



# Coronavirus

## Keeping well during self-isolation

Thank you for agreeing to self isolate to protect others and to slow down the spread of COVID-19 (Coronavirus). We understand that for some people self-isolation can be boring or frustrating. You may find your mood and feelings being affected and you may feel low, worried or have problems sleeping. You may also feel isolated and alone.

However, we would not ask you to do this if it was not so important. There are simple things you can do that may help, such as staying in touch with friends and relatives on the phone or by social media. You may find it helpful to talk to them, if you want to. Some people who have self-isolated have found it useful to re-connect with a hobby or learn a new skill through an online course. There are also lots of resources you can use, to keep you well during your time at home. This leaflet has lots of suggestions for ideas to try.

### Things to do

#### Puzzles and games

<https://www.theguardian.com/lifeandstyle/2018/oct/13/mental-exercises-to-keep-your-brain-sharp>

#### Word searches

<https://thewordsearch.com/>

#### Sudoku

<https://sudoku-puzzles-online.net/s10.html>

#### Borrow an e-book from the Guilles Alles Library

<https://www.library.gg/ebooks> you can join online. They also have digital magazines and audiobooks.

### Staying healthy

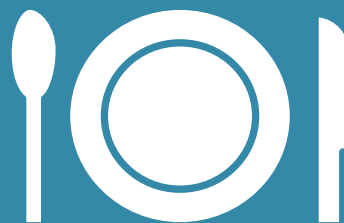
#### Try some new recipes for children:

<https://www.nhs.uk/change4life>

#### For all the family

<https://www.bbcgoodfood.com/recipes/category/healthy>

<https://www.jamieoliver.com/recipes/category/healthy-recipes/>



## Physical Activity

Thanks to our friends at The Health Improvement Commission for suggesting some home-based physical activity resources.

<https://www.nhs.uk/live-well/exercise/gym-free-exercises/> see the Home Exercise subheading and links.

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/> Take your pick from 24 instructor-led videos across the aerobics exercise, strength and resistance, and pilates and yoga categories.

Other options are as simple as putting on some music and having a “kitchen disco” or set yourself a stairs challenge - how many times can you go up and down?

Don't forget to break up your sitting time (set a reminder on your phone, or through a fitness tracker/app if you have one). Try <https://apps.apple.com/gb/app/encourage-move-more-sit-less/id1117510599>



## Healthy Minds

Here are some websites from Healthy Minds—our Public Health mental wellbeing service. Have a look at the Mental Health Foundation for some top tips

<https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak?>

Learn some new skills for dealing with low mood, worry or stress. After all everyone experiences changes in mood and negative thoughts. This website is written by one of our local practitioners and is packed full of great resources. [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

Try meditation.

<https://www.headspace.com/headspace-meditation-app>

If you want more detail try these Northumberland booklets

<https://web.nrw.nhs.uk/selfhelp/>

How about a podcast? Try one for the first time or a different topic from one you would normally pick: Feel better, live more with Dr Rangan Chatterjee. Happy Place with Fearne Cotton. Bryony Gordon's Mad World. Under the Skin with Russell Brand. TED Radio Hour Podcast.

Find out about the 5 Ways to Wellbeing <https://www.mindkit.org.uk/5-ways-to-wellbeing/>. Evidence suggests these 5 steps can help you feel more positive and be able to get the most out of life.