

Mental Health & Wellbeing Support during COVID-19

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WINNING WAYS TO WELLBEING

CLANG



CLANG- CONNECT

Remember that you're not alone: humans generally need community to be happy.

- Write a letter, hangout with your co-workers, friends and family online. Also, if you're still able to go outside, consider helping a neighbour in need of a grocery delivery.
- Limit your time online: Choose reputable sites to get accurate information. Listening and reading EVERYTHING can become very overwhelming and can raise anxiety.
- If someone is ill, and tires easily, remember, when "connecting" someone might need a 10 minute chat every so often, others might need to be alone for half an hour to just to re set. When "connecting" to communication around COVID-19 remember 'fake news' is everywhere, it's vital we tune in to the facts and use these to guide us towards the wisest and kindest actions but get your information from a reliable source. It is very clear that how effectively a society responds makes a big difference. For the latest expert advice, visit the [World Health Organisation](https://www.who.int) (WHO) or plymouth.gov.uk

CLANG- LEARN

Embrace a hobby: Boredom may kick in so now is the time to either re discover an old hobby or try out a new one.

If you have an old craft project that's sat at the back of your cupboard, now may be the time to pick it up again? It's all about distracting your brain whilst using different parts of your brain in order to help memory and cognitive skills.

(Read out loud: You can pretend it's a mini book club! You obviously need more than 1 person for this!)

Learning can **boost self confidence and self-esteem, help build a sense of purpose.**

CLANG- ACTIVE

Being active can protect people against depression and anxiety, regular physical activity reduces the risk of depression possibly by as much as a third.

There are oodles of reasons to exercise.

- It fills your time
- A healthy body + healthy immune system = a better chance of recovering from any nasty bug
- It releases feel good chemicals. Why not dance it out-we're talking limb-flinging, full-bodied, no-holds-barred joyous dancing. Dance like nobody's watching!



CLANG- NOTICE

You may think about wellbeing in terms of what you have: your income, home or car, or your job.

Evidence shows that what we do and the way we think have the biggest impact on wellbeing. We sometimes find it hard to self-care, feeling we should think of others. If we don't look after ourselves we will be unable to look after others.

Self-care could mean logging out of social media and listening to your favourite music. Or mindfully working your way through your favourite home-cooked meal. The key is to slow down, take a step back, and put yourself first – even if it's just for an hour.

[One-Moment Meditation](#)



One Moment Meditation.mp4



Most people would agree that giving to others is a good idea.

Small acts of kindness towards other people, or larger ones – such as volunteering in your local community – can give you a sense of purpose and make you **feel happier and more satisfied about life**



THE POWER OF CLANG

Boosts self confidence

Rise to a challenge

More secure

Self-esteem

Self-control

Self-worth

Greater sense of purpose

Feel happier

Satisfied about
life

Anxiety around COVID-19

- Limiting social media consumption
- Only reading information from official sites
- Try to stick to your normal routine as much as possible
- Use soothing techniques
- Focus on what you can control

Anxiety around COVID-19

- 1.** – turn off news notifications on your phone, set a limit on the amount of time you spend on social media or news sites and unfollow or mute accounts that are posting a lot of information about COVID-19. Use the UK government website (GOV, 2020) or the World Health Organisation (WHO, 2020) to get accurate updates. The World Health Organisation has a link on their website debunking myths about COVID-19.
- 2.** – go to sleep and wake up at the same time as usual, have meals at the same time as usual, this should help mental wellbeing and could help reduce the feeling of discomfort in this situation. It is important to tend to your hygiene so you feel refreshed when stuck indoors; keep on top of your shower and teeth brushing routines, as sometimes the littlest things make the biggest differences.
- 3.** – this may include meditation, mindfulness, breathing exercises or light exercises, such as stretches. Not all of these techniques will work for everyone so try them out and choose whichever works best for you. There is a wealth of information on the internet on about variations of these different techniques.
- 4.** – you may not be able to control the COVID-19 situation, the actions of others or even your own thoughts and feelings but it is important to remember what you can control in this situation; your actions. This can be attempted by acknowledging your thoughts and feelings, coming back into your body and engaging in what you're doing. Grounding techniques can sometimes help.....

