

COVID-19 Wellbeing Guide

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



Photo by Carolyn Trippick, Service User (Specialised/BANES)

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

Introduction

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

<https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-temporary-changes-to-the-mental-health-act/>

Care Act 2014

<https://www.gov.uk/government/publications/coronavirus-COVID-19-changes-to-the-care-act-2014>

<https://www.mencap.org.uk/advice-and-support/health/information-about-coronavirus/coronavirus-changes-care-act> (includes easy read version)

Service changes



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:
 - Public Health England <https://www.gov.uk/government/collections/coronavirus-COVID-19-list-of-guidance>
 - UK Government <https://www.gov.uk/coronavirus>
 - World Health Organisation (WHO) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- 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.



HM Government

NHS

Coronavirus

Wash your hands more often

 Coronavirus is a serious illness that can make you very ill.

 The best way to not catch it is to wash your hands more often for 20 seconds.

 Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or touch food



Find out more at nhs.uk/coronavirus

CORONAVIRUS
PROTECT YOURSELF & OTHERS



NHS

CORONAVIRUS

If you're concerned about Coronavirus/COVID-19, or you just want some more information — make sure you're getting it from a reputable source.

Visit nhs.uk/coronavirus for all the latest updates, and use www.111.nhs.uk/covid-19



Easy read resources



Resources



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>

Advice about the Coronavirus

<https://healthwatchwarrington.co.uk/wp-content/uploads/2020/03/advice-on-the-coronavirus-v1.pdf>

Keep safe from Coronavirus

<https://www.keepsafe.org.uk/>

Coronavirus - Stay at home, protect the NHS save lives

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/879412/coronavirus-leaflet-easy-read.pdf

Staying well at home

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

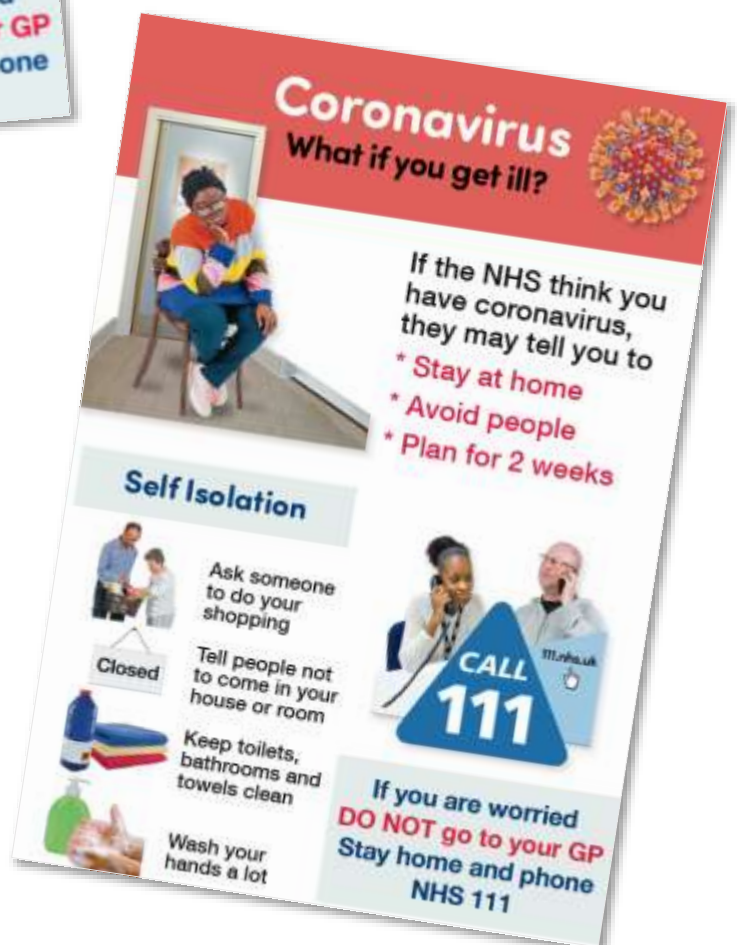
Keeping away from other people

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876699/COVID-19_Keeping_away_from_other_people_20200328.pdf

Looking after your feelings and your body

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf

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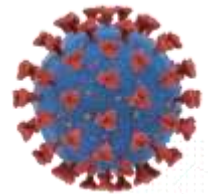


COVID-19 information in other languages

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	Turkish
Armenian	Greek	Latvian	Chinese	Urdu
Bengali	Gujarati	Lithuanian	Traditional	Vietnamese
Bulgarian	Hausa	Oromo	Chinese	Wolof
Czech	Hindi	Malayalam	Sindhi	Yiddish
Dari	Hungarian	Pashto	Slovak	
Estonian	Italian	Polish	Spanish	
English	Kiswahili	Portuguese	Somali	
		Punjabi		

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.

Connect



Video Chatting

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.

<https://www.bbc.co.uk/news/technology-51968122>



Internet Scrabble Club

Play scrabble for free in a relaxed, friendly environment. Compete at your own level while meeting new people.

www.isc.ro



The Social Distancing Festival

Lots of free, streamed events showcasing visual art, music, dance and theatre from all over the world.

<https://www.socialdistancingfestival.com/>



The Sofa Singers

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.

<https://www.thesofasingers.net/>



Elefriends

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.

<https://www.elefriends.org.uk/>



Turn to Me

A lifeline online. Free access to online support groups, great resources including podcasts and helpful articles that have a wide range of subjects.

