

Staying well at home



**easy
read
online**

Introduction



This is a guide to help you keep well whilst you are staying at home.



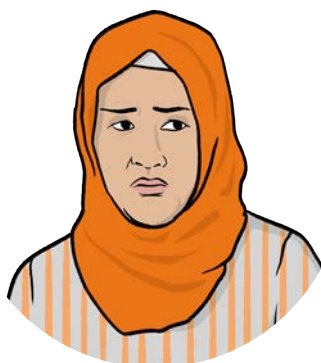
It's a difficult time

We have all been asked to stay at home to stop the spread of Coronavirus.



You may be bored, frustrated and lonely.

You may feel low or worried.



You may be worried about your health or someone close to you.



Stay healthy

It is important to:

- stay healthy in your body



- stay healthy in your mind



- get more help when you need it.



This Easy Read guide is based on the Government's 'Guidance for the public on the mental health and wellbeing aspects of Coronavirus (COVID-19)'.

Updated 31 March 2020:

www.tinyurl.com/vbrhvsd

Ways to feel better about yourself



Keep in touch with family and friends

Think about how you can stay in touch with family and friends by:



● telephone



● video calls



● social media - like Facebook, Instagram or Twitter.



Help and support others

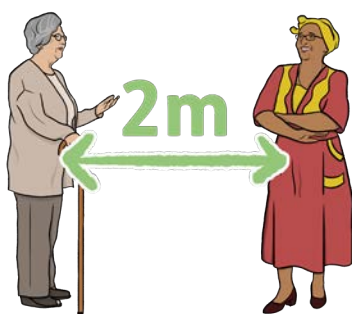
Think about how you could help people who live close to you.



It could make a big difference to them.



It can make you feel better too.

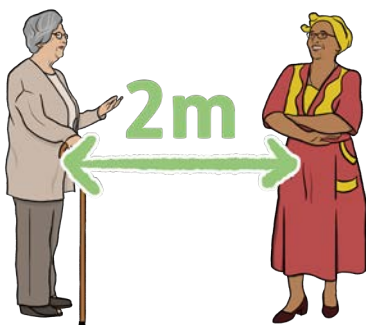


Remember to do this while keeping yourself at least 2 metres away from other people - that's 6 feet.



Accept help from others

Some people may want to help you. They may be worried about you.



Be kind to them, but stay at least 2 metres or 6 feet away.



Talk about your worries

This is a difficult time for everyone.

Talking about your worries can help you. But it can help other people too.



If you don't know anybody you can talk to, you can call one of the NHS mental health helplines.



You can find the websites and telephone numbers for helplines that are recommended by the NHS at:

www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines



Look after the health of your body

A healthy body will help you to feel good about yourself.



Try to:

- eat healthy meals



- drink enough water.



Try not to:

- smoke



- drink alcohol

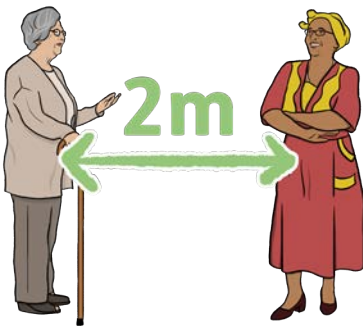


- take drugs.

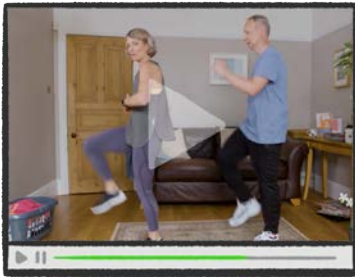


Keep on getting some exercise

If you can go outside, try walking or gardening.



Remember to keep 2 metres or 6 feet away from other people.



If you are staying in, you can use one of these online exercise videos:

- 10 minute work out videos from Public Health England:
www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos



- Exercise videos on the NHS Fitness Studio:
www.nhs.uk/conditions/nhs-fitness-studio



Look after your sleep

If you are worried, it can be hard to sleep well at night.

