of unpredicted upheaval to our daily habits and routines, of uncertainty about what tomorrow or next week will look like; uncertainty about what new routines and activities we will be able to put into practice to keep us well; how we will work and how we will cope with the emerging restrictions in living, we wanted to provide **trusted advice, support and resources that anyone can link in with immediately.**

Resilience to this fluid and changing landscape will involve both individual and collective effort and we need to explore and discover creative and adaptive ways to maintain our abilities to cope both for ourselves, our loved ones and to offer support to family and community members who are currently less able to cope.

We hope you find this resource useful and please feel free to share with anyone you think may find it useful. A great starting point is Every Mind Matters - Looking after your mental health: <https://www.nhs.uk/oneyou/every-mind-matters/>



Looking after your mental health during the coronavirus outbreak

Tips we hope will help you, your friends and your family to look after your mental health at a time when there is much discussion of potential threats to our physical health.



Coronavirus and your wellbeing

This information is to help you cope if: You're feeling anxious or worried about coronavirus, you're staying at home or avoiding public places as part of social distancing or self-isolating.



Greater good's guide to wellbeing during the coronavirus

Practices, resources, and articles for individuals, parents, and educators facing COVID-19.

The 5 Ways to Wellbeing



TALK & LISTEN.
BE THERE.
FEEL CONNECTED



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



Your time,
your words,
your presence

The 5 Ways to Wellbeing can form part of a proactive self care system with many options to link in with and explore whilst developing routines and greater resilience.

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Five Ways to Wellbeing during Coronavirus

Connect

With those who are self-isolating with others:

[Active listening](#) practice: Connect with a partner with empathy and understanding.

[36 questions for increasing closeness](#) practice: questions designed to nurture closeness

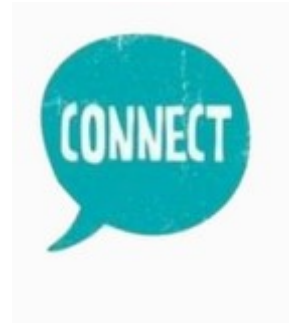
[Call in Time](#) is a free telephone friendship service for people 50 and over. Call in time will match you up with a likeminded person who's keen to make a new friend, and every week they'll give you a call.

Here are some general tips to remain connected when you're practising social distancing:

think about how you can interact with others without putting your health (or theirs) at risk. Can you speak to your neighbours from over a fence or across balconies? We've seen this in Italy

- If you have access to it, use technology to stay in touch. If you have a smartphone, use the video capabilities (seeing someone's facial expressions can help increase connection)
- Check in with your friends, family, and neighbours regularly. Wherever you can, assist people in your life who may be more vulnerable (for example, those with no access to the internet or who cannot easily use the internet to shop online)
- Spend the time connecting with the people you are living with. If you are in a lockdown situation, use this time to improve your existing relationships
- Manage your stress levels. Exercise, [meditate](#), and keep to a daily routine as much as you can
- It's not just family and friends who require support, but others in your community. Showing kindness to others not only helps them but can also increase your sense of purpose and value, improving [your own well-being](#).

In times like this, it's essential we support one another and show compassion to those who need it. This is a shared experience that's stressful for everyone.



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Five Ways to Wellbeing during Coronavirus

Be Active



We're all now spending a lot more time at home and that means many of us are thinking about how we can get, or stay, active.

Official advice is stay at home, and to only go outside for one form of exercise a day, to shop for basic necessities, if there's a medical reason and travelling to and from essential work.

This inevitably means all our routines are changing.

Staying active is more important than ever right now, and even if you're mostly in your house, there are plenty of ways you can still do this safely and effectively for maximum benefit to your physical and mental wellbeing.

How to stay active:

Sport England have put together some tips on how to stay active while you're at home.

Free online yoga:

Moving your body, taking calming deep breaths, and stretching your muscles with some gentle yoga can help relieve some of the anxiety and stress you may be feeling right now.

Great tips and advice from the World Health Organisation:

To support individuals in staying physically active while at home, WHO/Europe has prepared a set of examples of home-based exercises.

This guidance is intended for people in self-quarantine without any symptoms or diagnosis of acute respiratory illness.

It should not replace medical guidance in case of any health condition.

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Five Ways to Wellbeing during Coronavirus

Take notice

Reminding yourself to take notice of your thoughts, feelings, body sensations and the world around you is the first step to mindfulness. Take a free online mindfulness course, learn tips for feeling safe with video, meditations and podcasts.



<https://www.mbctmbsronline.com/index.html>

<https://www.rickhanson.net/being-resilient-during-coronavirus/>

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

Keep Learning

Massive open online courses (MOCC) are free, open access courses from universities all over the world. Explore courses on offer from:



<https://www.edx.org/course>



<https://www.coursera.org>



<https://www.futurelearn.com>



Take a course provided by Yale University and learn about the science of wellbeing. In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits.

<https://www.coursera.org/learn/the-science-of-well-being>



Try listening to podcasts:

What does it take to live a happier life? Learn research-tested strategies that you can put into practice today. Hosted by award-winning psychologist Dacher Keltner. <https://podcasts.apple.com/us/podcast/the-science-of-happiness/id1340505607>

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Five Ways to Wellbeing during Coronavirus

Give

Individuals who report a greater interest in helping others are more likely to rate themselves as happy and research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.



During this difficult time there are a number of ways you can help others:

Locally - Action Together - People all across Oldham, Rochdale and Tameside give their time freely to help others and make their communities a better place. In light of the Coronavirus pandemic, that support is needed even more, and lots of people want to find ways they can help. Click here <https://www.actiontogether.org.uk/volunteer/search-for-opportunities> for advice on:

- Being a good neighbour and organising support in your own community
- Making donations to local charities
- Volunteering your time
- How your volunteering can help others
- The best ways to link in and support people and charities
- Doing things the right and safe way for yourself and everyone

Action Together will be working with local councils, local charities, voluntary and community groups planning ahead for the needs of communities over the coming weeks and months.

Nationally:

Mutual aid groups are springing up all over the UK. Covid Mutual Aid have an up to date map and list of local groups on their website: <https://covidmutualaid.org/local-groups> You can also register your own group on the site.

More than 170,000 volunteers signed up overnight to support the [NHS](#) in helping vulnerable people who have been told not to leave their homes during the coronavirus crisis.

In our own way we can all play our part in helping ourselves and others during this time.

Helpful Resources and Support

Living Life to the Full during Coronavirus



Worried? Stressed? Fed up? Angry?

Living Life to the Full for Young people is aimed at people attending secondary school.

It contains three courses:

1. Core course of key modules covering understanding why you feel as you do, changing upsetting thinking, and doing things that make you feel better.
2. Optional modules- lots of topics from dealing with irritability and anger, building confidence, and asking for what you need (assertiveness).

It contains modules, books to read online, and interactive worksheets you can complete on your phone. Like many things, you may need to work at it to get the most from the course.

3. You Time modules- short five minutes of fun or relaxation to help you feel better quickly.

The course is usually subscription-only but has been made free for any users for a two week period ending Monday 6th April. Information can be found here:

Living Life to the Full for Young People <https://www.lltfyp.com/>

Living Life to the Full Main Webpage <https://lltf.com/>