<https://turn2me.org/aboutturn2me>



Podcasts

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.

<https://www.bbc.co.uk/podcasts/>

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.



Gardening

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.

<https://www.rhs.org.uk/>



Workout Videos

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.

<https://www.youtube.com/user/thebodycoach1>



Yoga with Adrienne

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.

<https://www.youtube.com/user/yogawithadriene/featured>



National Cycle Network

Take a bike ride on one of the national cycle network routes.

<https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/>



Mindful Walking

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.

<https://www.stopbreathethink.com/mindful-walking/>



Countryside Walks

Explore the countryside on your doorstep and enjoy some open space.

Ensure you wear appropriate clothing and footwear and remember to stay hydrated.

<https://visitbath.co.uk/blog/baths-country-walks-which-path-will-you-take/>



Couch to 5K

NHS couch to 5K will help you gradually work up towards running 5K in just 9 weeks.

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>



Stay In Work Out

Sport England - Lots of fun and creative ideas on how to get active at home.

<https://www.sportengland.org/stayinworkout>
<https://ukdeafsport.org.uk/deafstayinworkout>

Take Notice



Virtual Tours

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

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

<https://artsandculture.google.com/>



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/>



Creativity 4 Wellbeing Art Group

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

<https://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/>



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/>



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.

<https://ayearwithmycamera.com/blog/mindful-photography-what-is-it-and-how-do-you-do-it>



Mindful in Minutes Podcast

Take time out to practice mindfulness. 20 minute guided meditations or less.

<https://mindfulinminutes.blubrry.net/>



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/>



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.

<https://www.wildlifetrusts.org/wildlife/how-identify/identify-garden-birds>

Keep Learning



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/>



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>



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>



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/>



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.lttf.com



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>



Museum of the World

Explore the history of various topics using an interactive timeline.

<https://britishmuseum.withgoogle.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>



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.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



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/>



Carers Guidance

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

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-COVID-19>



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>



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.

https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf



Surviving the Outbreak

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

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mobile apps

Coronavirus Support (UK)



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.

Stay Alive



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.

Gratitude Garden



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.

Headspace



Everyday mindfulness and meditation for stress, anxiety, sleep, focus, and more.

Free introductory sessions, but for full content a subscription is required.

Mind Shift



Aimed to help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

An app for all ages.

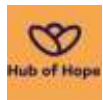
Calm Harm



Offers several ideas for activities to try to manage urges to self-harm, this includes suggestions in the following areas:

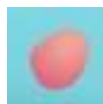
Comfort, distract, express emotions, release, random and breathe. Each category gives a long list of suggestions and examples of techniques.

Hub of Hope



National mental health database which brings together organisations and charities from across the country, who offer mental health advice and support, all in one place.

Cove



Improve your mental health by making music on this simple app, which encourages self-expression through sounds instead of words.

SAM



Self-help for Anxiety Management is better known as SAM, and SAM is designed to help you learn more about your anxiety, build your own anxiety toolkit, and tailor your self-help to your own life.

DistrACT



Contains information about self-harm and suicidal thoughts, self help strategies, a 'chill-zone' and details about available services and support - both local and national. Also, know what to do in a crisis or emergency.

Colouring Book for Adults



Lots of creative pages to colour, ranging from florals, fantasy, birds, mandalas, animals, doodles, pixels and more. A great distraction tool and you can even share your artwork with friends.

Stop, Breathe & Think



A friendly app to guide people through meditations for mindfulness and compassion, intended to help users cope with stress, anxiety, depression, and insomnia.

Lots of free content including a series on 'Calm Coronavirus Anxiety'.

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



hope

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the roughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be 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.

- Akki Davu

If you want to conquer the anxiety of life, live in the moment, live in the breath.

Amir Ray

YOU CANNOT STOP THE WAVES, BUT YOU CAN LEARN TO SURF.

JOH K. KABAT-ZIN

Daily challenge

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/>
- 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



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.guysandstthomas.nhs.uk/resources/patient-information/rheumatology/mindfulness-web.pdf>

Free mindfulness resources as a response to COVID-19

<http://www.freemindfulness.org/covid19>

Mindfulness

mindfulness

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/>



Colouring for calmness



Source: <http://nestekno.com/attachmnt/>

Mindfulness colouring - 43 free adult colouring pages to print
<https://www.favecrafts.com/Adult-Coloring-Pages/Adult-Coloring-Pages-PDF>

National helplines

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

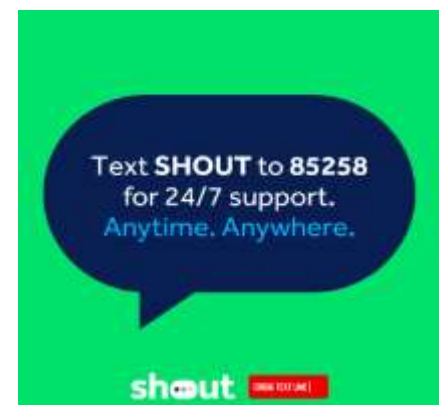
Life threatening medical emergency	999
NHS 111 Non-emergency medical help & info on local services	111
AWP Response Line	0300 3031320
Alcoholics Anonymous	0800 917 7650
Combat Stress (veterans)	0800 138 1619
FRANK (national drugs helpline)	03001 236600
National Domestic Abuse Helpline	08082 000247
Samaritans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



Additional Support, times vary

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

Crisis Text Support



Young people text **YM**
Deaf community text **DEAF**

85258

