



Looking after your health and wellbeing

Looking after your mental and physical wellbeing while staying at home

Staying at home and self-isolating for a prolonged period can be difficult, frustrating and lonely for some people and you or other household members may feel low. It can be particularly challenging if you do not have much space or access to a garden.

Remember to take care of your mind as well as your body and get support if you need it.

Every Mind Matters provides simple tips and advice to take better care of your mental health, including a COVID-19 hub with advice for those staying at home.

Many people find it helpful to remind themselves why what they are doing is so important. By staying at home, you are helping to protect your friends and family, other people in your community and the NHS.

Things that you can do to help make staying at home easier:

- keep in touch with friends and family over the phone or through social media
- remember that physical exercise can be good for your wellbeing. Look for online classes or courses that can help you take light exercise in your home
- plan ahead and think about what you will need to be able to stay at home for the full duration
- ask your employer, friends and family for help to access the things you will need while staying at home
- think about and plan how you can get food and other supplies, such as medication, that you will need during this period
- check if your neighbourhood or local community has a volunteer system that could help bring you supplies or provide other support
- ask friends or family to drop off anything you need or order supplies online or by phone, making sure these are left outside your home for you to collect
- think about things you can do during your time at home such as cooking, reading, online learning and watching films
- many people find it helpful to plan out the full 10 days. You may also find it helpful to plan in advance what you will do if, for example, someone in your household were to feel much worse

If you need help for a mental health crisis, emergency or breakdown, seek immediate advice and assessment. Even during the COVID-19 pandemic, urgent mental health support is available to adults and children around the clock. Find your local NHS helpline by searching for your postcode or home town in a new service finder.

Please wash your PPE as often as possible

Covid-19 Looking After Your Health

04/12/2021 10:39

www.fortel.co.uk/covid19



<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://fortel.co.uk/covid-19>

<https://www.mind.org.uk/>

<https://mhfaengland.org/>

<https://www.lighthouseclub.org/>



Please wash your PPE as often as possible

Emergency Contact: Hardeep Sanghera 07792 909538

04/12/2021 10:39

www.fortel.co.uk/covid19