COVID-19 Wellbeing Guide

Online resources and ideas to support positive mental health and wellbeing during the COVID-19 outbreak

AWP Response Line - 0300 3031320

Providing advice, guidance and support over the phone to our patients, families and carers, as well as members of the public who may be worried about their own or someone else's mental health. 24hrs a day, 365 days a year.

Guide co-produced by staff and patients

with appreciation to St Mungo’s Bath for shared content
The Avon and Wiltshire Mental Health Partnership (AWP) has a strong Involvement team of which we are proud of. The quality of the projects they consistently co-produce and the professional execution continues to impress us and we thank them for providing this valuable resource, which we hope you will find useful.

This guide, designed in response to the COVID-19 global pandemic, is laid out to clearly and easily help you identify where you can find support, advise you of changes to services and let you know what you can expect.

Stay safe in these difficult times, look after yourselves and please, reach out for help should you need it.

The Avon and Wiltshire Mental Health Partnership NHS Trust

Background

This wellbeing guide brings together work co-produced between patients and staff.

Produced by:
Carolyn Trippick, service user (Specialised/BANES)
Lee Rawlings, Local Involvement Coordinator
AWP Communications Team

With thanks to St Mungo’s Bath for shared ‘5 ways to wellbeing’ content

If you have any feedback or comments regarding this guide, please get in touch with the AWP Communications Team – awp.communications@nhs.net or 01225 362992
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Service changes

How we’ve changed to keep patients, staff and the public safe during the COVID-19:

Community-Based Services

To protect our patients and staff during the coronavirus (COVID-19) outbreak, and comply with the Government direction to stay at home, most out-patient appointments are being carried out via telephone or Skype.

Services have reduced face-to-face visits as much as possible to reduce the risk of transferring the virus. Where it is felt to be essential to carry out a face-to-face visit, patients and carers can expect that staff may well be attending in protective clothing such as face masks and gloves.

This can seem a little frightening at first, but is very important to keep everyone safe. You may want to prepare yourself in advance for this, as it’s important to look after yourself. We appreciate that it may take a while for everyone to adapt to these new measures and apologise if this causes you initial distress.

Please remember that we are all open and are here to talk, giving help and advice at this very difficult time for everybody.

Inpatient Wards

- **Visitors** - We have decided to stop visiting to all of our inpatient wards, apart from exceptional circumstances*, with immediate effect as a proactive measure to prevent the further spread of COVID-19.

  * An exceptional circumstance cannot be precisely defined, but an example would be visits to those who are on the end of life pathway.

- **Leave** - It is currently advised that ALL s17 leave is minimised to that which is absolutely essential and as far as is possible to support the population wide guidance on social distancing.

Keep up to date on AWP news and services, via Facebook, Twitter and our website.

http://www.awp.nhs.uk/

Coronavirus - Temporary changes to UK law

**Mental Health Act**

**Care Act 2014**

Do you have any questions or worries about your mental health care?

If you’re unsure about how your appointments are being affected, please don’t hesitate to speak to your Care Co-ordinator or Key Worker.

**Please still contact us if you need us, we are still here to help, regardless of the COVID-19 situation**

**AWP Response Line - 0300 3031320**

24 hours a day, 365 days a year

If English is not your first language, call the number and ask for an interpreter in the language you need.
Coping with the COVID-19 outbreak

During these uncertain times, you may be feeling stressed and anxious, but there are many positive ways in which you can help yourself to cope.

