A scenic landscape photograph of a mountain valley. The foreground is dominated by a calm river that perfectly reflects the sky and the surrounding mountains. The sky is a clear, vibrant blue, dotted with soft, white cumulus clouds. The mountains on either side are rugged and steep, with some areas appearing to be covered in dense evergreen forests. The lighting suggests a clear day, possibly in the morning or late afternoon, as the shadows are soft and the colors are rich. The overall mood is peaceful and serene.

# Wellbeing Resource Guide

### Introduction

Welcome to the Wellbeing Resource Guide intended to help decrease your anxiety around the COVID-19 outbreak. The overall aim is for you to have the opportunity to develop skills to help you manage your emotions in relation to the crisis. This resource guide has been designed to be undertaken with men currently undertaking the Moving Forward and Making Changes (MFMC) programme or who have been assessed as suitable for the MFMC programme but due to COVID-19 have not commenced the work. Please note that this guide has been developed in a way that can either be delivered over the phone; physically/electronically sent to you to work through collaboratively with your social worker or group facilitator; or undertaken in the office environment, subject to social distancing guidelines.

### Why is COVID-19 relevant to our emotional health?



COVID-19 (or Coronavirus) is a worldwide pandemic and is being talked about everywhere. Infectious disease outbreaks create a unique type of crisis with a great deal of uncertainty about the nature of the disease, its spread, and its impact. The fact you cannot see it is scary. It is normal to feel stressed and anxious, and is in no way a sign of weakness or reflection of inadequacy. It is understandable that our concern regarding COVID-19 affects individuals' emotional and mental health and wellbeing even among those who have not been directly exposed to the virus.

### What are we stressed/anxious about?



We are all different and may have different priorities or areas of concern but there are common concerns that we all may share:

1. Uncertainty about our future (health and economic).
2. Fear of the unknown – feeling a threat to self and loved ones.
3. Challenging and distressing situations/images seen in our communities and on the news.
4. Fear of what to do and how to live our life safely once lockdown measures are relaxed.

These are highly common concerns and are very normal. You may have very different worries, which is also okay. The way we react is also different from one person to another. The goal of this guide is to help you manage your emotions and anxiety during the outbreak and provide some simple tools to manage your anxiety during this difficult time. Importantly, you should not have to experience this alone: speak to and work in partnership with your social worker/group worker. They are here to support you. Speak to the other personal and professional relationships in your life. Additional links/resources are added to help you. If you do not have internet access, your social worker/group worker can print them out for you.

The guide follows the following steps to support you to:

- Step 1: Identify areas of concern and coping strategies.
- Step 2: Apply this to the Wellbeing Traffic Light System.
- Step 3: Look at some of the guidance and resources for Client Wellbeing during COVID-19.
- Step 4: Write your own Wellbeing plan.

**Step 1: ACKNOWLEDGE WHAT IS HAPPENING FOR YOU**

**Identifying areas of concern and coping strategies**



Emotional distress is common and normal during times of uncertainty and potentially life threatening situations, such as COVID-19. Stress is the feeling of being under too much mental or emotional pressure. When you feel unable to cope, pressure turns to stress. Stress can present itself in different ways including physical, emotional, or mental ways. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else. It can impact on how you feel, think, behave and how your body works. The aim of this exercise is to support you to identify and plan for stressful situations that may come up and support you in finding ways of dealing with these situations in a non-harmful way.

**Exercise 1 <sup>1</sup>**

**Potential COVID-19 concerns: (circle the one[s] you recognise. You can talk this over with your worker).**

|  |   |                                    |  |   |
|--|---|------------------------------------|--|---|
| Social isolation – not getting to see your friends           | Fear of getting sick                          | Public transportation fears        | Loneliness                                     | Misinformation                                |
| Not having enough groceries                                  | Not getting medical help                      | Appointments getting cancelled     | Poor economy                                   | Work shutting down                            |
| Not going on vacation  | Public entertainment/events getting cancelled | Not being able to travel           | Fear of loved ones/children getting sick/dying | Loved ones getting sick/dying                 |
| Concerns for elderly/medically vulnerable getting sick/dying | Not knowing who is sick/infected              | Self-shielding                     | Being in close quarters with family members    | Kids out of school and having to stay at home |
| Additional childcare demands                                 | Feeling trapped at home                       | Loss of income/unable to pay bills | Boredom  | Loss of routine                               |

Add you own concerns not listed above \_\_\_\_\_

\_\_\_\_\_

<sup>1</sup> Adapted from 'Allies for Change', Addressing Concerns and Stress Caused by COVID-19

