

### Keeping Well at Home

While we are all spending so much time at home it is perhaps more important than ever to take time for some self-care. Here are some ideas to try based on the Five Ways to Wellbeing.

#### Connect

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- Try writing a letter to friends or family – they will enjoy getting something in the post and you will feel more in touch with them
- Help someone to connect online [Step-by-step guide: How to video call your family](#)
- Set up regular wellbeing calls if you are aged 60+ [sign up for call in time](#)
- Volunteer to call someone who is feeling isolated. Sign up with Age UK, Malvern & District on 01684 560666

#### Be Active

- Sport England's tips on staying active if you are at home: [#StayInWorkOut](#)
- Tips for staying active if you are managing a long term health condition <https://www.weareundefeatable.co.uk/>
- Seated exercises <https://www.nhs.uk/live-well/exercise/sitting-exercises/>
- See home exercise videos here: [Move More | For Your Body | One You](#)
- Get inspired and up your motivation by raising money for charity [One Million Step Challenge](#), [Blue Cross Rescue Run](#), [Step Up for Dementia](#)

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#### Take Notice

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- If you have a digital assistant (Amazon Echo, Google Home etc) try asking it for relaxation tips, daily affirmations, sleep and relaxation sounds or Headspace
- Try to make time during the day to really focus on what you are doing. Enjoy the taste and texture of your food, really listen to a piece of music without doing anything else or get absorbed in something creative
- Try simply sitting comfortably and concentrate on breathing slowly and deeply in through your nose and out through your mouth for 3 to 5 minutes. You will get most benefit from this if you try to make it part of your daily routine.

# Keep learning:

- Adult Learning in Worcestershire are offering online courses: [Book a course](#)
- [Worcestershire's Digital Library Hub](#) download free e-books and access online library events
- Learn how to use the internet (free guide) <https://www.learnmyway.com/>
- Try a new recipe, learn a useful phrase in a different language or find out about a new skill like first aid or photography



# Give:

# 5

- Do something nice for a friend or family member
- Make time for a chat with your neighbours or drop a note through their door to see if they need anything
- If you can sew, help to make scrubs and scrub bags for the NHS [Worcestershire - For The Love Of Scrubs - Our NHS Needs You](#)
- Sign up to [Adopt a Street](#) and receive a free litter picking kit to keep your community tidy.

# And remember:

- Try and eat healthily, it will help you feel better physically and mentally
- Try and stick to a regular sleep routine
- Plan your day and schedule in fulfilling activities and tasks that need to be done
- Make sure you get your news from reputable sources and limit your access to it if it makes you anxious
- Spending some time with nature always gives us a boost – go for a walk, do some gardening, take notice of birds and butterflies or look after a houseplant for an instant pick-me-up

## Case Study

We took a new referral during the lockdown period for a woman who had recently moved to the area before the Coronavirus crisis hit and hadn't had time to make any local connections. She had to shield because of existing health conditions and so was not able to get to know the area. We referred her to a local telephone befriending scheme with a focus on nature, she now receives weekly nature activities through the post as well as a phone call from a friendly volunteer who shares an interest in sewing. The volunteer has access to materials and is helping our client to sew scrubs and masks for the NHS. She told us 'A friendly voice makes all the difference'.

If we can help at all please get in touch:

We regularly check [worcscab.socialprescribing@nhs.net](mailto:worcscab.socialprescribing@nhs.net), or contact us direct

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