Helpful Tips

- Try to stick to a daily routine (set a time to wake, go to bed), eat healthily and stay hydrated.
- Maintain contact with your support networks, where possible, through phone, e-mail and video calling, as these relationships are really important to feeling connected.
- Limit the amount of time listening to COVID-19 updates to once a day.
- Check updates from trustworthy sources:
  - UK Government [https://www.gov.uk/coronavirus](https://www.gov.uk/coronavirus)
- Do things you enjoy and plan some self-care into your daily routine. You could use the opportunity to do/try new things - one new thing each day. Bake, craft, take a walk, try a yoga or mindfulness app, so you are keeping busy. Maybe keep a diary of achievements to share with others and help reduce isolation.
- Use exercise to go outside, breathe the fresh air, take a break and split up your day.
- Avoid smoking and drugs, and try not to drink too much alcohol, as it can be easy to fall into unhelpful behaviours.
Easy read resources

Advice about the Coronavirus

Keep safe from Coronavirus
https://www.keepsafe.org.uk/

Coronavirus - Stay at home, protect the NHS save lives

Staying well at home
https://www.easy-read-online.co.uk/media/53250/free-document-on-staying-well-at-home-easy-read_v1c.pdf

Keeping away from other people

Looking after your feelings and your body

Coronavirus Posters
- Avoiding scams
- Stay at home
- Being on your own
- Shielding
- Social distancing
- What if you get ill?
- How to stay safe
- PPE
- Lockdown rules

https://www.keepsafe.org.uk/resources
COVID-19 information in other languages

English not your first language?

Coronavirus - latest NHS Guidelines translated into 45 languages
https://www.doctorsoftheworld.org.uk/coronavirus-information/

Albanian  Farsi  Krio  Romanian  Tamil
Amharic  French  Kurdish  Russian  Tigrinya
Arabic  German  Sorani  Simplified
Armenian  Greek  Latvian  Chinese
Bengali  Gujarati  Lithuanian  Traditional
Bulgarian  Hausa  Oromo  Chinese
Czech  Hindi  Malayalam  Sindhi
Dari  Hungarian  Pashto  Slovak
Estonian  Italian  Polish  Spanish
English  Kiswahili  Portuguese  Somali

Coronavirus - latest NHS Guidelines translated video advice
(How to stay safe from COVID-19)
https://www.doctorsoftheworld.org.uk/coronavirus-video-advice/

ENGLISH
اللغة العربية / ARABIC
ગુજરાતી / GUJARATI
KURDISH SORANI
[ਪੰਜਾਬੀ] / PUNJABI
Español / SPANISH
Türkçe / TURKISH

Language interpretation support is available via telephone, to talk to and get help from AWP services.
5 Ways to Wellbeing

The 5 Ways to Wellbeing are simple and proven actions that can help people find balance, build resilience and boost mental health and wellbeing.

The 5 Ways to Wellbeing are:

- **Connect** - There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

- **Be active** - Regular physical activity is associated with lower rates of depression and anxiety across all age groups. It doesn’t need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the same benefit.

- **Take notice** - Being aware of what is taking place in the present directly enhances your well-being and savouring ‘the moment’ can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

- **Learn** - Continued learning enhances self-esteem and encourages social interaction and a more active life. The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

- **Give** - Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

During this time, it’s also important to keep safe; individually, in our homes or within wards, and as part of the wider community. So we’ve added some additional information about this too.

- **Keeping Safe** - Information and guidance on Coronavirus (COVID-19), as well as knowledge of local and national support services, can help establish a sense of safety and help aid resilience during the outbreak.

5 Ways to Wellbeing

We’ve collated a range of ideas that you might find helpful to your health and wellbeing whilst having to spend more time isolated (due to COVID-19) over the next few pages.