**Exercise 2**

**COMMON STRESS REACTIONS** (circle the one[s] you recognise so you can choose some of the techniques to see which one helps most. You can talk this over with your worker)

|  |   |  |   |   |
|--|---|--|---|---|
| Can't concentrate  | Excessive worry, feeling overwhelmed, or realising that it's hard to stop thinking about different aspects of the coronavirus | Trouble sleeping or staying asleep   | Increased tobacco use                                 | Changes in eating patterns such as eating too little/too much |
| Constant hypervigilance, which can look like excessive checking up on the news | Hypervigilance, constantly checking in on family and friends  | Difficulty relaxing, including muscle tension, and feeling keyed up or on edge | Increased alcohol or drug use in order to self soothe | Irritability, anger, and other emotional reactions            |
| Wanting to be alone or feeling detached or numb                                | Feeling demotivated   | Feeling like brain is slowing down   | Feeling zoned out                                     | Personal hygiene deteriorating                                |
| Tearfulness and sadness  | Body aching   | Breathing out of sync  | Unable to stop for the briefest of moments            | Withdrawing from loved ones                                   |

Add you own stress reactions not listed above \_\_\_\_\_

\_\_\_\_\_

**Exercise 3**

**Potential ways to manage COVID-19 concerns: (circle the one[s] you currently use and the ones[s] you would like to develop)**

|   |   |   |   |   |
|---|---|---|---|---|
| Talk about your feelings/concerns with others   | Know the facts and symptoms                               | Grounding exercise                        | Pace yourself/limit news consumption  | Keep perspective 'this, too, shall pass', 'I am not alone'  |
| Breathing exercise  | Allow others to experience their version of distress      | Acknowledge/validate people's fears       | Support your loved ones in their distress in the ways they wish to be supported                 | Identify and practice practical ways to reduce infection risk   |
| Focus on what you can do rather than on what you can't  | Keep a clean/safe environment                             | Identify positive family activities       | Take breaks from parenting/support the other parent taking breaks from parenting                | Considering ways to get out of the house while practicing social distancing (e.g., going for walks etc. |
| Identify practical ways to co-exist when at home for long periods of time                                     | Identify projects to keep busy                            | Prioritise self-care                      | Use stress reduction techniques (e.g., conscious breathing, progressive relaxation, meditation) | Reach out to others via the phone, email, texting, FaceTime, etc.                                       |
| Utilise community resources—both existing ones as well as new ones that may become available during this time | Ask for assistance from others—emotional, practical, etc. | Remember that you are not alone with this | Practice self-compassion  | Practice compassion towards others—this is a hard time for all of us                                    |
| Reach out to those who are isolated and/or need assistance  | Be mindful of your emotional intensity and stress level   | Take time-outs as needed                  | Gratitude journal   | Stay current on the latest information  |

Add you own coping mechanisms not listed above \_\_\_\_\_

---

**Step 2: The Wellbeing Traffic Light System <sup>2</sup>**



A good way to think of our wellbeing and the way we manage it in a time of crisis is to consider a traffic light system. This is an example of common responses when our wellbeing may be under threat:

| Threat  |  Physical wellbeing<br>Examples:  |  Mental Wellbeing<br>Examples:  |  Social Wellbeing<br>Examples:                                       |
|---|--|--|---|
| <b>STOP</b><br><br><b>TAKE ACTION!</b>                          | Feeling Tired;<br>Exhausted;<br>Not sleeping;<br>Disrupted Sleep<br>Increased Alcohol/Illicit substance use;<br>Sex as coping;<br>No Exercise                    | Feeling unable to cope or frequently afraid;<br>Becoming angry and irritable at work and at home;<br>Consumed by negative thoughts.                        | Isolated or avoiding contact with others;<br>Cut off from family and friends;<br>Dreading any social Activity.  |
| <b>AMBER: Possible Risk</b><br><br><b>TIME TO DO SOMETHING!</b> | Feeling more tired or weak than normal;<br>Reducing activities that are a source fun/enjoyment or give meaning;<br>An increase in unhealthy eating and drinking. | Increase in negative emotions: anxiety, low mood;<br>Difficulties focusing<br>Increased rumination (washing machine of thoughts).                          | Limited sense of connection with work colleagues / team.<br>Reduced social contact.<br>Withdrawing mentally from loved ones.                            |
| <b>Green:</b><br><br><b>No Action Needed</b>                    | Exercising as normal;<br>Feeling physically fit;<br>Sleeping well;<br>Eating and drinking as normal.<br>Not using harmful behaviours                             | Feeling emotionally/mentally well;<br>Feeling focussed;<br>Find enjoyment in positive leisure activities;<br>Being interested and curious about the world. | Feeling connected to others: loved ones/friends/colleagues;<br>Feeling that your views are considered;<br>Having a reciprocal relationship with others. |

**Note: If you are noticing changes in your sexual thoughts and behaviour, including ones that you consider or know are harmful, discuss this with your social worker/group facilitator. It is important that we know this, so that we can offer you support at the earliest opportunity. It is important that we support you to revisit/develop your Keep Safe plan.**

<sup>2</sup> Adapted from NES Education for Scotland: Wellbeing Planning Tool

**What are your warning signs?**



Use some of your answers from Exercise 1 and the example above to build up a picture of your own Wellbeing Traffic Light System. When completing this, think about some of your warning signs from your MFMC Keep Safe plan.