These things will help:



- make your home as restful as possible



- don't look at your phone, iPad or computer just before you go to bed



- don't drink so much tea and coffee.



You can get more help with sleep from:
www.nhs.uk/oneyou/every-mind-matters/sleep



Managing your difficult feelings

You may be feeling anxious about everything that is happening in the world right now.



But you should just try to focus on the things you can control.

Do things that will help you to be ready in case you get ill and have to go into hospital.



You can get more help about feeling anxious from:

www.nhs.uk/oneyou/every-mind-matters/anxiety



Or one of the NHS Mental Wellbeing Audio guides:

www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides



Don't watch too much news

If the news is making you worry, don't follow it all the time.

Only watch or listen to it a couple of times a day.



Get the facts

There is a lot of wrong information about Coronavirus.

Make sure you get your information from somewhere you can trust, like:



The Government:
www.gov.uk/coronavirus

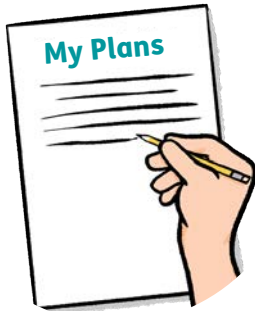


The NHS:
www.nhs.uk/conditions/coronavirus-covid-19



Have a routine

It is likely that we will all have to stay at home for a while yet.



It helps to have a regular routine. Write down your daily and weekly plan.

This could include activities like:



● cleaning



● cooking



● exercise



- reading



- calling a friend.



Do things you enjoy

It will help you to keep your mind healthy if you do things you enjoy.



This could be:

- a hobby



- learning something new



- relaxing.

There are lots of websites and videos online to help you.



Keep your mind active

Find something that keeps your mind active.

It could be:



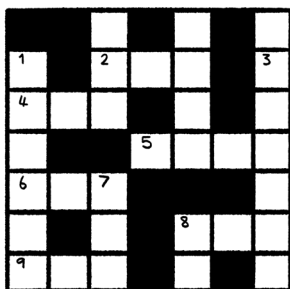
- reading



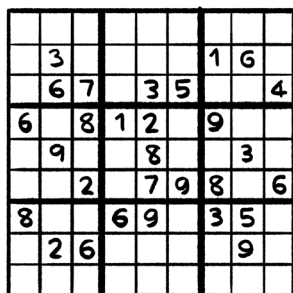
- writing



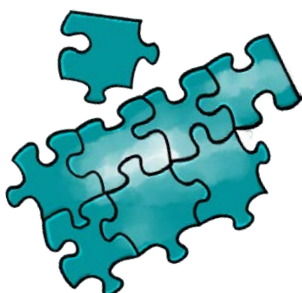
- playing games



● crossword puzzles



● sudoku



● jigsaws



● drawing



● painting.

Take time to relax and focus



You can get help with relaxing from:

- NHS Every Mind Matters web page
www.nhs.uk/oneyou/every-mind-matters



- NHS Mindfulness page
www.nhs.uk/conditions/stress-anxiety-depression/mindfulness



Get outside or bring nature in

At the moment, many people can go outside for exercise once a day.



You should not go outside if:

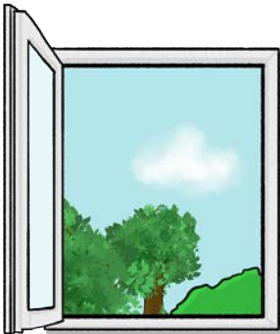
- you feel ill and think you might have Coronavirus.



- you have a health condition that means that it is serious if you catch Coronavirus.



If you can, try to get outside once a day.



If you can't go outside, open up the windows and let some fresh air in.

For more information



If you need more information about Coronavirus (COVID-19) go to the Government website:

<https://bit.ly/2vwnyGx>



For more information about Easy Read go to:

www.easy-read-online.co.uk



Or email:

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