Be mindful that these are general signposting links, so may not be helpful for everyone.
<table>
<thead>
<tr>
<th><strong>Video Chatting</strong></th>
<th><strong>Elefriends</strong></th>
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<tr>
<td>There are lots of ways in which you can video call your friends or family to keep connected and reduce social isolation, using a smart phone or computer - Skype, Zoom, WhatsApp, House Party, Facebook Messenger etc.</td>
<td>A supportive online community (from the mental health charity Mind) where you can share tips, experiences and reach out to others who may be struggling.</td>
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<th><strong>Internet Scrabble Club</strong></th>
<th><strong>Turn to Me</strong></th>
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<tbody>
<tr>
<td>Play scrabble for free in a relaxed, friendly environment. Compete at your own level while meeting new people.</td>
<td>A lifeline online. Free access to online support groups, great resources including podcasts and helpful articles that have a wide range of subjects.</td>
</tr>
<tr>
<td><a href="http://www.isc.ro">www.isc.ro</a></td>
<td><a href="https://turn2me.org/aboutturn2me">https://turn2me.org/aboutturn2me</a></td>
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<tr>
<th><strong>The Social Distancing Festival</strong></th>
<th><strong>Podcasts</strong></th>
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<tr>
<td>Lots of free, streamed events showcasing visual art, music, dance and theatre from all over the world.</td>
<td>Podcasts are free, you can listen to them at any time, and there is a wealth of content online to connect to - music, philosophy, sport, mental health and much more.</td>
</tr>
<tr>
<td><a href="https://www.socialdistancingfestival.com/">https://www.socialdistancingfestival.com/</a></td>
<td><a href="https://www.bbc.co.uk/podcasts/">https://www.bbc.co.uk/podcasts/</a></td>
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<tr>
<th><strong>The Sofa Singers</strong></th>
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<tr>
<td>The Sofa Singers brings together hundreds of people in real time for 45 minutes of simultaneous singing, learning a classic song with some optional harmonies/backing parts.</td>
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<tr>
<td><a href="https://www.thesofasingers.net/">https://www.thesofasingers.net/</a></td>
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**Be Active**

Ensure your physical activity is appropriate to your level of health, mobility and fitness. Anything outside should follow the current COVID-19 guidance related to contact with others.

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<th><strong>Gardening</strong></th>
<th><strong>Workout Videos</strong></th>
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<tr>
<td>Gardening is a source of relaxation, comfort and enjoyment. It can be hugely beneficial to mental health. The Royal Horticultural Society link can provide lots of tips and advice, from beginners to experts.</td>
<td>There are lots of workout videos, such as yoga, pilates, cardio and strength training online. Most can be done at home with no exercise equipment needed. All freely available on YouTube.</td>
</tr>
<tr>
<td><a href="https://www.rhs.org.uk/">https://www.rhs.org.uk/</a></td>
<td><a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></td>
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<tr>
<th><strong>Yoga with Adrienne</strong></th>
<th><strong>National Cycle Network</strong></th>
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<tbody>
<tr>
<td>Free yoga videos for all levels, bodies and genders. Find a style that suits your mood and gives you the tools to build a happy, healthy home yoga practice.</td>
<td>Take a bike ride on one of the national cycle network routes.</td>
</tr>
<tr>
<td><a href="https://www.youtube.com/user/yogawithadriene/featured">https://www.youtube.com/user/yogawithadriene/featured</a></td>
<td><a href="https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/">https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/</a></td>
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<th><strong>Mindful Walking</strong></th>
<th><strong>Countryside Walks</strong></th>
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<tr>
<td>Incorporate mindful walking into your daily life in as little as 5-10 minutes a day by using all of your senses - sight, hearing, smell, taste and touch - to bring awareness to your body and surroundings.</td>
<td>Explore the countryside on your doorstep and enjoy some open space. Ensure you wear appropriate clothing and footwear and remember to stay hydrated.</td>
</tr>
<tr>
<td><a href="https://www.stopbreathethink.com/mindful-walking/">https://www.stopbreathethink.com/mindful-walking/</a></td>
<td><a href="https://visitbath.co.uk/blog/baths-country-walks-which-path-will-you-take/">https://visitbath.co.uk/blog/baths-country-walks-which-path-will-you-take/</a></td>
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<th><strong>Couch to 5K</strong></th>
<th><strong>Stay In Work Out</strong></th>
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<tr>
<td>NHS couch to 5K will help you gradually work up towards running 5K in just 9 weeks.</td>
<td>Sport England - Lots of fun and creative ideas on how to get active at home.</td>
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# Take Notice

## Virtual Tours
Broaden your horizons with a virtual tour - museums, zoos, aquariums, theme parks.

[https://artsandculture.google.com/](https://artsandculture.google.com/)

## Mindful Photography
Take notice and capture your surroundings; home, garden or natural open spaces. See the link below for a simple explanation of how mindful photography works.


