

Staying calm in a stressful and confusing world. (Mental Health and Wellbeing tips)

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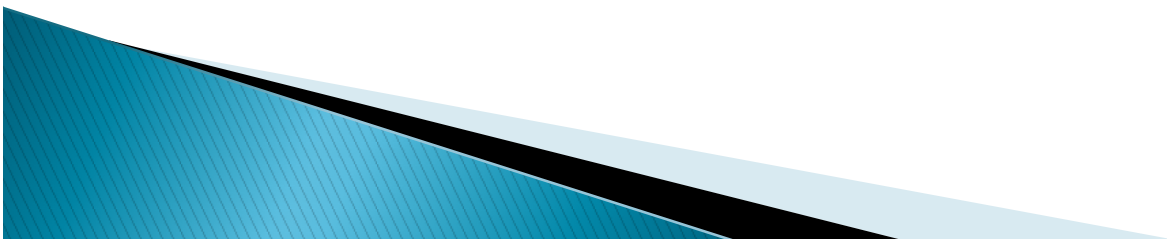
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Basic Care

- ▶ Its important you ensure you are in a safe place during the virus pandemic
- ▶ Try and establish who your key contacts are. Some people will have family, others will have friends and for some it will be mental health services.
- ▶ Try and limit social media and online activities – these are likely to raise your anxieties and concerns.
- ▶ Ensure adequate medication and liaise with your GP or mental health support team
- ▶ Have some cash available, ensure benefits by contacting Social Security and if required local food banks can assist

Keep in touch

- ▶ If you need help there are numerous charities, churches and government agencies who you can contact – you just need to ask!
- ▶ If you are self-isolating then follow the rules about increasing hygiene and ensuring you have adequate fluids and a reasonable healthy diet – don't binge eat!
- ▶ Prayer and mindfulness works – why not try it!



Self- Care Plan

- ▶ **Establish a self-care plan and write it down.**
- ▶ Questions to ask are ;
- ▶ Am I getting enough sleep?
- ▶ Am I eating three meals a day and having adequate fluids?
- ▶ Am I exercising (even indoors) ?
- ▶ Have I list of emergency contacts?
- ▶ Have I enough medication ?
- ▶ Remember informal carers need supporting too.

Positive activities

- ▶ Here are some of the things I plan to do;
- ▶ a) Reorganise my wardrobe
- ▶ b) Do some knitting
- ▶ c) Phone a friend or older person who might appreciate contact
- ▶ d) Hang a bird feeder and note the garden birds who visit
- ▶ e) Do some gardening
- ▶ f) Watch a film
- ▶ g) Catch up with reading my books
- ▶ h) Music is therapeutic so listen to it
- ▶ i) Churches are streaming services online so fellowship matters

Finally

- ▶ This will pass!
- ▶ Positivity, whilst helpful can also be irritating, so be aware of what you like and choose to focus on it.
- ▶ You are not alone – you can also be a blessing to others in similar circumstances
- ▶ Many organisation offer online resources so Google websites i.e.
 - ▶ <https://www.mencap.org.uk/advice-and-support>
 - ▶ <https://mentalhealthsupportnetwork.org/>
 - ▶ <https://www.carersuk.org/>