| Threat   |  Physical wellbeing<br>Examples: |  Mental Wellbeing<br>Examples: |  Social Wellbeing<br>Examples: |
|--|---|---|---|
| <p><b>STOP</b></p> <p><b>TAKE ACTION!</b></p>                          |   |   |   |
| <p><b>AMBER:</b> Possible Risk</p> <p><b>TIME TO DO SOMETHING!</b></p> |   |   |   |
| <p><b>Green:</b></p> <p><b>No action needed</b></p>                    |   |   |   |

**Step 3: TAKE CONTROL**

**Guidance and resources for Client Wellbeing during COVID-19**

**Structure Your Day**



When we are faced with unpredictability and change, we need to bring back some healthy control into our life. Create a structure to your day as this will provide routine and predictability. It may make it easier initially to make a list for each day that will provide the structure, even if this starts with simply “get out of bed and eat breakfast”. A template of this may be found below. Your brain and body will like this and will respond positively as it provides predictability and therefore a level of healthy control. If in employment and you are working from home, continue to engage with colleagues if you have a phone/internet access, structuring your day as you would when in the office. It might also help to wear your work clothes in the house as it helps maintain your professional persona – your brain will like this familiarity and consistency. Your daily routine should essentially prioritise looking after yourself. Try viewing this as an ‘unusual’ experience and build your day around differing experiences: exercise, work, relaxation techniques, watching films and reading books.

**Daily Planner Template:**

| Time           | Activity |
|----------------|----------|
| Wake up!       |          |
| Breakfast      |          |
| Morning        |          |
| Mid-morning    |          |
| Late-morning   |          |
| Lunch          |          |
| Afternoon      |          |
| Mid-Afternoon  |          |
| Late Afternoon |          |
| Dinner         |          |
| Evening        |          |
| Bedtime        |          |

**Resources:**

Supporting you to structure your day

- Coping with Coronavirus daily planning article: <http://www.copingwithcoronavirus.co.uk/onewebmedia/Managing Mood with Activity Scheduling.pdf>
- Weekly Planner Template: <https://www.get.gg/docs/WeeklyPlanner.pdf>
- Blog about managing time: <https://www.psychologytoday.com/gb/blog/the-leading-edge/202004/finding-the-time-better-manage-your-time>
- Focusing on values if unable to work: <http://www.copingwithcoronavirus.co.uk/onewebmedia/Setting values based goals.pdf>

Working from home

- Mental health working from home tips: <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working>
- NHS 7 simple tips to working from home: <https://www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/>
- Headspace meditation regarding Managing Stress whilst working from home: <https://www.headspace.com/covid-19>
- Thrive Edinburgh 5 tips for home wellbeing poster: <https://www.evoc.org.uk/wordpress/wp-content/media/2020/03/here.pdf>

**Note: If interested in any of these resources and you do not have access to the internet please ask your social worker/group facilitator to print them out.**

**Live Moment to Moment**



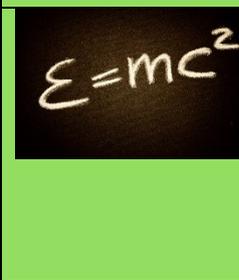
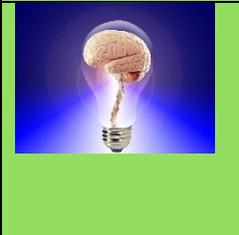
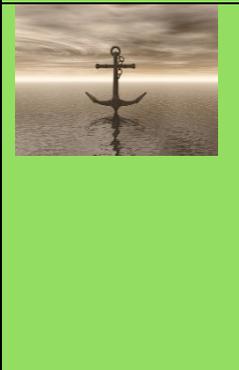
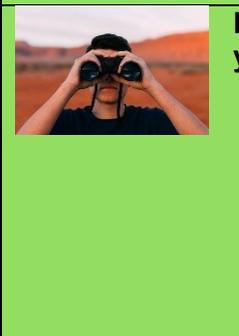
Try to live moment-to-moment, day-to-day. Focus not on the future as this can feel overwhelming. Just focus on the present day. The here and now. Stick to your daily routine or daily structures. Get through each day. You may even want to break this into segments using a daily planner and try to do things that help achieve this: like jigsaws, reading a book, breathing and walking exercises etc. It is sometimes easier said than done to manage your worries in a time of uncertainty, and our fears and worries can often feel suffocating. However, an effective way to manage your worries/concerns is to focus your attention back into the present moment.



One way to do this is by using your **5 senses**. Follow the steps below when you feel yourself getting stressed or anxious:

|               |  |
|---------------|--|
| <b>Step 1</b> | <b>Take a seat, or stand comfortable. Take a deep breath and then...</b>   |
| <b>Step 2</b> | <b>See</b> - Look around you and name out loud 5 things you can see.   |
| <b>Step 3</b> | <b>Feel</b> - Pay attention to your body and name 4 things you can physically feel e.g. the chair I am sitting on, my feet on the floor. |
| <b>Step 4</b> | <b>Listen</b> - Listen for 3 sounds and name them out loud.  |
| <b>Step 5</b> | <b>Smell</b> - Name out loud 2 things you can smell (or favourite, safe smells if you can't detect any where you are).                   |
| <b>Step 6</b> | <b>Taste</b> - Name out loud 1 thing you can taste (or favourite, safe taste if you can't taste anything right now).                     |

