



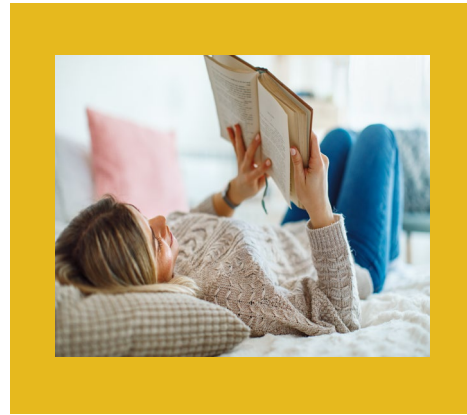
# Mental health & Wellbeing

How to stay positive during lockdown

# Find your Space



**FIND A QUIET AREA TO SIT AND RELAX - EVEN IF YOU ONLY HAVE A SMALL CLOAKROOM**



**READ AN OLD FAVOURITE BOOK - IT WILL BRING BACK EARLY MEMORIES AND MAKE YOU FEEL LESS ANXIOUS**



**TAKE EXERCISE - EVEN IF IT JUST WALKING AROUND THE CORNER AND BACK - BREATHE THE AIR**

# Children at Home?



Here are some really good website pages to help if you have children at home and are worried about how to help them understand what is going on around them - don't forget they won't necessarily understand why they can't see their friends at the moment so some good tips are in these sites to help you and them.

[Keeping children happy and safe online during COVID-19](#)

[Government guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak](#)

[Talking to your child about coronavirus](#)

[How to look after your family's mental health when you're stuck indoors](#)

# Stay in your Routine



GET DRESSED AND START THE DAY IN  
YOUR USUAL WAY



CHAT/FACETIME WITH FRIENDS AND  
FAMILY. REMEMBER THOSE WHO LIVE  
ALONE OR FEEL LONELY DURING  
THESE TIMES



EAT HEALTHY AND DON'T BINGE  
SNACK

# Keep your workspace separate from your home space

Try to keep a small space just for your 'office set-up' at the end of the day, close it down, don't be tempted to do work outside of the hours you normally work. Everyone in the household can see you have finished and they also can relax, especially if there isn't a lot of space with everyone home more than normal

# Help is at hand

## **Samaritans**

t: 116 123.org [www.samaritans.org](http://www.samaritans.org)  
Provide emotional support for people 24 hours a day. They allow people to talk about feelings of distress and despair

## **Saneline**

T: 0300 304 7000 [www.sane.org.uk](http://www.sane.org.uk)  
Provides out of hours mental health and emotional support & information to anyone affected by mental ill health, including family, friends and carers

## **Anxiety UK**

T: 08444 775 774 [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)  
A national charity run by people with lived experience of anxiety, aiming to support everyone affected by anxiety through information and support.

## **NCC Benevolent Fund**

T: 0333 212 4409 [www.nccbenevolentfund.org.uk](http://www.nccbenevolentfund.org.uk)  
Our very own charity providing support to people in our industry when a personal crisis strikes or someone to talk to in times of need

- ▶ If you don't think you are coping very well, you must talk to someone. It is a really scary time and some people are just not very good at coping in this unprecedented time.
- ▶ Don't feel you have to deal with this on your own
- ▶ If you are living alone and have no one close to talk to or don't want to worry another family member or friend contact one of the wonderful people who are non-judgemental and are helping thousands of people just like you
- ▶ Its their job and they understand and will have some good ideas to help you



STAY CALM