GROUNDING

SIX WAYS TO PRACTICE GROUNDING

with anxiety + intense emotions



body

lay on the ground, press your toes into the floor, squeeze playdough



5 senses

wear your favorite sweatshirt, use essential oils, make a cup of tea



self-soothe

take a shower or bath, find a grounding object, light a candle



observe

describe an object in detail: color, texture, shadow, light, shapes



breathe

practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8



distract

find all the square or green objects in the room, count by 7s, say the date

Worry, Stress & Anxiety

Worry is what happens when your mind dwells on negative thoughts, uncertain outcomes or things that could go wrong. Worry tends to be repetitive, obsessive thoughts. When we worry, it calms our brains down. Worry is also likely to cause us to problem-solve or take action, both of which are positive things. Worry is a way for your brain to handle problems in order to keep you safe. It's only when we get stuck thinking about a problem that worry stops being functional.

Three things to help your worries:

- Give yourself a worry “budget,” an amount of time in which you allow yourself to worry about a problem. When that time is up (start with 20 minutes), consciously redirect your thoughts.
- When you notice that you're worried about something, push yourself to come up with a next step or to take action.
- Write your worries down. Research has shown that just eight to 10 minutes of writing can help calm obsessive thoughts.

Worry, Stress & Anxiety

Stress is a physiological response connected to an external event. a natural response to a threat, like hearing a predator in the bushes. Today, it still prompts a behavioral response, releasing adrenaline and cortisol, which help activate your brain and body to deal with the threat.

You might have experienced the ‘benefits’ of stress as you pulled together an important report in the final hour, sat an important exam, for example. That’s called “acute stress,” and the rush wears off when the situation is resolved.

Chronic stress, on the other hand, is when your body stays in this fight-or-flight mode (usually because the situation doesn’t resolve, for example financial stressor)). It is linked to health concerns such as digestive issues, an increased risk of heart disease and a weakening of the immune system.

Three things to help your stress

- Get exercise. This is a way for your body to recover from the increase of adrenaline and cortisol.
- Get clear on what you can and can’t control. Then focus your energy on what you can control and accept what you can’t.
- Don’t compare your stress with anyone else’s stress. Different people respond differently to stressful situations.

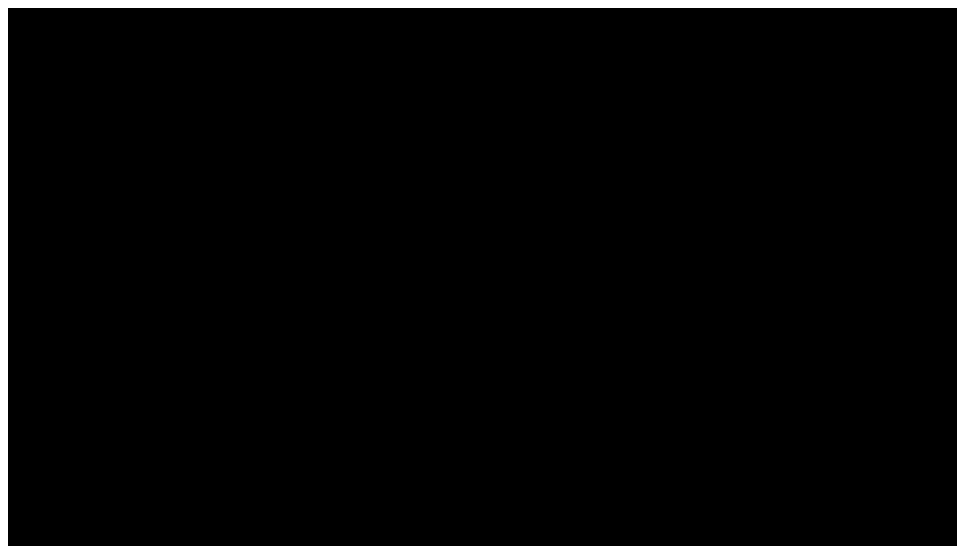
Worry, Stress & Anxiety

Anxiety has a cognitive (thinking) element (worry) and a physiological response (stress), which means that we experience anxiety in both our mind and our body. Anxiety in some ways is a response to a false alarm.

Three things to help your anxiety

- Limit your sugar, alcohol and caffeine intake. Because anxiety is physiological, stimulants may have a significant impact.
- Check in with your toes. How do they feel? Wiggle them. This kind of refocusing can calm you and break the anxiety loop.
- When you're in the middle of an anxiety episode, talking or thinking about it will not help you. Try to distract yourself with your senses: Listen to music, go outside for a walk or run, or rub a piece of Velcro or velvet, use grounding / mindfulness breathing exercises.

Working from home?



<https://mhfaengland.org/remote-working-resources/everyone/>



**THANK YOU,
KEEP SAFE, STAY IN**

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Supporting people to be Safe, Well and at Home