

Self-Care at Home

These are some tips to support your wellbeing at home



Drink Water

This supports energy levels and mood. It can promote healthy digestion and reduces headaches.



Keep Moving

Try not to stay still for too long. Moving around helps circulation and can reduce stiffness. Physical activity can enhance mental wellbeing.



Routine

Try to maintain a self-care routine that suits you and makes you feel good for the day.



Stay Connected

Keep in touch with family and friends to maintain social wellbeing. If you are struggling please see the helplines below.



Breathing Exercise

It is normal to feel worried however deep breathing exercises have a range of health benefits such as reducing stress, increasing self-awareness and improving digestion.



Activities

Think about activities you can engage with at home such as reading, listening to music and creative hobbies.



Comfort

Find comfort in the small things that bring you joy. Think about the things you like at home.



Nature

Take time to appreciate the nature you are able to see and engage with including the backyard and houseplants.



Meals

Try to eat healthy and nutritious food that is available. Try to avoid unhealthy eating habits as this can negatively affect your energy and mood.



Sleep

Hydration and exercise will help you to get a good night's sleep. Breathing exercises can aid relaxation.

Remember there is hope in the future and this situation will pass
Try to use this time to rest and engage with things you enjoy at home

Helplines

- **Samaritans** (Confidential support for people experiencing feelings of distress or despair) phone: 116 123 (free 24-hour helpline) website: www.samaritans.org
- **Mind** (Promotes the views and needs of people with mental health problems) phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) website: www.mind.org.uk
- **Anxiety UK** (Charity providing support if you have been diagnosed with an anxiety condition) phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm) website: www.anxietyuk.org.uk
- **Rethink Mental Illness** (Support and advice for people living with mental illness) phone: 0300 500 927 (Monday to Friday, 9.30am to 4pm) website: www.rethink.org
- **SANE** (Emotional support, information and guidance for people affected by mental illness, their families and carers) phone: 0300 304 7000 (daily, 4.30pm to 10.30pm) textcare: www.sane.org.uk/textcare peer support forum: www.sane.org.uk/supportforum website: www.sane.org.uk/support