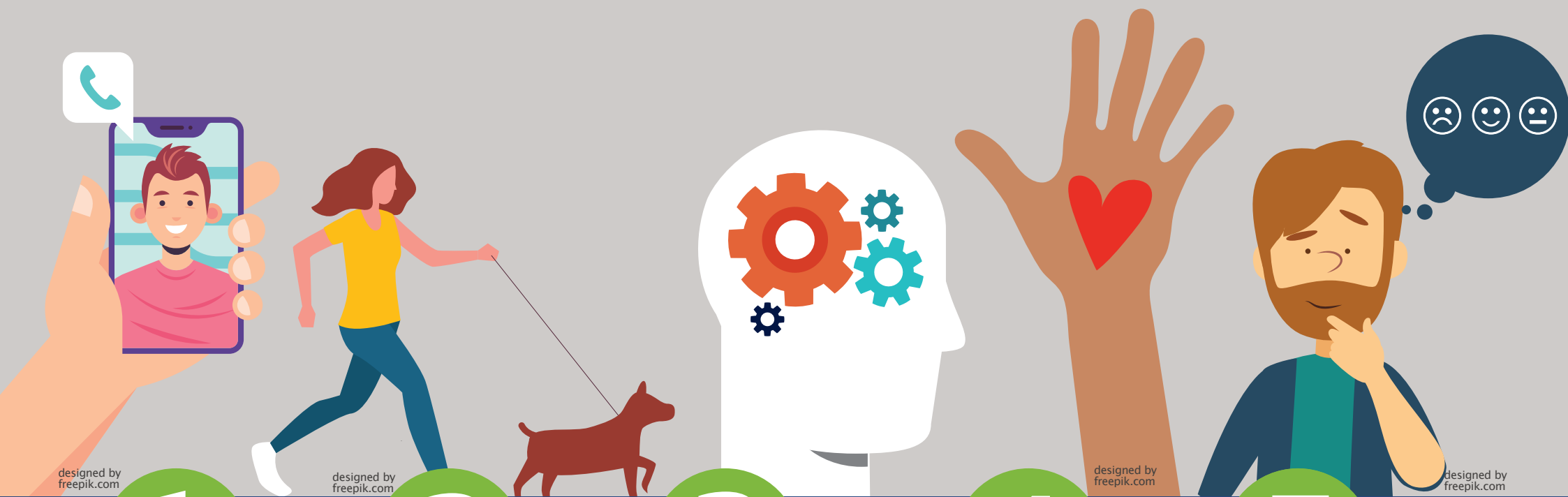


# 5 ways to wellbeing

## during the Coronavirus epidemic



1

### Connect

Social contact reduces feelings of isolation and can increase self-esteem.

Keep in regular contact with people you know.

Keep updated but limit your time on news sites and social media if this makes you anxious.

**Links:**

[www.befriending.co.uk](http://www.befriending.co.uk)  
[www.midspace.co.uk](http://www.midspace.co.uk)  
 If you are feeling lonely  
 - 0131 270500  
 National helpline  
 - 0800 111 4000  
[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

2

### Physical

Physical activity can reduce anxiety and boost low mood.

You can exercise inside or out – e.g. walking, running or cycling, gardening, yoga or dance.

Try to eat and drink healthily. If you are struggling with getting shopping or the cost of food call 0131 270 7500.

Try to keep a routine – sleeping and waking at the same time.

**Links:**

[www.clearyourhead.scot](http://www.clearyourhead.scot)  
[www.bbc.co.uk/sport/get-inspired](http://www.bbc.co.uk/sport/get-inspired)  
[www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/)  
 Ageing Well – Facebook or 07825 356478  
<https://sleepcouncil.org.uk>

3

### Learning

Learning new things keeps your mind occupied which can help with anxiety.

You could try relaxing with puzzles and games or cooking something different.

You can learn how to control your stress with online classes.

**Links:**

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)  
[www.stresscontrol.org](http://www.stresscontrol.org)  
[www.open.edu/openlearn](http://www.open.edu/openlearn)  
[www.mentalhealth.org.uk/coronavirus](http://www.mentalhealth.org.uk/coronavirus)  
[www.myworldofwork.co.uk/learn-and-train](http://www.myworldofwork.co.uk/learn-and-train)

4

### Give

An act of kindness can make a difference and improve how you feel.

Do something in your area, look out for a neighbour or volunteer.

**Links:**

#kindnessmidlothian  
[www.readyscotland.org](http://www.readyscotland.org)  
 email [cll@midlothian.gov.uk](mailto:cll@midlothian.gov.uk)  
[www.midlothian.gov.uk/cc](http://www.midlothian.gov.uk/cc)

5

### Take notice

Take time to look after yourself. Be aware of how you are thinking and feeling.

Try stopping and taking time to breathe. Be mindful about what's around you. What can you see, hear and touch? Do something that helps you relax.

Ask for help if you need to. Your GP can help you access a range of supports.

**Links:**

[www.clearyourhead.scot](http://www.clearyourhead.scot)  
[www.headspace.com](http://www.headspace.com)  
[www.calm.com](http://www.calm.com)  
[www.midlothian.gov.uk/bereavement](http://www.midlothian.gov.uk/bereavement)  
[www.bigwhitewall.com](http://www.bigwhitewall.com) (anxiety & depression)

Even in these strange times there is lots of support and help. If you need to talk contact:

**Breathing Space**  
**0800 83 85 87**  
 Mon-Fri (6pm-2am)  
 Sat-Sun (24 hrs)

**Samaritans**  
**116 123**  
 Mon-Sun (24 hrs)

**Health in Mind**  
**0131 663 5533**  
 Mon - Fri - 4pm - 10pm  
 Sat-Sun (10am - 4pm)

**Silverline**  
**0800 4 70 80 90**  
 24/7 365 days a year  
 Helpline for older people



**Midlothian Health & Social Care Partnership**