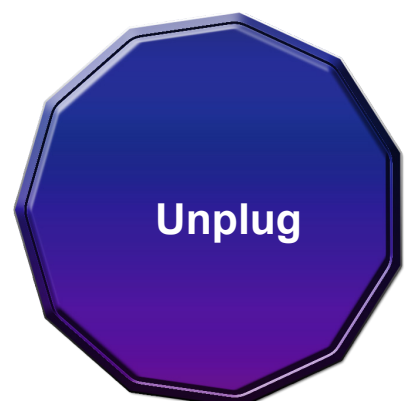


Forward Mid's Resource Guide to staying well and maintaining good spirits through the coronavirus epidemic



Forward mid - A guide to staying well at home during covid-19

Some useful resources for personal and community wellness.

We are dealing with a humanitarian crisis in the wake of the COVID-19/Novel Coronavirus outbreak. At times like these, we need additional care for our mental and emotional wellness. This document brings together some useful resources for personal and community wellness - we all can do with some extra help/ self – care, to keep us steady and hold space for ourselves and each other, at this challenging, strange time we find ourselves in.

Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty

It's a worrying time. We're in the midst of a worldwide pandemic, with cities and even entire countries shutting down. Some of us are in areas that have already been affected by coronavirus. Others are bracing for what may come. And all of us are watching the headlines and wondering, "What is going to happen next?"

For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. We don't know how exactly if we'll be impacted or how bad things might get. And that makes it all too easy to catastrophise and spiral out into overwhelming dread and panic. But there are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.

Stay informed—but don't obsessively check the news

It's vital to stay informed, particularly about what's happening in your community, so you can follow advised safety precautions and do your part to slow the spread of coronavirus. But there's a lot of misinformation going around, as well as sensationalistic coverage that only feeds into fear. It's important to be discerning about what you read and watch.

Focus on the things you can control and not on what you cannot control

Plan for what you can. It's natural to be concerned about what may happen if your workplace closes, your children have to stay home from school, you or someone you love gets sick, or you have to self-quarantine. While these possibilities can be scary to think about, being proactive can help relieve at least some of the anxiety.

Write down specific worries you have about how coronavirus may disrupt your life. Don't spend too long on it.

Write down a list of all the possible solutions you can think of. Try not to get too hung up on "perfect" options. Include whatever comes to mind that could help you get by. Focus only on things within your control.

Set it aside and come back from time to time to make amendments.

Are you a What If?

Write out a list of your What Ifs. Find a box and put them inside. Next time you write a what If, when putting it in the box take out those that have passed by. It will soon start to reduce and what if can remain in the box.

Emotions are contagious, so be wise about who you turn to for support

All of us are going to need reassurance, advice, or a sympathetic ear during this difficult time. But be careful who you choose as a sounding board. The coronavirus is not the only thing that's contagious. So are emotions! Avoid talking about the virus with people who tend to be negative or who reinforce and ramp up your fears. Turn to the people in your life who are thoughtful, level-headed, and good listeners.

A nice reminder to be kind to yourself and keep mental health- healthy.

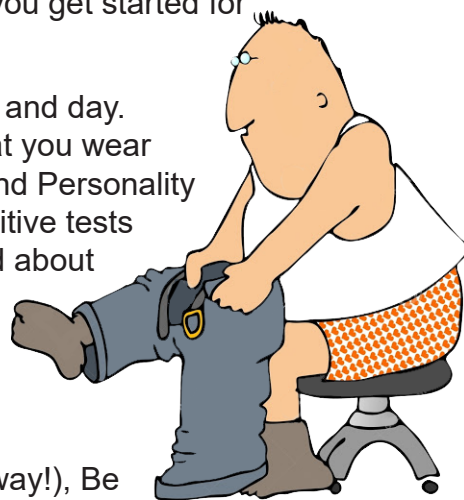
The little things we do to keep ourselves active and get through this unknown time.

GET DRESSED

Even if it's just comfy clothes, not your night wear. This will help you get started for the day ahead. And then make your bed.

By getting dressed you've broken the day into two between night and day. Research shows your clothes have an impact on your mind. What you wear during self-isolation matters. Published in Social Psychological and Personality Science in 2015, found that participants performed better in cognitive tests when wearing smart clothes than those in casual garb. Feel good about yourself.

You don't have to wear the full going for a night on the town clothes. Just enough to feel good about yourself, or go the whole hog, there's also an opportunity to have some fun with your style "Try new outfits you normally wouldn't wear (no one will see anyway!), Be silly, be bold. Make it fun for yourself and something to look forward to."



Ladies and men (yes men) fancy a new make up style try a you tube video such as www.youtube.com/watch?v=nCm0CFY-I3M there are also a lot of fails that are good for a laugh.

EAT HEALTHY- TRY NEW RECIPES

If possible try to keep healthy. Try new foods or recipes. This will give you a plan of what you can create with what you have but another positive of achieving a goal you planned and will keep you feeling healthy.