These are examples of **Grounding activities**. Grounding exercises use mental distractions to help redirect your thoughts away from distressing or unpleasant feelings and back to the present. Other examples may be found below:

|   |   |   |
|---|---|---|
|    | <p><b>Music game</b></p>  | <p>Pick a musician or group that you like and try and name five songs:</p> <p>Example: Name five songs from your favourite band.</p>  |
|    | <p><b>Use Maths or Numbers</b></p>  | <p>Even if you are not a maths person. Try it. Numbers can help. Example:</p> <ul style="list-style-type: none"> <li>• Count backwards from 100,</li> <li>• Choose a number and think of five ways you could make the number (6 + 11 = 17, 20 – 3 = 17, 8 × 2 + 1 = 17, etc.)</li> </ul>  |
|   | <p><b>Memory Game</b></p>   | <p>Look at a detailed photograph or picture (like a street scene) for 5 to 10 seconds. Then, turn the photograph face-down or close the page and recreate the photograph in your mind, in as much detail as possible. Or, you can mentally list the things you remember from it.</p>  |
|  | <p><b>Use an anchoring statement or a statement that connects you to the 'here and now'</b></p> | <p>For example, "I'm ..... (Full Name). I'm .... (Age) years old. I live in ..... (City/Town). Today is ..... (Date). It's ..... (Time) in the morning. I'm sitting at my desk at work. There's no one else in the room."</p> <p>You can expand on the phrase by adding details until you feel calm, such as, "It's raining lightly, but I can still see the sun. It's my break time. I'm thirsty, so I'm going to make a cup of coffee."</p> |
|  | <p><b>Describe what's around you</b></p>  | <p>Spend a few minutes taking in your surroundings and note what you see. Use all five senses to provide as much detail as possible. "This park bench is brown, but the park bench over there is green. It's warm under my jeans since I'm sitting in the sun. The bench feels rough, but there aren't any splinters. The grass is green. The air smells of cut grass. I hear people talking and dogs barking."</p>                           |
|  | <p><b>Recite something</b></p>  | <p>Think of a poem, song, or book passage you know by heart. Recite it quietly to yourself or in your head. If you say the words aloud, focus on the shape of each word on your lips and in your mouth. If you say the words in your head, visualize each word as you'd see it on a page.</p>   |

## Emotions



Emotions may feel overwhelming during this time of uncertainty. This is normal. It will not last forever. It is however a barrier to our Good Life Goal of Peace of Mind. It undermines our Happiness and negative emotions can stop us focusing on the other goals that are important to us; such as Relationships and Friendships and Being Good at Work and Play. Negative emotions can also impact on our health. It is important that you do not experience this alone. It is important for us that you feel supported. Please speak to your social worker/group facilitator who will be able to support you regarding this. There are modules in MFMC that you may want to revisit with them: 'Introduction to Thinking and Self-Management' Module; 'Self-Management' Module.

Below are a number of suggestions and exercises that can support emotional management.



### **Firstly...step away from the news...or at least be selective with what news you access!**

When we are anxious about something unknown, it is a natural response to attempt to inform and educate yourself. Having access to information can help us feel in control. However, anxiety can result in us constantly checking and seeking out new information to a point that it is unhelpful and harmful to our emotional wellbeing

If you find that the news is a source of stress, it is important to find a balance. Balance the need to be informed with limiting the amount of time you spend reading or watching things which are a source of negative emotion. Perhaps decide on a specific time to check in with the news. Be selective with what news sites and media sites you are accessing, choosing only reputable sites, as rumour and miss information only creates further anxiety.

Tip: 'Mute' group conversations on social platforms which are causing you anxiety.

Tip: There is a lot of misinformation and opinion pieces being circulated - stay informed by sticking to trusted sources of information such as Government and NHS websites.

### **Common ways to preserve our psychological wellbeing:**<sup>3</sup>

- Focus attention on what you can control.
- Notice and limit rumination (or in other words the washing machine cycle of negative thoughts).
- Acknowledge that it's okay and normal to feel stress.
- Understand that negative emotions and thoughts are a normal response to stress.
- Notice your own stress response on your body, emotions, relationships and activities.
- Try not to focus too much on these emotions, but find a way of firstly telling yourself these emotions are normal given the stressful situation we face, then distract by using any of the suggestions below and of course, staying with your daily structure. Grief is a normal emotion when we lose connection with others.
- Take mental 'breathing space' breaks when physical ones may not be possible.
- Breathing exercises can help calm yourself and self soothe your mind. Do breathing exercises to calm yourself – there are many online to choose from – or we can send

<sup>3</sup> Adapted from NES Education for Scotland: Wellbeing Planning Tool

you some by post if no internet access. Your social worker/group facilitator can also guide you through breathing exercises to help you feel grounded and present.

- Practice Mindfulness (please see below).
- Practice Self Compassion (please see below).
- Exercise is good for emotional healing.
- If working. Plan a wind-down routine to mentally and physically disconnect from work.
- Take time to consciously switch off mentally from work.