## Gratitude Scavenger Hunt
Take photos of the things you’re grateful for, focusing on the good around you. Developing an attitude of gratitude, helps us feel more positive.

[https://www.naturalbeachliving.com/gratitude-scavenger-hunt/](https://www.naturalbeachliving.com/gratitude-scavenger-hunt/)

## Mindful in Minutes Podcast
Take time out to practice mindfulness. 20 minute guided meditations or less.

[https://mindfulinminutes.blubrry.net/](https://mindfulinminutes.blubrry.net/)

## Creativity 4 Wellbeing Art Group
A fun virtual Creativity 4 Wellbeing art group which will make and create every Wednesday, 2.00 - 3.30pm.


## Relaxation Exercises
Plan a range of relaxation exercises into your daily routine. Exploring relaxation can help you look after yourself when you’re feeling stressed or worried.

[https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/](https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/)

## Expressive Art Workshops
100 creative art therapy activities; to have fun, relax, reflect, empower and soothe.

[https://www.expressiveartworkshops.com/expressive-art-resources/100-art-therapy-exercises/](https://www.expressiveartworkshops.com/expressive-art-resources/100-art-therapy-exercises/)

## Take Notice - Garden Birds
Can you identify the top 10 birds found in British gardens? Take notice, look out for them and think about ways in which you can encourage them to visit.

### Recovery College Online
Lots of free courses available for adults (as well as children and young people) including coping during the pandemic, lifestyle and wellbeing, communication and behaviour, positive psychology and recovery.

[https://lms.recoverycollegeonline.co.uk/](https://lms.recoverycollegeonline.co.uk/)

### Living Life to the Full
Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, and tackle upsetting thinking and more. Free for individuals.

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

### TED Talks
18 minute video presentations on a range of topics. Currently there are over 3,300 to choose from.

[https://www.ted.com/talks](https://www.ted.com/talks)

### YouTube - Learn a New Skill
Free to use video sharing. Learn any kind of skills you want. Wide range of ‘how to’ videos - cooking, languages, musical instruments, sports skills, etc.

[https://www.youtube.com](https://www.youtube.com)

### Get Self Help
Free online Cognitive Behavioural Therapy (CBT) self-help and therapy resources, including worksheets, information sheets and self-help mp3s.

[https://www.getselfhelp.co.uk/pandemic.htm](https://www.getselfhelp.co.uk/pandemic.htm)

### Museum of the World
Explore the history of various topics using an interactive timeline.

[https://britishmuseum.withgoogle.com/](https://britishmuseum.withgoogle.com/)

### Free Books, Films and Music
Huge library of free historical children’s books, films and music. Includes hundreds of free audio books.

[https://www.openculture.com/](https://www.openculture.com/)

### Free Distance Learning
Bath College offers a range of flexible Level 2 healthcare, education and business related courses. Eligibility criteria exists for funding and non-completion of a course means full fees are payable.

[https://www.bathcollege.ac.uk/distance-learning/free-cpd-courses](https://www.bathcollege.ac.uk/distance-learning/free-cpd-courses)
NHS Volunteer Responders

The NHS currently needs volunteers to help in a variety of ways. Take a look and see what you can offer.

https://www.goodsamapp.org/nhs

Random Acts of Kindness

Take on a challenge to carry out random acts of kindness in your week. Kindness promotes empathy and compassion; which in turn leads to a sense of interconnectedness with others. Kindness reduces stress and increases positivity.

https://www.randomactsofkindness.org/kindness-ideas

Take Part in Mental Health Research

A range of research opportunities, many of which can be completed online. Take part in studies and help shape future research.

https://participate.mqmentalhealth.org/

COVID-19 Mutual Aid UK

Local community volunteer groups, offering support to those who are feeling most isolated, anxious and vulnerable and whom need greater support from the community. Sign up to help those in your area.

https://covidmutualaid.org/local-groups/

Share Poetry

The ‘Words to sit with’ collection of contemporary mindfulness poetry and stories - poetry to read, as well as share your own online contributions.

http://www.wordstositwith.com/home
# Keeping Safe

## Coronavirus & Wellbeing

Useful guidance from Mind to help you look after your mental health and wellbeing.