Need some help

- www.goodhousekeeping.com/food-recipes/cooking/a31945358/cooking-at-home-during-coronavirus-quarantine/
- Recipes from the NHS www.nhs.uk/change4life/recipes
- From beginner to more advanced and future planning www.skillshare.com/browse/cooking
- Diabetic recipes for both Type 1 and Type 2 www.diabetes.org.uk/guide-to-diabetes/recipes
- A lot of recipes for people with allergies www.goodtoknow.co.uk/recipes
- Another website for healthy eating tasty.co/
- American style cooking www.instructables.com/class/Cooking-Class/

Citizens Advice Bureaux are currently still offering telephone and email advice. They can arrange food bank referrals and offer specific benefit or employment advice etc. They are also able to refer to and work with other local organisations to help clients. Their office phone numbers are being redirected to staff work mobiles. Dalkeith CAB - ☎ 0131 660 1636 bureau@dalkeithcab.org.uk
Penicuik CAB - ☎ 01968 675259 bureau@penicuikcab.org.uk



BE CREATIVE

Have a think of something you would like to do or have always wanted to try but never got round to it. This is a list of distractions forward mid can think of. It could be:

For Children

- classroommagazines.scholastic.com/support/coronavirus.html
- Colouring in collection for all ages library.nyam.org/color-urcollections/
- Inventive ideas for older children www.atlasobscura.com/series/wonder-from-home
- Hand Painting



For Adults

- Paint by numbers: if you have a mobile device install a painting by numbers app.
- Listening to new music. Whether on a Digital Radio or Mobile Device you can listen to music from all around the world
- Spotify <https://www.spotify.com/uk/>
- Amazon music is free with Prime https://www.amazon.co.uk/Amazon-Music/b/?ie=UTF8&node=10909037031&ref_=topnav_storetab_dmusic
- Volunteer to be a telephone befriender.
www.volunteermidlothian.org.uk/volunteering/
- Join the library with an electronic device and get access to online media Books and Magazines. libraries.midlothian.gov.uk/web/arena/online-registration
- Look out boardgames or jigsaws or play with friends on Mobile devices, Strangers are friends we have not met yet.
- Keep a diary.
- Have a look at [#KindnessMidlothian](https://twitter.com/KindnessMidlothian)
- Look out photographs and look through them. Have a laugh at what you were wearing in days gone by.
- Visit a museum from you couch britishmuseum.withgoogle.com/ or www.travelandleisure.com/attractions/museums-galleries/best-american-museum
- Fjerde Flyoyen Museum Norway my.matterport.com/show/?m=kzyPq6pdiBe&fbclid=IwAR3B8tzXIQjPRmwPw3oILigfiQ7UvbeOZwrdwLEWb7cmlZo4Wukw-jvtdmA MC Escher mcescher.com/
- Visit Edinburgh Zoo live web cams www.edinburghzoo.org.uk/webcams/panda-cam/
- Online mindfulness to download to electronic devices www.excelatlife.com/downloads/relaxation/audios.htm
- Online A Guided Meditation on the Body, Space, and Awareness with Yongey Mingyur Rinpoche www.youtube.com/watch?v=5GSeWdjyr1c
- Self soothing at home www.youtube.com/watch?v=hUjKdLHs1FE
- Gentle chair yoga www.youtube.com/watch?v=2_I0zfFq_Z4
- Stress relief exercise www.youtube.com/watch?v=_cGiKVWBBME
- Rewiring the Anxious Brain Video www.youtube.com/watch?v=zTuX_ShUrw0

- Planting those seeds you never got round to doing.

Educational

- Learn to Sign to communicate with people with hearing impairments www.british-sign.co.uk/learn-online-british-sign-language-course/
- The internet can seem like witchcraft to some people and the technological terms mystifying, or maybe just a refresher www.bbc.co.uk/webwise/topics/using-the-web/
- Open learning with many free courses to choose from www.open.edu/openlearn/free-courses/full-catalogue

This can be a great way to keep your spirits up and that nice feeling of just going for it.

STAY CONNECTED

Even though we are on lock down and all living in our own bubble - get in touch with family and friends. This will give you and the other people a boost and you will feel less isolated. Just chatting on the phone , video call, text or email will lift everyone's mood and spirit and will show we are all in this together.

Many older people live alone and may not have regular visitors. Some feel lonely from time to time and worry that no one will notice if they take ill or are not up and about in the morning. If you have an elderly neighbour and know they appreciate a chat call them at respectful time and just chat for a short time it makes them feel good and not forgotten Helpline for older people **The Silver Line** ☎ 0800 4 70 80 90.

Fancy a chat?

You can call age UK freephone helpline for information, friendship, and advice. age UK friendly advisers are available to help from Monday to Friday 09:00 hrs-17:00 hrs on ☎ 0800 12 44 222 Many over 50s don't want their family to worry about them.

Only reliable news should be considered truthful, but not always.

