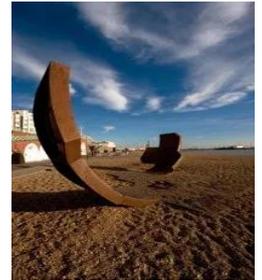


Five Tips for Wellbeing in the Home

We're currently facing some extreme and potentially difficult circumstances. This may cause levels of stress and anxiety to rise. If you notice you are worrying about what is happening around us all right now, we recommend you take some time to read the information below. These tips will give you a way to stay in the present moment. We can only deal with this situation a day at a time and hopefully we can help you to do just that.

1. Take Notice

- Reminding yourself to 'take notice' can strengthen and broaden awareness.
- Studies have shown that being aware of what is taking place in the present directly enhances your well-being.



Here are a few ideas:

- Have a 'clear the clutter' day.
- Take notice of how your friends/family are feeling or acting.
- Try some new recipes and take notice of the different culinary odours
- Look for beauty in the unexpected: look out for colours, textures, shapes, reflections in water, shadows. Look down, look up, and look along.

2. Be Active

- Regular exercise can help raise self-esteem, help sleep, improve memory and concentration, take your mind off negative thoughts and reduce feelings of anxiety and depression.
- It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have benefit.

Here are a few ideas:

- Take the stairs not the lift
- Get off the bus one stop earlier than usual and walk the final part of your journey
- Do some 'easy exercise', like stretching, before you leave your house in the morning
- YouTube have some excellent suggestions for exercising from home



3. Relax

- Regular relaxation is great for your mental health, it changes your nervous system.
- Just stepping away from something stressful for a few minutes or taking time away from your normal routines and thoughts can give you enough space and distance to feel calmer.
- Relaxation can involve doing something that you enjoy, or just being by yourself.

Try:

- Listening to music
- Reading a good book
- Have a bath
- Watching a relaxing film
- Doing some breathing exercises
- Practicing mindfulness
- Lighting scented candles or using essential oils

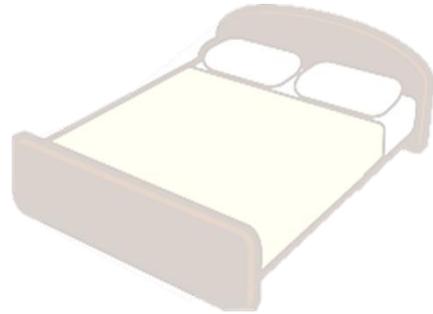


4. Get Quality Sleep

People's needs vary, but most people feel they need 7-8 hours, whilst others feel they need 9-10 hours a night.

Are there any helpful changes you can make to your sleeping environment?

- Bedroom too light (or dark)
- Bedroom too hot or too cold
- Bedroom too noisy
- Bed too uncomfortable



Are there any helpful behaviour changes you can make?

- Keep to a regular pattern of going to bed and getting up at the same time every day
- Keep bed for sleep. Don't use it for watching television, using computer etc.
- Cut down on caffeine (tea, coffee) in the evening
- Don't eat or drink a lot late at night. Try to have your evening meal early rather than late
- Avoid listening to the news or reading new articles that might make you feel anxious before going to bed

5. Connect

- Evidence indicates feeling close to other people is a fundamental human need.
- Social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health.
- We can still connect without it being face-to-face

With this in mind, try to do something different and make a connection, try:

- Talk to someone instead of sending an text
- Contact with family and friends via Facetime/Skype or WhatsApp video
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Share what is bothering you...