## Advice about Coronavirus (Easy Read)

Advice on Coronavirus and what to do to stay safe.

[https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf](https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf)

## Find Local Support

If you need help due to social isolation, there are a range of volunteer groups out there that can be of assistance (support with food shopping, picking up prescriptions, dog walking, etc.). Find your local group.

[https://covidmutualaid.org/local-groups/](https://covidmutualaid.org/local-groups/)

## Advice for Parents

User friendly COVID-19 advice for parents, carers and professionals working with children and young people. Lots of great links and sources of information.


## Carers Guidance

How government guidance relates to carers, with suggestions, frequently asked questions and a wellbeing action plan.


## Surviving the Outbreak

10 ways you can help improve your mental health and wellbeing if you are worried or anxious about the Coronavirus outbreak.

<table>
<thead>
<tr>
<th>Mobile apps</th>
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<tbody>
<tr>
<td><strong>Coronavirus Support (UK)</strong></td>
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<tr>
<td>An app that helps you cope with the Coronavirus pandemic. It covers everything from general health advice to managing everyday practical problems and improving your mental health.</td>
</tr>
<tr>
<td><strong>Stay Alive</strong></td>
</tr>
<tr>
<td>Enables people to create their own safety plans which are accessible on their phones, has advice and tips about managing suicidal thoughts and ideas for grounding techniques and 'reasons to stay alive'. Provides easier access to crisis plans.</td>
</tr>
<tr>
<td><strong>Gratitude Garden</strong></td>
</tr>
<tr>
<td>Intended to help you maintain the gratitude practice of noting down three good things that have happened each day. Be reminded of the good things in life by writing them down.</td>
</tr>
<tr>
<td><strong>Headspace</strong></td>
</tr>
<tr>
<td>Everyday mindfulness and meditation for stress, anxiety, sleep, focus, and more. Free introductory sessions, but for full content a subscription is required.</td>
</tr>
</tbody>
</table>
Helpful ways to cope with COVID-19

Service user and carer comments

"I have learnt to chat to friends via video call on WhatsApp and although I was a bit scared of the technology at first, it's made me feel so much more connected to friends again."

“I've found journaling a really good way to decompress at the end of the day - especially if it has been particularly challenging. I write down all the things that have happened that might have caused me to feel stressed, but also write down some things I've done well, and something I'm grateful for. It means I end the day on a positive note but also can look back over the days and realise what I have achieved. I don't beat myself up if I don't have the energy to do this every day though!"

“Make sure there is time every day for yourself - however short. It could be a bubble bath, 20 minutes of reading, some exercise (I've been really enjoying yoga with Adriene on YouTube - you can choose the length of session you do so it fits around your schedule) or just a chance to have a hot cup of tea.”

“I have been joining the other people that I live with to do some fun dance and exercise routines - it has been good fun!”

“I've been doing the little things around the house that I've been avoiding. It's a great distraction and feels really productive.”

“Being kind and compassionate to myself is really important. If I’m feeling exhausted and I need a day in bed just to rest my body and mind I remind myself that ‘this really is OK’ every now and then, as it’s important to look after myself”.

“I've started to use the Gratitude Garden App, to record 3 things a day that I’m grateful for. It helps me focus on the positives things in my life, despite COVID-19. When I’m having a bad day I can use it to remind me of the things I’m grateful for and this can really help shift my mind-set.”

“It's been really helpful to maintain regular structure in my day, including a variety of activities to avoid boredom.”