**Practice Mindfulness**



The uncertainty generated by COVID-19 is a trigger for our threat/protective system. It can trigger our Fight, Flight and Freeze responses. Speak to your social worker/ group facilitator about the Window of Tolerance and its link to the way we manage our emotions. If you have completed the 'Introduction to Thinking and Self-Management' Module, this is an opportunity to revisit it. Self-care is important. Mindfulness practice can help us manage the emotional distress that we experience in relation to the pandemic. It effectively reconnects us with the part of the brain that enables us to problem solve. It can help people who experience emotional exhaustion, stress, depression, anxiety, and other psychological distress. Mindfulness can also improve self-compassion, relaxation and our sleep. Please find below some examples of Mindfulness exercises-

**Example 1:**

|   |  |
|---|--|
| <b>A Short Pause</b>  |  |
| Take regular short 2-3 minute pauses as often as you can during the day with 4 key steps: |  |
| <b>Breathe</b>  | Take a few deeper breaths than normal – a long slow in breath and a long slow out breath - pay attention to your in-breath, all the way in – and your out-breath, all the way out. Feel a sense of letting go on the out-breath. |
| <b>Ground yourself</b>  | Feel your feet on the ground – notice any sensations like tingling or heat or cold. Paying attention to your feet takes your attention away from thoughts and difficult emotions.  |
| <b>Smile</b>  | You may not feel like smiling, but doing it will automatically relax tension in your body – and it may light up someone else’s day if they see you.  |
| <b>Notice</b>   | Take notice of one thing you can be grateful for, right now in this moment, e.g. help from others, comfy bed, taste of tea or coffee, message from a friend.   |

## Example 2



## Calming/Relaxing Place

- **Engage** in soothing rhythm breathing and when you're ready, see if you can invite the image of a place in your mind – a place that could give you the feeling of calmness and complete relaxation.
- Imagine looking around you, what can you **see**? Noticing the colours around you, appreciating their richness, the quality of the light, the time of day.
- Now focus on what you can **feel**. Noticing the temperature around you, the feeling of the air on your skin. Maybe you are barefoot in your calm space, noticing the texture of the ground under your feet.
- Next, think about what you can **hear**. Are there any sounds around you? Are they intense or are they quite subtle? Are there any animal sounds, like bird songs for example?
- Now see if you can **smell** anything in your calm space.
- When you bring your calm/relaxing place to mind, allow your body to relax. Becoming aware of your facial expression, allow your brow to become smooth, if your jaw is clenched invite it to relax, perhaps you feel a soft smile of pleasure at being there.
- See if you can imagine that the place itself takes joy in you being there. Allow yourself to feel how your calm/relaxing place has pleasure in you being here. Explore your feelings when you imagine this place is happy with you being there. Even if it is just a fleeting sense of where the image might be, try to create an emotional connection to this place.
- Know that this place is always available for you to return to. It is never more than a thought away. As soon as you remember it, you can go back and once again feel calm.

**Self-Compassion** <sup>4</sup>

Self-compassion helps us to regulate and manage our emotions or in other words, supports us to self sooth and work through the negative emotions that we can experience on a daily basis. Compassion can also help us to connect to others, to accept the views of others and have a better understanding of the actions of others. In doing so it can help us to feel less threatened or defensive in relation to others. Compassion is linked to other behaviours such as warmth and agreeableness. Mindfulness creates the conditions for a calm mind and compassion for a transformed mind. In Buddhism, the symbols for mindfulness and compassion are like the wings of a bird, you need to use both together to fly.

Compassion involves learning to be caring to ourselves, being sensitive to our experience of distress, being patient with our feelings, being understanding and non-judgmental. The key skills to develop are learning to direct our attention in compassionate ways, generating and practising compassionate thinking, acting in compassionate ways (compassionate behaviour), and generating compassionate feelings. **If you have had positive experiences of undertaking self-compassion exercises whilst undertaking MFMC and/or are keen to learn self-compassion techniques please speak to your social worker/group facilitator. We want this to be a positive and safe learning experience for you.**

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<sup>4</sup> Adapted from the *Moving Forward and Making Changes Practitioner Manual* (2018) Scottish Prison Service & Scottish Government- Crown Copyright Version 1.5 p52

## **Gratitude Journal**



We often focus on negatives in life. We get fixated on threats or danger and in doing so overlook goodness and the positive things around us. Gratitude is appreciating what is valuable and meaningful to you. Science has shown that those who practice gratitude experience more positive emotions and feel better about themselves. It's been proven that people

feel less depressed and more satisfied with their life.

If we have learned to naturally think negative, we can challenge our thought process by practising gratitude. Practicing gratitude has been proven to increase physical and mental well-being and reduce negative feelings and depression.

### **How to keep a Gratitude Journal:**

- Write it down.
- Write about the specific things you are grateful for in your life. It can be anything, big or small.
- Expand on your reasons for gratitude.
- Practice this at least 3 times per week and notice the changes in your mind and body when considering these things.
- Keep a record so you can reflect on it and discuss it with your worker.

