

## Wellbeing Pack

### Exercise

#### **Fake Commute to Work**

It is true what they say – exercise really is good for you. Not just your body, but also your mind. I had discovered from working at home this week that it is important for me to leave the house a few times a day! Therefore, I have been trying\* to do a ‘fake commute to work’ each day. In the morning I aim to walk for 10 minutes around my local park before I come home and turn on my laptop. Then at lunch I do the same. And again at 5pm after I have turned off my laptop. The hope is that this breaks up my day into different sections which is beneficial for organising my brain.

#### **Going to see the sea**

I’m sure many of you know how good living by the sea is for you. This is especially important if you are feeling a bit off centre lately.

#### **NHS Fitness Studio Exercise videos**

The NHS has 24 instructor-led videos across our aerobics exercise, strength and resistance, and pilates and yoga categories. These workouts have been created by fitness experts **and range from 10 to 45 minutes**. Research shows that physical activity can also boost self-esteem, energy, mood and sleep quality.

<https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/>

(I did the Pilates for beginners' video on Sunday morning and I found it a really good way to get my day started.)

### Creative

#### **Artfulbox - Instagram**

Daily drawing challenge: each day the page shares an idea for you to draw. This page aims to encourage you to do some drawing each day. If you share your creation you and tag the page & use the hashtag #artfulchallenge, Artful will share their favourites. (Monday 23<sup>rd</sup>'s inspiration is a newt!)

#### **Create to Connect**

64 Million Artists are responding to the current coronavirus situation with two weeks of fun, free creative challenges anyone can take part in if they’re isolating, distancing, or working from home.

#### **Culture in Quarantine**

The BBC is proposing an arts and culture service, Culture in Quarantine, which promises to keep the arts alive in people’s homes. The plans are part of a wider BBC package, intended to keep the nation “informed, educated and entertained in unprecedented times”. BBC will be working closely with Arts Council England to deliver these plans, as well as with other funders and national producing bodies. Other programming plans include exercise classes and food advice.

### Games

### **Harry Potter Digital Escape Room - online**

Someone has made this online escape room! Now I am not sure how it works as I haven't tried it yet, but please let me know how you get on if you do it! You can complete this escape room as a family or individual, you can compete against friends and try it multiple times.

[https://docs.google.com/forms/d/e/1FAIpQLSflNxNM0jzbZJjUqOcXkwhGTfii4CM\\_CA3kCxImbY8c3AABEA/viewform?fbclid=IwAR10iBRN3qfwd779mRqPvQcq2eaJErTczzMxuICYRBI5zRlepN-Kj4UTAYk](https://docs.google.com/forms/d/e/1FAIpQLSflNxNM0jzbZJjUqOcXkwhGTfii4CM_CA3kCxImbY8c3AABEA/viewform?fbclid=IwAR10iBRN3qfwd779mRqPvQcq2eaJErTczzMxuICYRBI5zRlepN-Kj4UTAYk)

## **Socialising**

### **Houseparty - app**

Houseparty is the face-to-face social network where you can connect with the people you care about most. The app makes connecting face to face effortless, alerting you when your friends are "in the house" and ready to chat so you can jump right into the conversation. You can also use it to play games.

### **Google Hangout**

Use Hangouts to keep in touch. Message contacts start free video or voice calls, and hop on a conversation with one person or a group. With Hangouts you can include all your contacts with group chats for up to 150 people and turn any conversation into a free group video call with up to 10 contacts. You can also say more with status messages, photos, videos, maps, emoji, stickers, and animated GIFs.

## **Finally get to do that 'To Do' list**

### **Housework**

Those annoying house things you never get round to doing... I'm going to aim to get some tasks I have been putting off for months done! I am going to work out a system for deep cleaning a room at a time!

### **Learn a language**

**Duolingo** is an app that helps you to learn Spanish or Latin, French, Japanese, or German. Duolingo aims to make language learning quick, effective and enjoyable.

### **Reading**

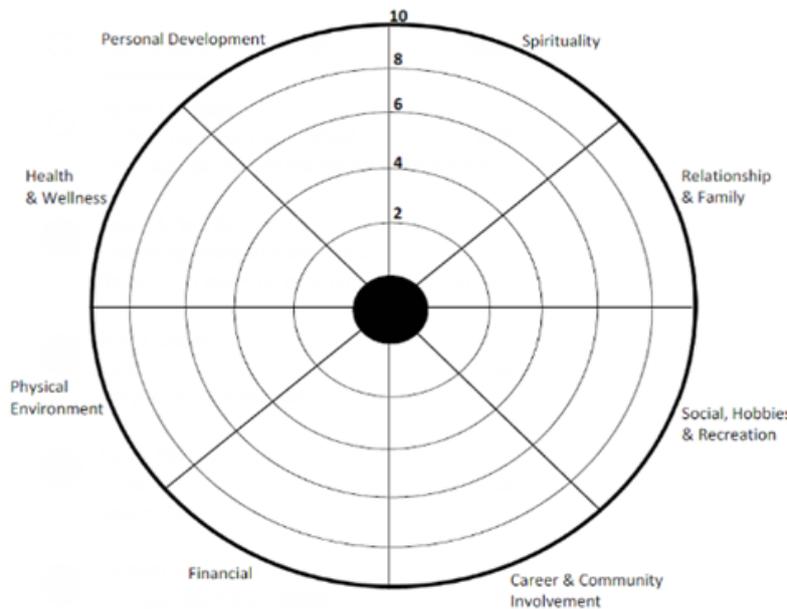
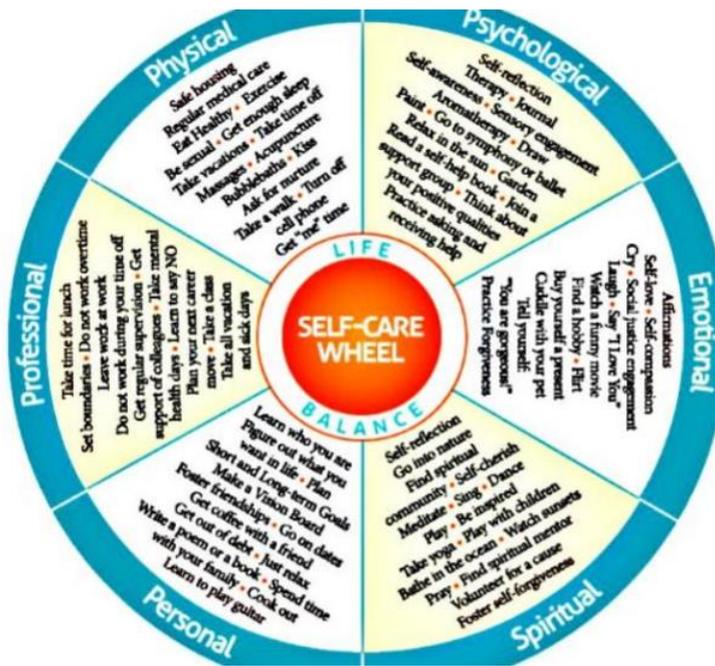
This is a good opportunity to read some of the books you haven't got around to.