“I have been exercising daily with people I live with - it has been nice to get outside and enjoy the sunshine.”

“I've found fresh air, natural light and the peacefulness of nature beneficial to maintaining a good mood.”

“To keep myself busy I am going out on my bike every morning when it is quieter - This helps me to clear my head.”

“I've been really strict about sleep hygiene and especially not checking/watching the news at least 1-2 hours before bedtime. It means there's less chance my head is full of worries when I actually try to sleep.”
Living in the moment

I CANNOT CONTROL
(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

I CAN CONTROL
(So, I will focus on these things.)

THE ACTIONS OF OTHERS

THE AMOUNT OF TOILET PAPER AT THE STORE

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

MY OWN SOCIAL DISTANCING

FINDING FUN THINGS TO DO AT HOME

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

HOW LONG THIS WILL LAST

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

MY KINDNESS & GRACE

OTHER PEOPLE’S MOTIVES

Credit: TheCounselingTeacher.com
Clipart: Carrie Stephens Art

hope

If you only carry one thing throughout your entire life, let it be hope. But it is important that hope is always paired with the hope that things are always going to get better. Let it be the hope that you can get through even the toughest of times. Let it be the hope that you are stronger than any challenge that comes your way. Let it be the hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be. Because during those times, hope will be the very thing that carries you through.

AWP
Choose ONE ☑ to do per day:

- Spend 10 minutes gently stretching your body
- Write a letter to someone where you can only be positive
- Write a love letter to yourself
- Create a portrait of someone famous but only using dots
- Close your eyes and try to draw the room you are in without opening them
- Write down three things that you are grateful for
- Write a guide to keep others from being bored in lockdown - what would you advise?
- Write a poem where each line starts with a letter of your name
- Have a spring clean and de-clutter
- Write down 5 things about yourself that you love
- Telephone or email someone who might be lonely/need cheering up
- Spend 5 minutes drawing a self-portrait, then another 5 minutes doing it with the other hand!
- Can you spot something in your surroundings beginning with each letter of the alphabet?
- Pick a random letter of the alphabet and list as many animals starting with that letter in a minute as you can
- Send positive/encouraging text messages to 5 people
- Re-write the lyrics to your favourite song to make it about something mundane - like re-writing Bohemian Rhapsody to be about your sandwich!
- Go to bed 1 hour earlier than usual
- Go a whole day without complaining!
- Make a list of short term goals
- Do one thing you have been putting off
- Create a positive affirmation and repeat it to yourself all day
- Spend 5 minutes focusing on your breathing only
- Write a list of all the positives from the last month
- Declutter your emails and social media accounts
- Think of your own items to add to this list!
- Start a journal or doodle diary
- Think of a new challenge for yourself for the year ahead
- Complete a puzzle or word search [https://freeprintablepuzzles.co.uk/](https://freeprintablepuzzles.co.uk/)
- Write your own short story about a jungle adventure
- Create a piece of art - use rubbish/recycling, household objects, the more creative the better!
Mindfulness

A mindful cup of tea (or coffee!)
An exercise in everyday mindfulness

![Image of a person holding a cup of tea]

Have you ever noticed that you are so lost in thought that you don’t pay attention to what you are actually doing?

This autopilot can mean we spend a lot of time in our heads, planning or worrying about the future, or ruminating on the past. One way to become more present is to bring mindfulness to everyday things. For example, a cup of tea.

**Exercise:**

Notice the sound of the kettle boiling. Watch the tea steep, the colours change. Notice the aromas. Take your time. Add milk (if you like it) and observe. Bring the cup slowly to your mouth, notice the warmth of the cup against your skin.

Really take the time to taste the tea, savour the flavour as if you were tasting it for the first time.

If your mind wanders, that’s ok, just bring it gently back to the tea when you notice this.