## **Emotional Wellbeing Resources:**

Telephone Numbers:

- Breathing Space Scotland: 0800 83 85 87
- Samaritans: 116 113
- Sane: 07984 967 708
- Supportline: 01708 765200

### **Stress**

- NHS Inform, Struggling with Stress: <https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/struggling-with-stress>
- Self- help Guide for stress: <https://www.getselfhelp.co.uk/docs/StressSelfHelp.pdf>

### **Anxiety**

- NHS Inform: Anxiety Self Help Guide: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>
- NHS Scotland: Tips on how to cope if you are worried about Coronavirus and in isolation by NHS Education for Scotland.
- NHS Wellbeing Anxiety Booklet: <http://wellbeing-glasgow.org.uk/anxiety-2/>
- Coping with Coronavirus Breathing Activities: <https://www.copingwithcoronavirus.co.uk/onewebmedia/Managing%20Anxiety%20During%20the%20Coronavirus%20Pandemic.pdf>

- Psychology Tools: Living with worry and anxiety amidst global uncertainty [https://www.psychologytools.com/assets/covid-19/guide to living with worry and anxiety amidst global uncertainty en-gb.pdf](https://www.psychologytools.com/assets/covid-19/guide%20to%20living%20with%20worry%20and%20anxiety%20amidst%20global%20uncertainty%20en-gb.pdf)

### Depression

- NHS Inform: Symptoms, Causes and Treatment: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/depression>
- NHS Glasgow Wellbeing centre low mood booklet: <http://wellbeing-glasgow.org.uk/low-mood/>
- NHS Inform: Depression Self Help Guide: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide>

### Emotional Management

- NHS Fife self-help resource on emotion regulation and managing emotions: [https://www.moodcafe.co.uk/media/15343/ER\\_handout\\_Final\\_16\\_June\\_2016\\_pdf.pdf](https://www.moodcafe.co.uk/media/15343/ER_handout_Final_16_June_2016_pdf.pdf)
- NHS Lothian. Managing your emotional wellbeing during the Covid-19 Outbreak: <https://services.nhslothian.scot/cysticfibrosisadultservice/ManagingyouremotionalwellbeingduringtheCovid-19outbreak/Pages/default.aspx>

### General Sites on Mindfulness and Compassion:

- Mindful website: [www.mindful.org](http://www.mindful.org)
- Mindfulness Exercises [www.mindfulnessexercises.com](http://www.mindfulnessexercises.com)
- Compassionate Living: [www.compassionateliving.info](http://www.compassionateliving.info)

### Mindfulness/Meditation

- NOW mindfulness activity: <https://www.getselfhelp.co.uk/docs/NOW.pdf>
- 'Mindfulness of the breath' meditation audio [here](#)
- Meditation/mindfulness for acceptance audio [here](#)
- 'Watching thoughts' meditation audio [here](#)

### Phone Apps

- Headspace is a fee paying app but has free resources in relation to COVID19
- Calm, is another very popular app, has many free resources for this crisis period, including help for sleep.
- Insight Timer has thousands of free meditations of many types freely available as well as calming music recordings.
- The Healthy Minds App is now free for individuals.
- MindPilot is a new free app with a mindfulness course by experienced mindfulness teachers.

**Note: If interested in any of these resources and you do not have access to the internet please ask your social worker/group facilitator to print them out.**

**Use Your Body**



Our bodies are central to our achievement of common life goal of Life, Living and Surviving. Your body loves physical exercise of any sort, especially the rhythmic component which creates grounding and good emotional regulation. Skipping, drumming, clapping, running, walking etc within NHS guidelines. Exercise doesn't have to be outside. Do things that allow your body to move – if you have internet access you can watch YouTube videos for ideas. Yoga, mindfulness, exercise routines, walking on the spot, anything that can help your body gain energy, feel motivated, create rhythm and become energised. It will help to improve your mood. Build into your day some form of exercise, ideally doing this with someone else in the home if suitable.

**Body weight training**

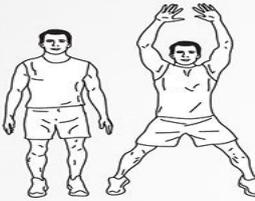
One of the most effective workouts, if you cannot leave the house, is a mix of body-weight exercises and high-intensity interval training (HIIT). Body-weight HIIT workouts are relatively short and don't take up much space. Best of all, they do not require any equipment. HIIT workouts are accessible online (Youtube) or are now being offered by local gyms online. You could also download a Tabata app or Sweat Deck to guide you and time your sequences. Please check with your doctor the suitability of such exercise if you have an underlying health condition or risk factors associated with heart disease (e.g. high blood pressure).

