

LOOKING AFTER YOUR WELLBEING

Whilst staying at home



Social distancing and self-isolation is a challenge for many people because we are by nature, social beings. Whilst we know that it is important to keep ourselves and others safe, having a plan to keeping connected and thinking about alternative activities that we enjoy, could help reduce feelings of loneliness. If you are self-isolating and staying at home, the following tips and ideas might help.

STAY CONNECTED

Keeping connected with family and friends is really important, especially when we are being asked to stay at home. In addition to regular phone calls, consider using FaceTime, Skype, Zoom, Whatsapp, Messenger or other similar video conferencing platforms to keep in touch. A daily 'call' can help people feel connected and seeing a familiar smiling face can really lift our spirits.

Weeding, planting and being in the garden can help with a general sense of wellbeing. Listening to birdsong, feeling the sun on your face or smelling the flowers in the garden provides sensory input and stimulus. Chatting or waving over the garden fence can help people feel connected to their neighbours, but please remember to keep at least a 2 metre distance.

ENJOY THE GARDEN

KEEP FIT AND HEALTHY

A daily walk or run may be a normal part of your routine (within current government guidelines of course) but if you are unable to get outdoors, look for alternative ways to keep active depending on your health and ability. Marching on the spot, skipping or dancing are all fun things to do and can help with general fitness and improve wellbeing. There are many people sharing their videos for free on youtube and other digital channels to help people keep mobile and active in their own homes.

Organising your photo albums, DVDs or music collection; sorting out old clothes for recycling and even house cleaning can give you a sense of achievement of a job well done. Staying at home provides a great opportunity to de-clutter and make space for new hobbies and interests.

GET ORGANISED

IMPROVE YOUR SKILLS

There is no better time than now to hone your talents so why not plan cookery and baking sessions, learn a craft, paint a picture or complete a jigsaw. Choose things that you enjoy and that are important to you. There are plenty of free online resources, tutorials and videos that you can access and follow.

If you are self-isolating with family members or housemates, use the time to enjoy being together. Pull out those Board Games, create a fun video, form your own rock choir or put on a play. Create art and share it in your windows for other people to enjoy. Have a Dress Up day, have a Superhero day, have a Movie day (complete with popcorn) but most of all have a really good day knowing that you are keeping yourself and others safe.

BE KIND TO EACH OTHER

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Useful links and activity ideas



The National Trust's guide to birdsong and birdspotting:

<https://www.nationaltrust.org.uk/lists/our-guide-to-birdsong-and-bird-spotting>

RHS Inspiring everyone to grow:

<https://www.rhs.org.uk/advice/grow-your-own>

IN THE
GARDEN

KEEP
FIT

British Heart Foundation 10 minute workout: <https://youtu.be/O5YX5xg8Seg>

Joe Wicks 10 minute workout: <https://youtu.be/ybVMu31DLQU>

Standing or seated workout: <https://www.youtube.com/watch?v=zTBBVJsksal>

Easy Chow Mein: <https://www.youtube.com/watch?v=W7XIS03K-eM>

Easy Pizza: https://www.youtube.com/watch?v=3kOafa_lmW8

Easy Mac 'n' Cheese: <https://youtu.be/42gcZq6osEA>

COOKABILITY
RECIPES

For more ideas on how to stay mentally and physically well, we have provided some additional links offering a wealth of resources.

Living Life to the Full poster for adults at home:

<https://llttf.com/wp-content/uploads/LLTTF-Coronavirus-for-adults-at-home.pdf>

National Autistic Society Coronavirus resources:

<https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx>

Mencap resources to help with structure and keeping busy:

<https://www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19>

PLANT A
WILDOWER
GARDEN

CRAFT
DAY

BAKE A
CELEBRATION
CAKE

CAMP OUT IN
THE GARDEN

UPCYCLE
FURNITURE

INDOOR
PICNIC

MASTER A
NEW RECIPE

DRESS UP
DAY

BUILD AN
OBSTACLE
COURSE

MAKE A
VIDEO DIARY

YOGA
ONLINE

FAMILY
KARAOKE
NIGHT