

Coronavirus – Looking after your mental health

How to look after your mental wellbeing during coronavirus (COVID-19)

As we have to stay at home it is important to take care of our mind as well as our body. It is common to feel worried, scared or helpless about the current situation. It is OK to feel this way, share your concerns with others you trust or you could try a [charity helpline or webchat](#)

Below are some tips and advice on how we can manage our mental wellbeing and cope during times of uncertainty. Share these with friends and family to look after yourself and those you care about.



Top Tips for your mental wellbeing:

- 1. Connect with others.** Maintaining healthy relationships with people we trust is important. Stay connected via email, social media, FaceTime and telephone. Adjust your social media intake if it is making you anxious. **If you haven't got anyone to talk to you can call emotional support lines like [SANE](#) and the [Samaritans](#)**
- 2. Be active.** Our physical health affects how we feel. It important to eat healthily, drink enough water and exercise regularly. Build physical activity into your daily routine for example cleaning your home, dancing to music, [seated exercise](#), [onlineworkouts](#).
- 3. Take notice & focus on the present.** Engage with nature. Open the windows to get fresh air, watch the birds, make the most of any private outdoor space, tend to houseplants, listen to natural sounds apps. If you have a private garden spend time outside.

Useful Local Contacts

Luton Psychology Service

Call 01582 548150.

10am to 2pm Offering consultation during critical events and bereavement

Calls can be booked for other times

Total Wellbeing Luton

offer a variety of psychological treatments

General Enquiries 0300 555 4152 or email info@totalwellbeingluton.org

For self-referrals via our online assessment form, go to: www.totalwellbeingluton.org

Luton Community Chaplaincy

Pastoral and spiritual support for those of all faiths and none.

Please contact Jessica Rowlands on 07557 686218

or by email at info@lutoncc.co.uk

Cruse Bedfordshire

Local Helpline 0300 200 4108

National Helpline 0808 808 1677 or email helpline@cruse.org.uk

Mon & Fri 9.30-5pm (excluding bank holidays), and Tues–Thurs 9.30-8pm extended hours

<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

ELFT

(East London Foundation Trust)

<http://www.elft.nhs.uk>

ELFT provides a wide range of Mental Health Services across Bedfordshire and Luton. There are currently changes to services. See website for details

Mind

www.mind.org.uk/information-support/coronavirus-and-yourwellbeing/

We are offering emotional wellbeing support over the phone to the wider community.

Luton contact – Katy Eagle

Phone: 0786 739 8246

Email: Katy.Eagle@mind-blmk.org.uk

4. **Stick to the facts & limit your news intake.** Do not stay glued to the news. A constant stream of news can cause anyone to feel anxious or distressed. You could set yourself a specific time to read updates or limit to checking a couple of times a day - Use trustworthy sources such as [GOV.UK](https://www.gov.uk) or [NHS website](https://www.nhs.uk).
5. **Have a routine.** Maintain a sense of routine and try to follow your ordinary routine as much as possible. Wake up and go to bed at healthy times, get enough sleep. Include time to relax.
6. **Keep your mind active** - Do something you enjoy. Find something of value in your day and do something for yourself (download a podcast, watch a box set, art and crafts, cooking, gardening, reading a book, DIY). Take a free [online course](#).
7. **Offer support and help others.** Helping others makes you feel good. If you are able to try and think of things you can do to help those around you safely and in line with official guidance. Find out how you can help here. Check in with friends, neighbours or colleagues who may be self-isolating or vulnerable.
8. **Keep your children informed.** By explaining the facts but try and avoid scare stories and over-exposure to the news. Be as truthful as possible. See [talking with your children about world news](#).
9. **Take care of your immediate environment.** As you are spending a lot of time at home, you may find it helpful to keep things clean and tidy. If you live with other people, it could help to decide together how you will use different spaces for example spaces for work
10. **Working from home.** Working from home can be challenging and isolating. Try to keep a structured day, with a routine for work and keep both formal and social connections flowing with colleagues. Find tips [here](#) for working at home.

Luton



Useful links

Mental Health Crisis

For urgent mental health crisis support
call 999 or 111

For non-urgent mental health issues
contact your GP

Every Mind Matters

www.nhs.uk/oneyou/everymind-matters/

Mental Health Foundation

<https://mentalhealth.org.uk/-/coronavirus>

Heads Up

www.thisisheads-up.uk

Official Guidance

Coronavirus: what you need to do
www.gov.uk/coronavirus

www.nhs.uk/conditions/coronavirus-covid-19/

Helplines

Shout Crisis Text line

Text Shout to 85258

CALM

CALM is for men in the UK who need to talk. open
5pm–midnight

Tel:0800 58 58 58