Please find below examples of daily workout bodyweight plans available via the NHS:

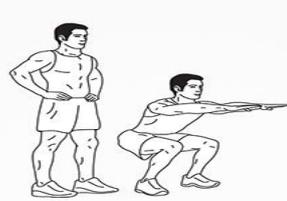
# 150

# POINTS

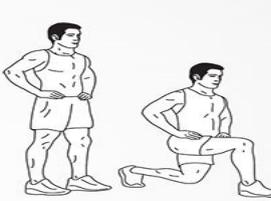
**WORKOUT @ [neilarey.com](http://neilarey.com)**  
 EACH EXERCISE = 1 POINT  
 UP TO **24 HRS TO COMPLETE**



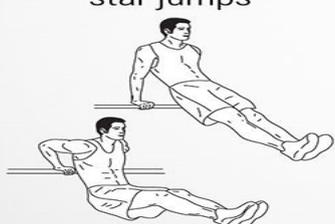
star jumps



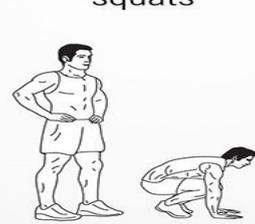
squats



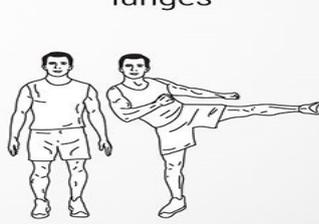
lunges



tricep dips

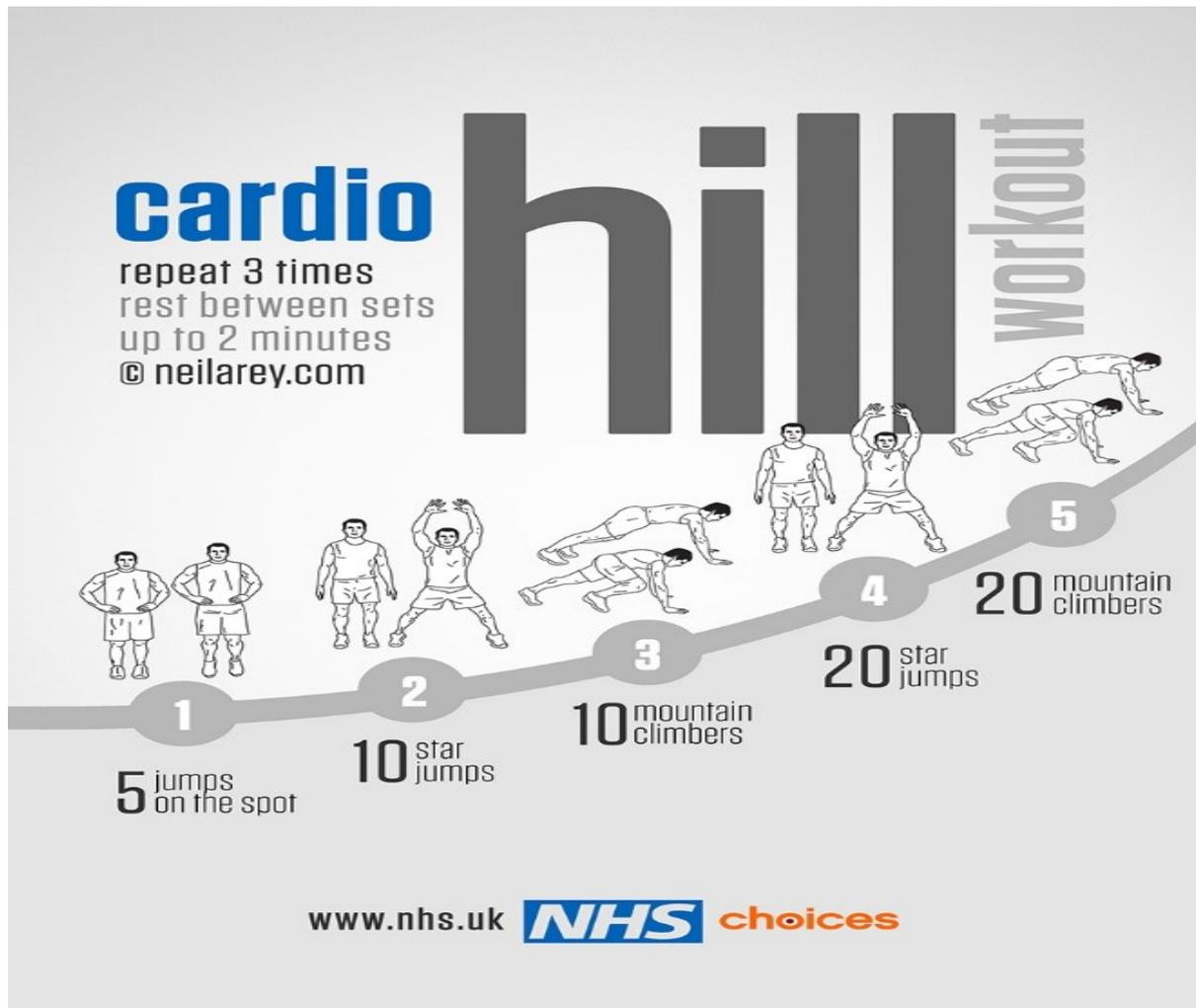


floor taps



side leg raises

[www.nhs.uk](http://www.nhs.uk) **choices**



Resources:

Keeping Active

- NHS workouts home: <https://www.nhs.uk/live-well/exercise/gym-free-workouts/>  
These workouts cater for all physical abilities.
- Twenty minute full body stretch: [https://www.youtube.com/watch?v=sTANio\\_2E0Q](https://www.youtube.com/watch?v=sTANio_2E0Q)
- Example of Mindful movement or QiGong Youtube channel: QigongForVitality.com.  
These exercises cater for all physical abilities.
- Example of Free Apps: Fitify, Swordfit, Nike Training Club, Down Dog (Yoga), Couch to 5k (NHS).
- Example of Fee paying Apps: Aaptiv, Centr, Freeletics
- Books: Cell Workout: At home, no equipment, bodyweight exercises and workout plans for your small space by L J Flanders.

