

WELLBEING TIPS



MENTAL HEALTH & COVID-19

Physical health is the main focus of this current global situation but our mental health is arguably equally as important as the two are so linked.

Government advice about staying physically healthy is all over the TV and internet but there is less information about staying mentally well so here are some useful links/websites to help you look after your wellbeing.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsecb18d>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.goodtherapy.org/blog/how-to-cope-with-the-mental-health-impacts-of-covid-19-0314207>

<https://www.netdoctor.co.uk/healthy-living/mental-health/a31670364/coronavirus-anxiety/>

<https://www.psychologytoday.com/us/blog/anxiety-zen/202003/19-ways-support-your-mental-health-during-covid-19>

WELLBEING TIPS

POEM ABOUT CURRENT GLOBAL SITUATION

When this is over,
May we never again
Take for granted
A handshake with a stranger
Full shelves at the stores
Conversations with neighbours
A crowded theatre
Friday night out
The taste of communion
A routine check-up
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends
May we find
That we have become
More like the people
We wanted to be
We were called to be
We hoped to be
And may we stay
That way – better for each other
Because of the worst.

Laura Kelly Fanucci

WELLBEING TIPS



SLEEP AND HEALTH

During this time where we are all focused on our health, one thing you can really do to help yourself is to **sleep well**.

[https://www.psychologytoday.com/
us/blog/sleep-newzzz/202003/
how-you-can-use-sleep-fight-back-against-coronavirus](https://www.psychologytoday.com/us/blog/sleep-newzzz/202003/how-you-can-use-sleep-fight-back-against-coronavirus)

WELLBEING TIPS



SOCIAL CONNECTION AND THE BRAIN

Recent research has shown the importance of friends and human connection – something we are all acutely aware of during the current global situation.

Brain scans of teenagers have revealed that being left out socially activates the same parts of the brain as when we are physically hurt.

So, being socially isolated as a teenager is as important neurologically as being physically injured.

Knowing this can help us appreciate why social connections are so important for young people.

In this current extreme situation, helping our young people stay connected to their friends is really important to help them cope until life returns to normal again.

WELLBEING TIPS



COPING WITH LOCKDOWN

**“Life isn’t about waiting for the storm to pass,
it’s about learning to dance in the rain.”**

Vivian Greene, author

During this current situation, many people are focusing on looking forward to when the ‘storm’ is all over and finding ways to pass the time.

This might work for some people but an alternative way to view the current situation if that doesn’t work for you, might be to learn to embrace this temporary new way of life, aka ‘the rain’.

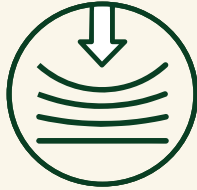
Some people are using it to appreciate things they’ve never really appreciated before such as their health, nature or how they can make the most of not having to spend time commuting into work.

Some are using it to slow down the pace of their life and practise Mindfulness.

Others are using it to explore new hobbies or learn new skills.

Try asking yourself what you want to have learned about yourself when this crisis is over?

WELLBEING TIPS



RESILIENCE

“Resilience isn’t about having the strength to move obstacles out of the way, it’s about having the strength to keep going if the obstacles won’t move.”

Dean Burnett, Neuroscientist and author

Resilience isn’t about breezing through hard times with a permanent smile and finding it easy. We can accept something is happening or has happened without having to like it.

Resilience is about coping, managing, getting through something.

It doesn’t mean it can’t be difficult or that we can’t feel despair or pain – we just don’t give in or give up. Seeking help or support can help us to be resilient and is a sign of strength not weakness.