Source: [https://www.guysandsthomashospitals.nhs.uk/resources/patient-information/rheumatology/mindfulness-web.pdf](https://www.guysandsthomashospitals.nhs.uk/resources/patient-information/rheumatology/mindfulness-web.pdf)

Free mindfulness resources as a response to COVID-19

[http://www.freemindfulness.org/covid19](http://www.freemindfulness.org/covid19)
FREE mindfulness resources currently available include:

The free mindfulness project
http://www.freemindfulness.org/covid19

De-mystifying mindfulness. 25hr online course demystifying mindfulness. Free to access most but have to pay to complete assignments and get certificate.
https://www.coursera.org/learn/mindfulness

Mindful.org Website with practices, discussions and articles. Free practices available including; 5 minute, 11 minute and 20 minute guided breathing space.
https://www.mindful.org/audio-resources-for-mindfulness-meditation/

Oxford Mindfulness Centre. Series of free podcasts sharing mindfulness practices with a particular focus e.g. ‘Fear + Uncertainty = anxiety. Working with uncertainty’.
https://www.oxfordmindfulness.org/learn-mindfulness/online-sessions-podcasts/

NHS guide to mindfulness. Information about what is mindfulness.
https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/
Mindfulness colouring - 43 free adult colouring pages to print
https://www.favercrafts.com/Adult-Coloring-Pages/Adult-Coloring-Pages-PDF
Whether you’re concerned about yourself or a loved one, these helplines can offer expert information and advice.

### 24 hours a day, 365 days a year

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life threatening medical emergency</td>
<td>999</td>
</tr>
<tr>
<td>NHS 111</td>
<td>111</td>
</tr>
<tr>
<td>Non-emergency medical help &amp; info on local services</td>
<td></td>
</tr>
<tr>
<td>AWP Response Line</td>
<td>0300 3031320</td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>0800 917 7650</td>
</tr>
<tr>
<td>Combat Stress (veterans)</td>
<td>0800 138 1619</td>
</tr>
<tr>
<td>FRANK (national drugs helpline)</td>
<td>03001 236600</td>
</tr>
<tr>
<td>National Domestic Abuse Helpline</td>
<td>08082 000247</td>
</tr>
<tr>
<td>Samaritans</td>
<td>116 123 or 07725 909 090 (text)</td>
</tr>
<tr>
<td>Victim Support</td>
<td>0808 168 9111</td>
</tr>
</tbody>
</table>

### Additional Support, times vary

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age UK</td>
<td>0800 678 1602</td>
</tr>
<tr>
<td>Anxiety UK</td>
<td>03444 775774</td>
</tr>
<tr>
<td>Autism (National Autistic Society)</td>
<td>0808 800 4104</td>
</tr>
<tr>
<td>Beat (eating disorders)</td>
<td>08088 010677</td>
</tr>
<tr>
<td>CALM (men aged 15-35)</td>
<td>0800 58 58 58</td>
</tr>
<tr>
<td>Family Lives (formerly Parentline)</td>
<td>08088 002222</td>
</tr>
<tr>
<td>Mind Infoline</td>
<td>0300 123 3393</td>
</tr>
<tr>
<td>Mindline Trans+ (trans, non-binary support)</td>
<td>0300 330 5468</td>
</tr>
<tr>
<td>National Gambling Helpline</td>
<td>0808 8020 133</td>
</tr>
<tr>
<td>No Panic (panic attacks, OCD and phobias)</td>
<td>08449 674848</td>
</tr>
<tr>
<td>OCD UK</td>
<td>0333 212 7890</td>
</tr>
<tr>
<td>Papyrus Hopeline (under 35)</td>
<td>0800 068 4141</td>
</tr>
<tr>
<td>Rape Crisis</td>
<td>08088 029999</td>
</tr>
<tr>
<td>Self-Injury Helpline</td>
<td>08088 008088</td>
</tr>
<tr>
<td>Womankind (in distress, domestic abuse)</td>
<td>0345 458 2914</td>
</tr>
</tbody>
</table>

### Crisis Text Support

- Young people text YM
- Deaf community text DEAF
- 85258