Reliable

- NHS inform www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19
- 111 NHS Check if you have coronavirus symptoms 111.nhs.uk/covid-19/
- Scotsman Newspaper www.scotsman.com/
- The Daily Record www.dailyrecord.co.uk/news/scottish-news/
- Glasgow Herald www.heraldscotland.com/
- The Guardian Newspaper www.theguardian.com/uk
- BBC Scotland www.bbc.co.uk/news/scotland
- Sky News news.sky.com/uk
- Scottish Government www.gov.scot/news/
- A lot of myths concerning the Covid 19 are now circulating to find out the truth visit the world health organisation website www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

Social media platforms such as Facebook and Twitter have regular, informative posts from public bodies such as the NHS, BBC and Midlothian Council to name a few. However, beware of 'fake

news' stories that come from uncertified sources, they may contain information that has not been fact checked for accuracy. This spreading of these posts can cause a great deal of irreparable harm and could cost lives. Always fact check them with a reliable source before taking their advice or sharing with friends.

BE KIND TO YOURSELF

While this is a new experience to many people in the world. There is a group who are generally more isolated and spend more time at home due to their situation. Being kind is what we should do more often. Being compassionate to ourselves is probably something we are not good at doing. It can be just as simple as listening to an audio story, putting on a face mask or taking time out to sit in the garden with a coffee but actually taking the time to be mindful and actually enjoy the coffee and your surroundings. We all deserve to be not just kind to everyone but kind to yourself.

Take some time out and listen to a Audiobooks. Go to your App store and search Audio Books Free.

- Sign up for a 30 day free trial remember to cancel www.allyoucanbooks.com
- www.audiobooks.co.uk this is a paid subscription
- Sign up for a 30 day free trial remember to cancel https://www.audible.co.uk/?ref=a_hp_t1_nav_header_logo&pf_rd_p=265ea4e5-d8df-4f3d-b716-2288ed66402e&pf_rd_r=T4AB2W4GDPPCJDY51GXS
- A selection of Ted talks ideas.ted.com
- self-compassion.org this is a paid subscription
- First two weeks free then an annual subscription www.headspace.com
- Information from NHS Inform <https://www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing>
- Information for people living with a disability disabilityhorizons.com
- A trusted guide to wellness www.helpguide.org

GET SOME FRESH AIR

Getting fresh air will help you not feel stuck in or getting cabin fever in your home. Even if you can only manage to your front door, this will still be beneficial.

Take a chair outside or just open a window and sit and admire the view. Read a book or count the different types of birds in your garden. Do not know what the birds are then visit www.rspb.org.uk/ for all the UK birds and more or maybe just listen to bird song on the RSPB website.



Do you have a digital camera or mobile device with a camera. A quick mobile device video on taking better photographs www.youtube.com/watch?v=2eajbfsiAE0 Or for digital cameras www.youtube.com/watch?v=aqiP-NX-CAiU now you can practice in the garden.

UNPLUG/ SWITCH OFF

In a very short space of time everyone is talking about the virus. Take some time out and away from devices and just having that time off so you can rest your mind and thoughts to be able to take on the next update.

Too Much Coronavirus Media Exposure May Be Bad for Your Health

Within a matter of weeks, the coronavirus outbreak escalated into a global pandemic, with news media outlets providing continual coverage of the unfolding crisis.

While it is critical for the public to have accurate and updated information on the spread of COVID-19, a related threat has emerged: psychological distress resulting from repeated media exposure to the pandemic. Try taking a break from the news, Forward Mid have provided a large range of ideas on how to switch off from the pandemic.

While unplugging may not be easy, it can become very important for our individual health and the health of our relationships. The above quick tips to unplug are a great starting point. Take time and enjoy some technology-free time. You may be surprised at what you have been missing.



REACH OUT. WE ARE OK TO DO THIS

Mental health is very important in the normal world but even more so during this unknown world. If you're feeling anxious or unsure please reach out to family and friends or any of the links that we have provided. Also check in with others. We are all in this together.

If it all gets too much www.samaritans.org or phone ☎ 116 123

Breathing Space Scotland ☎ 0800 83 85 87

Health In Mind's Crisis Support line ☎ 0131 663 5533

Red Cross ☎ 0131-654-0340

Connecting Digitally

Mind - practical advice and check-lists on your wellbeing in relation to coronavirus. www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Mental Health Foundation - information on topics such as stress management and keeping active during the coronavirus outbreak. www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

Resources for Mental Health: Free online courses for supporting mental health in the workplace in light of coronavirus: www.britsafe.org/

Dementia: Alzheimer's Scotland has produced useful guidance on Coronavirus for people with dementia and their carers: <https://lms.learn.sssc.uk.com/course/view.php?id=41>

National Emergencies Trust: There is now an appeal for funding to help people most affected by the coronavirus. nationalemergenciestrust.org.uk/

Do you want reach out and do your share www.readyscotland.org/coronavirus the hospitals doctors are all struggling, if you do have to go to hospital please, Please be prepared for a long wait. Patience is a Virtue.

The hardest battle in life is fighting yourself, to tell yourself you have to stay strong when everything around you seems to be falling apart.

Be kind to others. An infectious disease is not connected to any racial or ethnic group, so speak up if you hear negative stereotypes that only promote prejudice.