

# Five ways to wellbeing during lockdown

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# Be Active

It is important to keep active whilst you are working from home or self-isolating .

There are some great tips in the following links:

<https://www.sportengland.org/news/how-stay-active-while-youre-home%20>

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

You can also still go outside for a walk, run, cycle – or any other way you normally get active outside. Make sure you familiarise yourselves on the latest official advice on social distancing and on general hygiene.



# Children and Young People

Then if people want some specific activities with kids whilst they are off school this is good – and there are loads of these on You Tube:

<https://www.youtube.com/watch?v=rN0h6EZd6TM>

<https://www.thisgirlcan.co.uk/activities/disney-workouts/>



# Older People

The Chief Medical Officer's own physical activity guidance highlights the benefits of maintaining muscle strength, balance and flexibility. Try looking at the following sites:

<https://www.nhs.uk/live-well/exercise/sitting-exercises/>

<https://www.nhs.uk/live-well/exercise/strength-exercises/>

<https://www.nhs.uk/live-well/exercise/balance-exercises/>

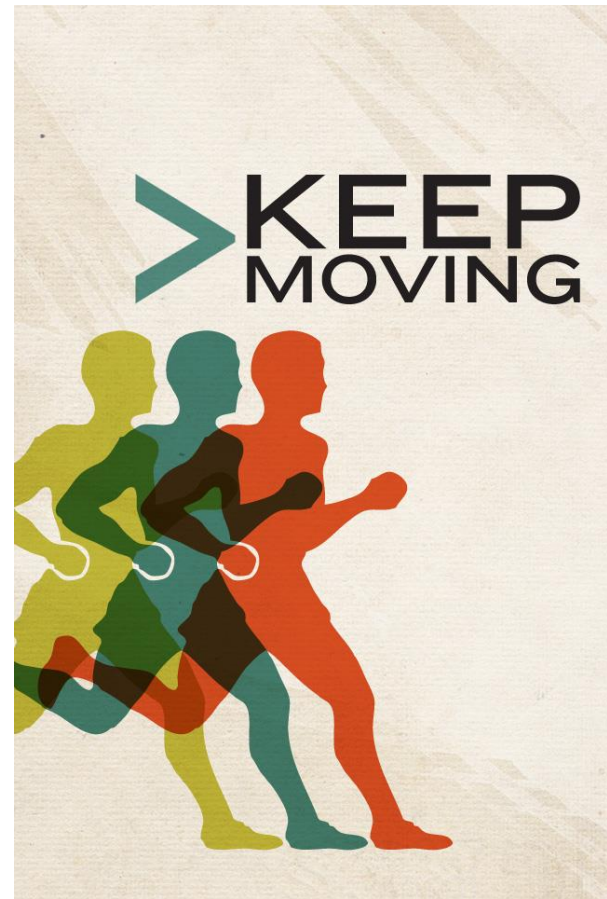
<https://www.nhs.uk/live-well/exercise/flexibility-exercises/>



# Keep Moving

Set yourself a challenge to get up and move about a least every hour.

If you're not self-isolating, try going for a walk or a jog down the street before you start work for the day – this can help you to feel like you have mentally 'arrived' at work. Doing the same when you finish your working day can help you to leave your work mindset behind and switch off.



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# Connect

- Adapt your working style Make sure you keep communication open with your team, as often and frequently as possible.
- Share a selfie with colleagues and friends to show what you are up to and start a conversation. It can help you feel connected even if you're working remotely. Find out how at [mhfaengland.org/my-whole-self/selfie-how-to](https://mhfaengland.org/my-whole-self/selfie-how-to).
- Virtual social sessions- If you usually schedule time in the workday for an activity or exercising with your colleagues/friends, continue to make time for this over webcam or phone. Here are some ideas:
  - Turning your morning or afternoon coffee break into a virtual coffee break
  - Sharing photo updates of your lunchtime run/walk
  - Video calling for craft session or cooking sessions
  - Daily online quiz sessions with your friends/colleagues
  - Say hello regularly to colleagues and friends on the phone, video messaging, WhatsApp

# Give

- If you are not self-isolating check in with neighbours, friends and family to see if they would like some help with shopping or collecting prescriptions, posting letters, walking the dog
- Give time to yourself, have bath, read that book you've promised yourself you will read one day.
- Give yourself a good night's sleep. For full details on tips on getting a good night's sleep visit <https://www.mentalhealth.org.uk/blog/ten-top-tips-good-sleep>
- Give your time to other people- call people who might be living alone.



# Keep Learning



- Virtual cooking sessions with friends or grandparents
- Find that musical instrument that you have stored away and start learning again.
- What about learning a new language?





# Children and Learning

- If children are off school have a bit of structure to the day and introduce some fun learning activities.
- Go out into the garden and grow some seeds. Learn the names of plants, build a bug house, make mud pies, make a list of the birds you have seen in your garden, camp in your garden, go star gazing at night, have a picnic in your garden
- <https://www.nationaltrust.org.uk/lists/50-things-activities-in-your-back-garden>
- In doors
- Make a den in your house, put chairs together and make a bus/boat, play shops, make things out of cardboard, paper planes, play musical statues, be superheroes
- Get kids involved in making tea and jobs round the house, make cards for people, form your own musical band, have an indoor treasure hunt, play board games, finish that Christmas jigsaw, make a scrap book, create a time capsule, have a carpet picnic take pictures and share with friends.
- <https://www.muminthemadhouse.com/100-indoor-activities-for-rainy-days-or-too-hot-days/>
- Distinguish between weekdays and weekends.
- Be kind to each other

# Take Notice

- Try and have a daily routine. Get up at the same time and try to have some structure.
- Although you may have some extra time in bed without a commute, aim to wake up around the same time every day. This helps stabilise your internal clock and improve your sleep overall. You'll feel less tired, more refreshed, and find it easier to concentrate throughout the day.
- Keep to your established morning routine if you can – get ready, washed, and dressed as if you are going to the office. This will help you get into the mindset that you are at work.
- Try to set aside a work area separate from your sleeping area, as this will help to prepare you for work mode and make it easier to switch off at the end of the day. You don't need a home office to do this – a small desk set up in a corner of your room, or a laptop at the end of the kitchen table can do the trick.
- If you're working with a small space, you could try setting up temporary 'zones' by hanging blankets or screens to visually separate your work area from your bed or living area.
- Watch the sunrise and sunset.

# Children and Take Notice

There are some helpful sites about how we talk to children about what is going on:

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

Try to practice mindfulness regularly Mindfulness meditation can be practiced anywhere at any time



THANK YOU

