Staying Connected and your Wellbeing

Our tips for keeping in contact with friends and family and keeping your mind and body active during this period of social distancing
What is wellbeing?

• It’s the state of being comfortable, healthy or happy
• Feelings of boredom, frustration, loneliness are normal!
• Remember that you are protecting yourself and others whilst you stay at home!
How can you improve and maintain your mental and physical wellbeing?

- Creating a daily routine can really help you stay focused and maintain a healthy lifestyle.
- Maintaining a regular sleeping pattern too will support your wellbeing.
- Keep your mind active!
- Find something that works for you.
Why it’s important to stay connected

• Maintaining healthy relationships with people you trust is important to your mental wellbeing.

• Lots of people will be finding this current climate tough, so reaching out and staying in touch will help them too
How to stay connected

- There are so many ways to stay in touch with friends and family:
  - Houseparty app
  - Zoom
  - Marco Polo
  - Netflix party
  - Online board games
  - Calling/texting/Facetime
Anxiety Control

• What is anxiety? It’s just your body’s natural response to stress, that everyone experiences at times.
• Remember that it is a perfectly natural reaction!
• There are plenty of things you can do to help cope with your anxiety.
Coping with Anxiety

- Communicating with others can really help
- Try breathing exercises or regular exercise
- Speak to your peers about their methods and tips for coping, we’re all in this together!
Things to avoid if you’re feeling anxious

• Don’t do too much at once! Set Small, achievable targets
• Don’t focus on things you can’t change.
• Don’t tell yourself that you’re all alone.
• Again, everyone is going through the same thing!
Exercise

Why it’s Important to exercise:

• The government guidelines allow an hour of exercise as long as we keep our 2 metre distance and we either go alone or with members of our household

• Good mental health promotes good physical health too

• It’s important to look after your body
A great way to exercise at home is:

• Make stairs your best friend
• Watch Joe Wicks in the morning
• Stretching
• Yoga

• Here are some great online yoga classes: https://www.youtube.com/user/yogawithadriene
Free online classes

We’ve put together a list of some free exercise classes for you to take advantage of during this time

https://watch.lesmillsondemand.com/at-home-workouts

https://classpass.com

Joe Wicks- https://www.youtube.com/thebodycoachtv

Barrys Bootcamp- Live workout everyday and you can access their old workouts on IGTV

Gymshark – have an app to build custom workouts
Our Top Tips!

• Maintain a routine it’s important for your mental wellbeing
• Having more time to enjoy your hobbies such as reading and baking
• Staying connected to friends and family!
• Limiting how often you read the news or access social media on your phone