### **Films**

I have made a list over the past week of films that I would like to watch. This includes some newer one I haven't seen yet and some of those classic (e.g. The Godfather) which I have never got round to watching – now is the time.

## **Wellbeing Wheel**

Julia showed me this Wellbeing Wheel. The 6 segments represent different areas of one's day that make up a fulfilling day/week. This idea of this graph is to encourage you to create a wheel of your own that include an activity from each of these segments - this can then be used to form a daily/weekly routine for yourself for the coming weeks.



**Maintain a routine**

Maintaining a routine is extremely important for our welling being and mental health. Although many of our routines may have changed due the current situation, it is still important to either stick to the same structure e.g. sleep times and mealtimes. Making a daily plan each day is good way of being able to visual your day. Below is an app which may be useful or a simple pen & paper diary. At the bottom of this page is also a Wellbeing Wheel to help you to create a new structure if you are finding yourself without my structure during this time. E.G.:

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8-9am	Breakfast						
9-11am							
11-1pm							
1-2pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunc	Lunch

2-4pm							
4-6pm							
6-7pm	Dinner						

### **Routinely – app**

Routinely is a tool to help you establish, track, understand, and be more mindful of your daily routine. Use Routinely to quickly and easily set goals for each of the tasks and habits that make up your day, and then track your completion of those goals. Routinely can send you notifications to remind you to complete your goals and provides a history view to review past days.

## **Mood support**

### **Daylio - app**

This app allows you to keep a diary of your mood and activities each day. It collects your entries and displays them on a calendar so that you can understand your daily habits a bit better. With the option to personalise activities, it enables you to create patterns that can help you be more pro-active.

### **Headspace - app**

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. Headspace teaches you the life-changing skills of meditation and mindfulness in just a few minutes a day. Meditation has been shown to help people stress less, focus more and even sleep better. You can try Headspace for free.

### **MOODJUICE**

The site is designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions.

<https://www.moodjuice.scot.nhs.uk/About.asp>

### **Autistica**

Autistica has published a comprehensive article explaining the uncertain impact of Coronavirus and breaking why this is such an anxiety provoking time, especially for those with Autism.

<https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty>

### **Stay Alive - app**

This app is a useful information tool to help you stay safe in a crisis. The app includes a LifeBox where you can store photos that are important to you, tips on how to stay grounded and an option to create your own interactive Wellness Plan.

## **Community Recourses**

### **Acorn the Union**

Acorn is a member-led, campaigning organisation supporting & empowering low-income communities across the country to fight for a better life. In light of the latest developments with Coronavirus, ACORN is organising local volunteers to support people in the community who need shopping, prescription collection, post and anything else they may need if they are stuck at home.

<https://acorntheunion.org.uk/corona/>

[https://docs.google.com/forms/d/e/1FAIpQLSdv9NW9b6XZbPDI1\\_6LTzzcUry5W0OU0oNk8J2xH\\_s0rSn4gQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdv9NW9b6XZbPDI1_6LTzzcUry5W0OU0oNk8J2xH_s0rSn4gQ/viewform)

### **Food Partnership – Veg boxes**

The Food Partnership offer advice for if you cannot afford food, find food in your local shops and also if you find it difficult to leave the house to shop. There is also information if you would like to volunteer with them or their partners to support others in this time.

<https://bhfood.org.uk/how-to-hub/covid-19-hungry-isolated-or-cant-access-food/>

<https://bhfood.org.uk/how-to-hub/local-veg-box-schemes-and-farmers-markets/>

### **FareShare**

The food that FareShare redistribute is nutritious, in-date and good to eat. It reaches charities across the UK, including school breakfast clubs, older people's lunch clubs, homeless shelters, and community cafes. Every week they provide enough food to create almost a million meals for vulnerable people.

<https://fareshare.org.uk/>

### **Pale Green Dot – Veg box**

Pale Green Dot is a good source for local fresh farm produce and other quality groceries that they will also deliver direct to your home. You can either order as a one-off delivery or sign up to a weekly subscription. Pale Green Dot will also be adding cheese, dairy, bread and other produce coming soon.

<https://www.palegreendot.co.uk/home-deliveries>