

# Coronavirus & looking after your mental wellbeing

The coronavirus pandemic and the re-introduction of tighter restrictions may bring mixed and fluctuating feelings. You may have just started to resume the things you enjoy like playing sports, getting back to work, seeing friends and family (even at a social distance). There will now be changes to these activities and you will have to adapt routines you may have just started to develop.

## What you might be feeling about tighter restrictions being re-introduced

You may move through a range of feelings and thoughts:

- Stressed and unprepared
- Anxious or afraid
- Angry or frustrated
- Conflicted or confused



**These feelings are reasonable and expected. It is OK to feel this way, share your concerns with others you trust, or you could try one of the helplines listed on this sheet. You may have to learn to cope with new and changing situations. Be aware that it may take time to adjust to necessary changes – it is important to take things at your own pace and be kind to yourself.**

Remember it is important to look after your mental wellbeing during this time. Looking after your mental wellbeing will help you process and manage the feelings you are experiencing.

**It is important to note that if you are really struggling with your mental health and it is disrupting your everyday life seek professional help, talk to your GP. You can also contact the local services and support organisations listed in the useful contacts.**

**If you or someone you know need urgent mental health support, you can contact the CNWL Crisis line on 0800 023 4650.**



# Mental wellbeing – top tips

- 1) Preparing for winter.** Some of the activities you have been doing to keep busy, may need to change slightly for the winter as the colder weather develops and in light of new restrictions. Mind have some useful tips on how to adapt your routine [here](#).
- 2) Connect with others.** Maintaining healthy relationships with people we trust is important. Talking about how we are feeling can be really helpful. Stay connected via email, social media, video calling and telephone. If you haven't got anyone to talk to or you are struggling, you can call emotional support lines like the [NHS volunteer service](#) who provide a 'check in and chat' service call 0808 196 3646 or one of the helplines listed under useful contacts section.
- 3) Be active.** Our physical health affects how we feel. It is important to eat healthily, drink enough water and exercise regularly. If you can, try to build simple physical activity into your daily routine like a home work out, a run, gardening, dancing to music, or seated exercise. Visit [www.nhs.uk/live-well/exercise](http://www.nhs.uk/live-well/exercise) for information and advice.
- 4) Take notice and focus on the present.** Engage with nature. Open the windows to get fresh air, watch the birds, tend to houseplants, listen to natural sounds apps. Notice the change in seasons. Find out more about being mindful [here](#).
- 5) Stick to the facts and limit your news intake.** Do not stay glued to the news. A constant stream of news can cause anyone to feel anxious or distressed. You could set yourself a specific time to read updates or limit to checking a couple of times a day – use trustworthy sources such as GOV.UK or NHS
- 6) Have a routine.** Wake up and go to bed at healthy times, get enough sleep. Include time to relax. For tips on sleep visit the [Every Mind Matters Sleep page](#).
- 7) Do something you enjoy and keep your mind active.** Find something of value in your day and do something for yourself (watch a favourite programme, do crosswords, art and crafts, cooking, gardening, reading a book)
- 8) Work and finance,** You might be worried about money, have lost your job or are concerned you might become unemployed – these issues can have a big impact on your mental health and wellbeing. Visit [here](#) for tips and advice on coping with money worries and job uncertainty during COVID-19.
- 9) Looking after a child or young person.** The past few months have been hard on everyone, including our kids. But there are lots of things we can do to support them at this time. Be there to listen, stay involved in their life, support positive routines, encourage their interests, take what they say seriously. Find tips on supporting children or young people [here](#).

# Contacts and links to additional support



## Local Services

### MK Talk for Change

Free and confidential NHS service. They can help you to: • Manage stress and anxiety • Handle low mood and depression • Cope with difficult times To self-refer go to [www.mktalkingtherapies.nhs.uk](http://www.mktalkingtherapies.nhs.uk)

Tel: 01908 725099 or [cnw-tr.mkspa@nhs.net](mailto:cnw-tr.mkspa@nhs.net)

### Mind BLMK

Existing services replaced with phone and/or email support on

Tel: 0300 330 0648 or [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

### Kooth Online counselling for young people

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

### Milton Keynes Age UK

Telephone befriending service

Tel: 01908 550700 (Monday-Friday 9am-4pm)

### Mental Health Crisis

If you or someone you know needs urgent mental health support you can call the CNWL crisis line

Tel: 0800 0234650

### Mind MK Crisis Café

Open 5-11pm, 7 days a week.

Tel:01525 722225

### Official guidance

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)  
[www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)

## Useful links

### Every Mind Matters

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

Every Mind Matters also provides information to support children and young people

### Heads Up – men's mental health campaign

[www.thisisheads-up.uk](http://www.thisisheads-up.uk)

### Five ways to wellbeing

[www.milton-keynes.gov.uk/5waysmk](http://www.milton-keynes.gov.uk/5waysmk)

### Mind

[www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/)

### Mental Health Foundation

[www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown](http://www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown)

### Age UK

[www.ageuk.org.uk](http://www.ageuk.org.uk)

Tel:0800 678 1602 (8am-7pm)

## Helplines

Samaritans [www.samaritans.org](http://www.samaritans.org)

Tel: 116 123

### Shout Crisis Text line

Text Shout to 85258

CALM [www.thecalmzone.net](http://www.thecalmzone.net)

Tel:0800 58 58 58

**Our Frontline** – support for frontline workers.

Text: FRONTLINE to 85258 or call 116 123 for a conversation with a trained volunteer

[www.mentalhealthatwork.org.uk/ourfrontline](http://www.mentalhealthatwork.org.uk/ourfrontline)

### National Debt Line

– free and independent advice

Tel: 0808 808 4000 9am-8pm Monday-Friday or visit [www.nationaldebtline.org](http://www.nationaldebtline.org)