

# Keeping well during self-isolation



[grenfellwellbeing.com](https://grenfellwellbeing.com)

**During unsettling times it's normal to experience difficult emotions like anxiety or worry. It's important while you stay indoors, that you have activities to help you keep well.**

**Here are some helpful things to do:**

## **Make a schedule**

Keeping a routine can be a really useful way to stay active, and have control over your day. Think about writing up a timetable to put on the wall, and write out what activities you will do throughout the day. It's important to include things that will be enjoyable, calming, as well as productive.

## **Keeping healthy**

Take care of your basic needs; get rest and eat healthily. Remember, exercise is good for your physical health and can also boost your mood. You can still go outside for one form of exercise, just remember to practice social distancing and keep 2 metres apart. You can also find creative ways to keep active indoors, for example online exercise videos can be useful or walking up and down the stairs in your home.

## Screen time

There is a lot in the news and sometimes this information can be overwhelming. Think about how you use screen time, and avoid having the TV or radio in the background if what's on is upsetting. Instead, replace background noise with music and maybe even take turns on who will be the DJ, or turn it into a music quiz.

## Finding calm

It may be useful to write down all the questions you have, and look for the answers from reliable sources such as the NHS and Gov.uk.

Finding things that are comforting to us can help with being calm and relaxed. You can find free phone apps or tools such as Chill Panda relaxation for children, MeeTwo, a safe space for teenagers to share, and Every Mind Matters for adults.

## A positive note

It's important to remember – and remind children and grandparents too – that there is hope and people are getting together at difficult times to support each other. End your day on a positive note, by spending a few minutes before bedtime to tell each other in person, by phone or even write in a journal something positive that happened in the day – or something positive you hope will happen in future.



## Staying connected

Self isolating doesn't mean you have to be socially isolated. It's really important to keep in touch with friends and family members even when you can't meet so think about scheduling phone time. If you find that the Coronavirus is the main topic of conversation at the moment, think about a list of other topics you want to talk about – such as a new activity you've tried at home or a new relaxation tip you've learnt.

## Do things together

If you live with other people who aren't self-isolating, it can be fun to do activities together – such as finding great recipes together, reading books out loud, meditation or joining in an online dance class.



# Talking about Coronavirus with children

Children might have a lot of questions about the virus, and it might be a difficult task as a parent to think about what to say.

**Download the free book *Dave the Dog is worried about Coronavirus* to help explain in a child-friendly way.**

Visit [www.nursedottybooks.com](http://www.nursedottybooks.com)



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## Here are a few other things to think about:

- Make sure you feel calm first
- Use facts and be truthful, but consider how much to share based on your child's age
- Think about what children listen to, even when they aren't in the conversation (TV, listening to adult conversations)
- Focus on hope, and how there are a lot of people getting together to make things better
- Talk about practical solutions, and what we can do to be safe

# We are here to help

If you are finding things are too much for you or a friend or family member, here are some services that can offer more support:

## NHS Every Mind Matters

Has a dedicated page about mental wellbeing while staying at home, with many useful resources such as helpline numbers, apps, guidance on housing and relaxation techniques.

[www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)

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## Community Living Well

A free and confidential talking therapies service for anyone over 16 and registered with a GP in Kensington and Chelsea or Queens Park and Paddington who need support with their mental health. The service can offer telephone and digital appointments providing a range of support for when you experience difficult emotions such as low mood, anxiety and stress.

[www.communitylivingwell.co.uk](http://www.communitylivingwell.co.uk) | 0203 317 4200



## **Grenfell Health and Wellbeing Service**

A talking therapies service open to children and adults who were affected by Grenfell. When times are tough it's normal to feel that it's more difficult to cope with things. If you have been having difficulties since Grenfell and the Coronavirus outbreak has brought back difficult memories, emotions and feelings, we are here to help. You can self-refer online or give us a call to talk through your options, even if you have accessed our service before.

[www.grenfellwellbeing.com](http://www.grenfellwellbeing.com) | 0208 637 6279

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## **Kooth**

Free, safe and anonymous online support for young people.

[www.kooth.com](http://www.kooth.com)

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## **Samaritans**

This is a free, 24 hour service offering confidential support for adults and young people experiencing feelings of distress or despair.

116 123

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## **SPA**

Provides 24 hour telephone support for people in a mental health crisis.

0300 1234 244



This document is also available in other languages, large print, Braille, and audio format upon request. Please email [communications.cnwl@nhs.net](mailto:communications.cnwl@nhs.net)

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

## Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

## Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

## Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

## Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

## Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

## Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

## Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

## Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

## Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

## Turkish