**Note: If interested in any of the free resources and you do not have access to the internet please ask your social worker/group facilitator to print them out.**

**Connection**



Humans are social creatures. We like to connect. The longer the pandemic and lock down continues the more likely we are to feel lonely. Long-term loneliness is associated with an increased risk of certain mental health problems including depression and anxiety. That means that we need to adapt to how we continue to connect with others and in doing so, find new

ways to stay in touch. Within your daily structure, put time aside to safely connect with others who are your main supports. Be this in your own household, or by phone. It is an opportunity to focus on positives, to share fun and jokes. Try to maintain your routines as much as possible. For example, if you play cards with a friend on a Wednesday, keep the appointment in your diary and play the game on a video call. At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or contact a helpline for emotional support. Connecting with pets is also important and healthy, especially if our networks may be quite restricted. Importantly, give close loved ones and/or pets a hug as this helps us and our body will love it!

Importantly, if you are experiencing loneliness and feel isolated, speak to your worker. There are supports that can be offered through MFMC with not only the negative emotions that you may experience with regards to loneliness but also the barriers that you may experience in relation to the Good Life goal of Relationships and Friendships.

**Exercise**

Who are your ‘**3 A day**’? Write their names in the boxes. Think how will you connect with them within current restrictions? Why are these people important to you?

1<sup>st</sup> Name:

2<sup>nd</sup> Name

3<sup>rd</sup> Name:

**Agencies**

- **Breathing Space Scotland:** 0800 83 85 87 - advisors are available in the evenings (6pm - 2am) and at the weekends (24 hours) for anyone feeling low, anxious or isolated
- **The Silver Line:** 0800 4 70 80 90 - friendship and advice 24 hours a day for older people
- **Samaritans:** The Samaritans offer emotional support 24 hours a day - in full confidence. Call 116 123 - it's FREE.
- **Shout Crisis Text Line:** For support in a crisis. Text Shout to 85258. If you are experiencing a personal crisis, are unable to cope and need support. Shout can help with urgent issues such as: Suicidal thoughts, Abuse or assault, Self-harm, Bullying, Relationship challenges.

- **Rethink Mental Illness:** You can call (0300 5000 927) the Rethink advice and information line Monday to Friday, 10am-2pm for practical advice on: different types of therapy and medication, benefits, debt, money issues, police, courts, prison and your rights under the Mental Health Act.
- **Mind:** Call the Mind infoline on 0300 123 3393 (UK landline calls are charged at local rates, and charges from mobile phones will vary considerably). Or email [info@mind.org.uk](mailto:info@mind.org.uk). Mind offer an information line to answer questions about: types of mental health problem, where to get help, drug and alternative treatments and advocacy.

### Online Resources

- The Mental Health Foundation: Nurturing Our Relationships During The Coronavirus Pandemic: <https://www.mentalhealth.org.uk/coronavirus/nurturing-our-relationships-during-coronavirus-pandemic>

**Opportunities**



As much as the pandemic is a source of stress and anxiety it also presents us with an opportunity to refocus our attention on what is important to us, to strengthen our connections with others, to try different experiences. If you have been undertaking MFMC, revisit your Good Life plan and look at the goals that you want to focus on and how you plan to achieve them. Don't do this in isolation, talk to your social worker/facilitator. For example, use this time to do things you have been putting off but remember there are no expectations and it does not have to be perfect. Do simple DIY, learn something online if you have access, write, create, make new recipes, tidy the garden, paint etc. Look at opportunities to achieve things and feel the sense of satisfaction as you have always wanted but never done. Look at opportunities as ways in which to structure your day and as contributing to your overall emotional wellbeing.

List 3 projects you might want to focus on and what you need to be able achieve these tasks.

| My Planned Projects |  |
|---------------------|--|
| 1.                  |  |
| 2.                  |  |
| 3.                  |  |

**Step 4 My Wellbeing Plan**

Having had a look at this guide, start to think about your own Wellbeing Plan. What can you do when you start noticing your Amber warning signs:

**My amber warning signs:**

**My Wellbeing Plan:**

| <p><b>Physical:</b></p>  <p>What three things will I do to improve my physical health? What will I not do?</p> | <p><b>Psychological:</b></p>  <p>How do I want to think and feel? What 3 things will I do for my mental health?</p> | <p><b>Social:</b></p>  <p>Who will I connect with? Who will I talk to about how I am feeling? What professionals will I speak to?</p> |
|---|--|--|
|   |  |  |

NOTES

**Remember we are in this together. You are not alone.**

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