



# Wellbeing and COVID-19

## Introduction

The COVID-19 virus presents specific challenges for our wellbeing while we adjust the way we live and work. Dealing with change to our daily lives, uncertainty about the future, being unwell with the virus, and worries about our needs and the needs of others all require people to pay attention to their wellbeing as we all make adjustments

## Hints and tips for staying healthy



**Develop a new schedule and rhythm for your day** to give you structure. This might involve getting up at the time you would normally, but doing something else when you would usually have been commuting e.g. yoga, meditation/breathing exercises, having breakfast with your family, listening to a podcast, reading for a while, keeping a gratitude journal you write in each morning, taking the dog for a walk etc.



**Get a change of scene.** Assuming you can go outside, make a point of doing that, to get some fresh air and a change of environment (see also self-isolation section for ideas if you cannot go outside). Don't sit in the same place all day - if you have the space, move to different locations for different tasks e.g. when making calls you don't need to sit at a desk/table, but can stand up or move around.



**Eat well and stay hydrated.** It's quite easy to gain weight when working from home for long periods. Food is more accessible, and a biscuit with a cuppa can quickly become the norm. Try and be aware of this, and as far as you can, maintain a healthy diet. Most of us won't have filtered water taps at home, but carry on using your water bottle - and try to drink at least as much as you normally would at work



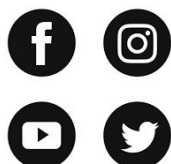
**Move.** Being limited to our own homes, not being able to go to the gym, play sport, do our yoga or pilates classes, etc. may be very demotivating and could leave us feeling lethargic. However, it's really important that we try to keep active and move as much as we can.



**Sleep while you can!** Not traveling to work presents the opportunity for more sleep, so make the most of it. Sleep is very restorative, both physically and mentally, not least building our immune systems - a key protective factor at this time.



**Limit the news and be careful what you read** Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news. There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites.



**Have breaks from social media and mute things which are triggering anxiety.** Mute key words which might be triggering on Twitter and unfollow or mute accounts. Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming