

CONNECTED WELLBEING: IDEAS AND ONLINE RESOURCES



This information and signposting resource offers a broad selection of ideas and suggestions to help support general wellbeing, and to also consider others, as we collectively live through these challenging times.

I am a [UK-based UKCP psychotherapist](#). I developed this resource for those I work with directly, and also for people who just might be interested. It focuses on general mental health, physical health, social connection and kindness, and daily self-care. This resource can't cover everything and everyone, but there is lots to choose from, so hopefully a few of these ideas will be of interest to you.

This information, and the majority of the resources listed within, are free and online based. Though largely UK-focused, much of this will be of relevance to you no matter where you live. Feel free to share this as you wish.

Try to be kind: take good care of yourself and others.

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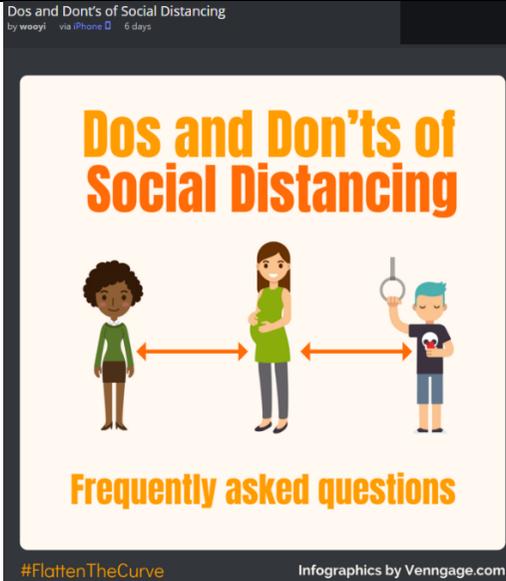
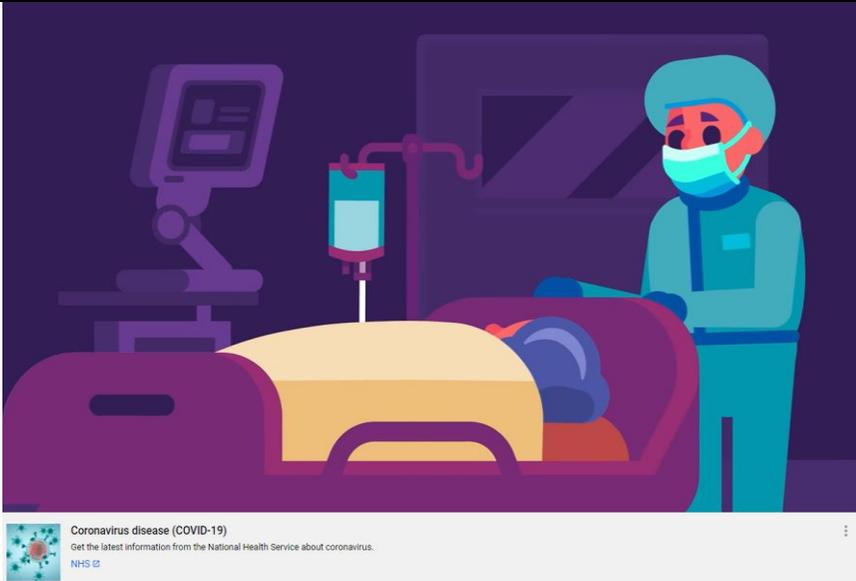


Developed by UKCP psychotherapist, Léann Lavery, [Connected Therapy](#)

COVID-19 INFORMATION

The most important ways we can all work together to slow the spread of the virus are:

1. Stay at home: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
2. Follow NHS guidance: e.g. wash your hands for at least 20 seconds. Read more: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

 <p>Dos and Don'ts of Social Distancing by woody1 via iPhone 6 days</p> <h3>Dos and Don'ts of Social Distancing</h3>  <p>Frequently asked questions</p> <p>#FlattenTheCurve Infographics by Venngage.com</p>	 <p>Coronavirus disease (COVID-19) Get the latest information from the National Health Service about coronavirus. NHS</p>
<p>Infographic about physical distancing to #FlattenTheCurve of the spread of the virus: https://imgur.com/gallery/HDtRZpQ#VZ9kpZK</p>	<p>Informative video from Kurzgesagt explaining coronavirus; how it infects people, the impact on health services, and how we can all collectively stop the spread by staying at home: https://www.youtube.com/watch?v=BtN-goy9VOY</p>

- UK Government Guidance: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>
- NHS guidance: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Foreign Office travel advice: <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>
- World Health Organisation: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Our world in data – coronavirus information and statistics: <https://ourworldindata.org/coronavirus>

MENTAL HEALTH	
<p>Managing anxiety</p>	<ul style="list-style-type: none"> • By understanding the sources of your anxiety, you can find ways to manage it • What are your anxiety/stress triggers? Be mindful of any challenging thoughts, feelings and behaviour that are most present for you • Know the facts about the virus by obtaining information from reputable sources such as the NHS, Gov.UK, WHO • Understanding Anxiety – Get Self Help PDF: https://www.getselfhelp.co.uk/docs/AnxietySelfHelp.pdf • Some videos and resources from Anxiety UK: https://www.anxietyuk.org.uk/coronanxiety-support-resources/ • Free guide to living with worry and anxiety amidst global uncertainty from Psychology Tools: https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/
<p>Understanding social contagion</p>	<ul style="list-style-type: none"> • Are you being negatively emotionally affected by those around you? Understand what social contagion is: https://welldoing.org/article/how-avoid-spreading-panic-pandemic-philippa-perrys-advice • Ask yourself: Are these my feelings, or am I being influenced by people around me?
<p>Therapy and online mental health support</p>	<ul style="list-style-type: none"> • Many (though not all) mental health services, charities etc. are doing their best to offer therapy online using Skype or similar, phone or email • If you can, check with your GP if NHS counselling is available online - this will likely differ in each locality. During this time, GP services and 111 are incredibly busy • Mental Wellbeing from NHS Inform: https://www.nhsinform.scot/healthy-living/mental-wellbeing • NHS Every Mind Matters details both general and coronavirus-focused information about looking after your mental health: https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/ • The Good Thinking website (London-focused, but much of the info is widely relevant) has a range of tools to support wellbeing such as info on sleep, sadness and more: https://www.good-thinking.uk/ • Google low-cost counselling services in your area to see if they are taking on new online clients • Many private therapists are also offering online, phone and email therapy: https://www.counselling-directory.org.uk/ https://www.psychologytoday.com/gb • National charity Mind has a lot of information available about managing mental health and wellbeing: https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/ • Big White Wall: an online service for people with anxiety, depression and other emotional needs - open 24/7: https://www.bigwhitewall.com/

	<ul style="list-style-type: none"> • HelpHub is a soon to be launched online service which will offer free 20-minute sessions for older people: https://www.theguardian.com/world/2020/mar/18/coronavirus-online-therapy-service-to-offer-free-sessions-across-uk-self-isolating • The Samaritans: Call 116 123 or email: jo@samaritans.org https://www.samaritans.org/how-we-can-help/contact-samaritan/
<p>Self-regulation: To help manage anxiety and stress</p>	<ul style="list-style-type: none"> • What are the physical feelings / symptoms you are feeling? Understand the threat response, a survival response we all experience in varying circumstances (video): https://www.youtube.com/watch?v=jEHwB1PG-Q • Learn some simple grounding techniques: https://www.livingwell.org.au/well-being/mental-health/grounding-exercises/ • Explore some breathing exercises: https://www.headspace.com/meditation/breathing-exercises • Some people find breathing exercises challenging. Instead try grounding yourself by paying attention to your feet - here are some ideas: https://www.dcu.ie/sites/default/files/students/grounding_exercise_aug_16.pdf • You can also regulate/calm yourself by trying mediation – more ideas and resources on page 10
<p>Mood tracking</p>	<ul style="list-style-type: none"> • To help understand how you are feeling day-to-day, try to be mindful of your mood patterns, and seek additional help if you need it • Some mood tracker tools from Positive Psychology: https://positivepsychology.com/mood-charts-track-your-mood/ • A list of mood tracking apps: https://www.happierhuman.com/best-mood-tracker-apps/

PHYSICAL HEALTH	
Medical support	<ul style="list-style-type: none"> • If you are feeling symptoms related to Covid-19 please check the NHS website for advice about symptoms, staying at home and more: https://www.nhs.uk/conditions/coronavirus-covid-19/ • Also visit NHS 111 online: https://111.nhs.uk/covid-19/. Call 111 if you cannot get the help you need online or if you need further assistance • Covid-19 symptom tracker to self-report symptoms and slow the outbreak: https://covid.joinzoe.com/ • Most GPs are only offering appointments via apps like Dr iQ, or myGP. Check which is relevant to you, download and register so that you have the app to hand in case needed, to order prescriptions etc. https://www.dr-iq.com/download-app/ / https://www.mygp.com/
Exercise	<ul style="list-style-type: none"> • Try to do some exercise at least three times per week. Exercise has a very positive impact on mental health: https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm • Lots of gyms, yoga studios, fitness organisations and personal trainers are offering classes online for free as videos or via streaming. Google local gyms, fitness or yoga studios in your area to see what's on offer: https://www.standard.co.uk/lifestyle/wellness/best-at-home-workouts-fitness-instagram-accounts-apps-youtube-channels-a4385941.html • YouTube has lots of free exercise videos, see page 11 for more ideas • To feel socially connected, you can arrange to have exercise classes with friends using Skype, WhatsApp etc, or join a streamed class
Diet and nutrition	<ul style="list-style-type: none"> • As best you can under the circumstances, try to eat three meals each day • Here are some healthy eating tips from the NHS: https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/ • Consider if you need to supplement, particularly vitamin D as we're mostly indoors. Please seek professional advice from GP, nutritionist • The British Nutrition Foundation has lots of information and recipes, including making healthy meals from limited ingredients: https://www.nutrition.org.uk/healthyliving/helpingyoueatwell/covid19healthymeals.html • Wholesalers, restaurants and other hospitality services are selling fresh produce direct to individuals in response to demands on supermarkets. Get on social media to see what's available in your locality
Sleep	<ul style="list-style-type: none"> • Are you able to maintain a sleep routine? As best you can, and also listening to your need for rest, try to get up and go to bed at the same time each day • Insomnia is one of the biggest contributing factors to feelings of depression and anxiety. Lots of resources from The Sleep Foundation: https://www.sleepfoundation.org/articles/sleep-hygiene • Matthew Walker is sleep researcher who advocates for CBT for insomnia as the best treatment. See the 12 sleep tips in this Fast Life Hacks blog: https://fastlife hacks.com/matthew-walker-12-tips-for-good-sleep/

SOCIAL CONNECTION & KINDNESS	
<i>Staying home and physical distancing</i>	<ul style="list-style-type: none"> • We are all living within the paradox of needing to maintain physical distance to slow the spread of Covid-19, while also staying socially connected. This is hard for all of us • Staying at home is about kindness. It's about taking care of yourself, your loved ones and everyone in our community. Consider those working on the frontline, key workers, older people or those with health conditions • If you have to go out, do your best to stay at least 2 meters away from people; this is physical rather than social distancing as we work together to deepen collective social connection
<i>Keeping in touch with friends and family</i>	<ul style="list-style-type: none"> • Set up WhatsApp groups that are just about staying in touch / sharing positive / funny / supportive messages • Digital meet ups: Video conferences with friends and family to have dinner together, cocktail night, play games etc - Skype, Zoom, WhatsApp, FaceTime • If you live with people, try to eat at least one of your meals together a few times a week
<i>Managing personal boundaries</i>	<ul style="list-style-type: none"> • This is particularly important as we are all staying at home to manage the transmission of Covid-19 • Communication is key to healthy relationships - try to be mindful of how you speak to people, and give each other physical and emotional space if needed • Maintaining personal and relationship boundaries can help strengthen relationships • Here is some information about understanding and developing personal boundaries from TherapistAid: <ul style="list-style-type: none"> https://www.therapistaid.com/worksheets/boundaries-psychoeducation-printout.pdf https://www.therapistaid.com/worksheets/setting-boundaries.pdf https://www.therapistaid.com/worksheets/boundaries-exploration-activity.pdf
<i>Acts of kindness</i>	<ul style="list-style-type: none"> • Generosity for others and positive social engagement are linked to happiness. See the World Happiness report. • Offering help to others and, if you can, making charitable donations to causes important to you / giving to foodbanks, donate blood, checking in on neighbours, older relatives, friends, family, members of your community • Many people do not have access to smart phones, computers, the internet such as older populations, those without the financial means, homeless people. Volunteer for the Red Cross UK • Volunteer to support the NHS with deliveries, phoning people in need & more: https://www.goodsamapp.org/NHS • Visit Age UK's website to see how you can help older people. Silverline is a free helpline for older people • Covid Mutual Aid is a grassroots organisation run by volunteers to support those in need in local communities across the UK. See how you can help: https://covidmutualaid.org/ • Check out your local council's website to see how you can help. One example is Wandsworth Council in London – they have a page dedicated to how individuals and business can help • Be mindful when you are shopping in consideration of frontline support staff, key workers and older people, just buy what you need: https://www.youtube.com/watch?v=ilymtgJzx3M

DAILY SELF-CARE

Making decisions / choice / healthy control

- Be aware of healthy control and personal responsibility. Ask yourself what is within your control and what is not. For example, we cannot control people and situations outside of us, but we can learn to control how we respond / manage ourselves by making decisions, and by trying to be more aware of ourselves
- We can gain healthy control by managing our self-care, seeking help if we need it, taking positive action etc.
- Taking positive action supports personal responsibility, our sense of self-worth, and feeling part of the community
- This may include advocacy work on social media / petitions, writing to MPs, charitable work in your local area (see [page 6](#)), or even working through chores
- Ringfence time when you **do not** talk about the virus or the news - try to keep engaged with usual topics of conversation
- If you can, take time to step away from work, the news and other pressures and do something you enjoy



Media and social media engagement

- Be mindful of how much news and social you are engaging with, and the time of day you are doing so
- Trial restricting news and social media engagement intake until 1 hour after you wake up, and an hour before bed
- Consider where you are getting your news and information from. Is it a reputable source?
- Check out the [#StayAtHomeChallenge](#) to find novel ways to entertain yourself and connect with people

Taking care of your physical appearance

- Are you dressing/bathing each day? Are you staying in pyjamas, or wearing usual day clothes?
- Maintaining consistency with your usual daily habits contributes to feelings of self-worth

Hobbies, learning, entertainment and play

- Re-engage with hobbies, even if it's been a while since you have engaged with them. To help with this, ask yourself: what gives me joy?
Often, it can be the simplest things that lift our spirits
- Reading and learning / taking online courses / podcasts / learning a language
- There are lots of cultural organisations, concerts, virtual tours etc available for free

	<ul style="list-style-type: none">• See pages 10-11 for more ideas
<i>Work / academic routine</i>	<ul style="list-style-type: none">• Try to maintain a similar work / academic routine to what you are used to• See page 9 for a wellbeing routine template you may find useful• Ensure you schedule in breaks during the day• If you have children, here are some ideas to manage working from home: https://www.cnbc.com/2020/03/16/how-to-work-from-home-with-your-kids-during-the-coronavirus-outbreak.html

Your wellbeing routine template

Time of day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Morning</i>							
<i>Afternoon</i>							
<i>Evening</i>							

Colour code key:	Mental health	Tips:	<ul style="list-style-type: none"> * Schedule in breaks * Try to create a routine for you and, if relevant, the family / your housemates * Type in your schedule or use colour codes * Try not to be too strict with the routine - consider it more of a guide * If this format does not work for you, try more creative ways - post-it notes, whiteboard, apps etc.
	Physical health		
	Daily self-care		
	Social connection & kindness		

Some additional resources and articles	
A selection of useful articles / resources:	
Coronavirus. How to manage your mental health during self-isolation. The Independent	https://www.independent.co.uk/life-style/health-and-families/coronavirus-mental-health-self-isolate-how-to-manage-quarantine-a9404431.html
How to survive isolation with your roommates, your partner, your kids – and yourself. The Guardian	https://www.theguardian.com/lifeandstyle/2020/mar/17/self-isolation-survival-guide-relationships-coronavirus
Coronavirus: How to protect your mental health. BBC News	https://www.bbc.co.uk/news/health-51873799
How to take to children about Covid-19. Anxiety UK	https://www.anxietyuk.org.uk/blog/how-to-talk-to-children-about-covid-19/
How to support your local restaurant during the coronavirus outbreak in London. TimeOut. (Some of these tips could work in all regions)	https://www.timeout.com/london/news/how-to-support-your-local-restaurant-during-the-coronavirus-outbreak-in-london-031820
10 Ways to Ease Your Coronavirus Anxiety. New York Times	https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html
I'm an NHS junior doctor: here's why I'm asking you to stay at home	https://www.theguardian.com/commentisfree/2020/mar/21/nhs-junior-doctor-stay-at-home-coronavirus
Emotional intelligence toolkit - help manage stress, anger and more. HelpGuide	https://www.helpguide.org/articles/mental-health/emotional-intelligence-toolkit.htm
Guidance for schools, childcare providers, colleges and local authorities in England on maintaining educational provision. Gov.uk	https://www.gov.uk/government/publications/coronavirus-covid-19-maintaining-educational-provision/guidance-for-schools-colleges-and-local-authorities-on-maintaining-educational-provision
Articles aimed at university students:	
Coronavirus (COVID-19) - information for universities. Universities UK	https://www.universitiesuk.ac.uk/policy-and-analysis/Pages/coronavirus.aspx
A student survival guide to self-isolation. The Student.	https://www.truestudent.com/blog/a-student-survival-guide-self-isolation

Social distancing and how to do it. The Tab.	https://thetab.com/uk/2020/03/16/social-distancing-and-how-to-do-it-147884
Self-care and collective connection:	
Feel Better, Live More podcast by UK GP Dr Rangan Chaterjee	https://drchatterjee.com/blog/category/podcast/
PeaceBeam - facilitators for kindness with free mediations and more	https://www.peacebeam.com/
Gratefulness.org - blogs, mediations and ideas about gratefulness	https://gratefulness.org/
Heart Math Institute - evidence-based research and info about collective consciousness (lots of free content)	https://www.heartmath.com/
Free 10-day mediation series from Davidji	https://davidjimeditationacademy.com/welcome-to-your-10-day-path-to-becoming-the-calm-amidst-the-chaos/
Awakin.org is about deepening our self-awareness, in a community of kindred spirits. By changing ourselves, we change the world.	https://www.awakin.org/
Articles and resources for parents and kids:	
The family lockdown guide: how to emotionally prepare for coronavirus quarantine. The Guardian.	https://www.theguardian.com/world/2020/mar/13/the-family-lockdown-guide-how-to-emotionally-prepare-for-coronavirus-quarantine
Coronavirus: The school of Mum and Dad. BBC News. Information about home-schooling during coronavirus	https://www.bbc.co.uk/news/technology-51960865
Audible - while schools are closed, Audible Stories is free for children	https://stories.audible.com/start-listen
The Scouts UK have put together some ideas to entertain kids called 'The Great Indoors'	https://www.scouts.org.uk/the-great-indoors/
How to deal with your kid 'colleagues' during coronavirus shutdowns. National Geographic.	https://www.nationalgeographic.com/family/in-the-news/coronavirus/coronavirus-pandemic-kids-home

Entertainment, creative activities and more for adults and kids:	
A list of free, online, boredom-busting resources. Chatterpack.net	https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home
Virtual tours of museums, zoos and theme parks. Good Housekeeping	https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/
Royal Opera House offering free online content of opera and ballet. Google venues, theatres etc in your area to see what they may be offering	https://www.roh.org.uk/news/the-royal-opera-house-launches-a-programme-of-free-online-content-for-the-culturally-curious-at-home
Coronavirus: All the Artists Offering Free Online Concerts While You're Stuck at Home. Glamour	https://www.glamour.com/story/coronavirus-all-the-artists-offering-free-online-concerts-while-youre-stuck-at-home
Information about theatre streaming in the UK. The Stage	https://www.thestage.co.uk/features/promoted/2020/where-can-i-watch-theatre-online-coronavirus-and-theatre-streaming/
Exercise and classes:	
How to stay active while at home. Sports England	https://www.sportengland.org/news/how-stay-active-while-youre-home
Joe Wicks is offering free PT sessions online for kids and adults	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
Some free yoga classes (check your local studios to see if they are offering free online classes - many are!)	https://www.youtube.com/channel/UCsBZquO0sNPrQyUNh30rhiA/featured?app=desktop
	https://freeyoga.co.uk/
Gyms and other fitness organisations are also offering free online classes at the moment. Google to see what is available in your local area	



This information is subject to change as the situation with Covid-19 evolves. This document is updated every few days and can be [downloaded here](#).