

## Social Distancing/ Self-Isolation Resource Pack

Due to the COVID-19 pandemic we have been advised to implement social distancing. We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health. This pack has been made from a range of different sources in order to give advice to keep yourself well during this time.

The following are useful tips to help:

1. **Establish a daily routine.** Routines provide structure and purpose.
2. **Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
3. **Think about the regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
4. **Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
5. **Identify the triggers that make you feel low** and look for ways to reduce or manage them.
6. **Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
7. **Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water, to help boost your immune system and energy levels.
8. **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
9. **Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
10. **Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence.

**These are helpful Apps to support with mental health and relaxation.**

	<p>Pacifica- CBT and relaxation for stress and anxiety (free)</p>		<p>NHS Wellmind- information and relaxation for anxiety, stress and depression (free)</p>
	<p>SAM- guided self help for anxiety management (free)</p>		<p>Moodkit- CBT informed for depression (cost)</p>
	<p>Headspace- guided mindfulness meditations (1<sup>st</sup> 10 sessions free)</p>		<p>NHS Moodometer- mood monitoring diary (free)</p>
	<p>What's Up? – CBT informed relaxation and grounding techniques for depression and anxiety (free)</p>		<p>Mindshift- strategies for anxiety and sleep with relaxation (free)</p>
	<p>Calm -sleep and stress management with relaxation sounds and exercises (free)</p>		<p>Catch it- CBT mood monitoring diary (free)</p>
	<p>Stress Companion – CBT, relaxation exercises and information for stress and anxiety (free)</p>		<p>Mind mood tracker- mood and sleep monitoring diary (free)</p>
	<p>Smiling Mind – Guided mindfulness for all age groups (free)</p>		<p>Panic- 10 steps to conquer panic- CBT information for panic attacks (cost)</p>



Calm harm- manage and resist urges to self harm (free)



#StayAlive

Stayalive- suicide prevention, safety planning and crisis support (free)

## Simple breathing, relaxing and grounding techniques

When we become stressful and anxious in times of uncertainty, it important we use breathing, relaxation and grounding techniques to reduce these feelings and symptoms:

- **Breathing**

Deep breathing helps to relieve shortness of breath by preventing air from getting trapped in your lungs and helping you to breathe in more fresh air. It may help you to feel more relaxed and centered.

To do this:

1. While standing or sitting, draw your elbows back slightly to allow your chest to expand.
2. Take a deep inhalation through your nose.
3. Retain your breath for a count of 5.
4. Slowly release your breath by exhaling through your nose.

- **Relaxation**

1. Informal Relaxation/Everyday relaxation:

This is everyday tasks we do that give us the feelings of relaxation and what we find soothing. These tasks are individual and can range from things from doing a puzzle, reading a book, bathing, taking a hot bath etc.

2. Body scan:

This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there. A body scan can help boost your awareness of the mind-

body connection. If you have had a recent surgery that affects your body image or other difficulties with body image, this technique may be less helpful for you.

3. Guided imagery:

For this technique, you conjure up soothing scenes, places, or experiences in your mind to help you relax and focus. You can find free apps and online recordings of calming scenes—just make sure to choose imagery you find soothing and that has personal significance. Guided imagery may help you reinforce a positive vision of yourself, but it can be difficult for those who have intrusive thoughts or find it hard to conjure up mental images.

4. Mindfulness meditation:

This practice involves sitting comfortably, focusing on your breathing, and bringing your mind's attention to the present moment without drifting into concerns about the past or the future. This form of meditation has enjoyed increasing popularity in recent years. Research suggests it may be helpful for people with anxiety, depression, and pain.

- **Grounding**

Grounding exercises are helpful for many situations where you find yourself becoming overwhelmed or distracted by distressing memories, thoughts or feelings.

1. Try the 5-4-3-2-1 method

Working backward from 5, use your senses to list things you notice around you. For example, you might start by listing five things you hear, then four things you see, then three things you can touch from where you're sitting, two things you can smell, and one thing you can taste.

Make an effort to notice the little things you might not always pay attention to, such as the colour of the flecks in the carpet or the hum of your computer.

2. Touch something comforting

This could be your favourite blanket, a much-loved T-shirt, a smooth stone, a soft carpet, or anything that feels good to touch. Think about how it feels under your fingers or in your hand. If you have a favourite sweater, scarf, or pair of socks, put them on and spend a moment thinking about the sensation of the fabric on your skin.

3. Use an anchoring phrase

This might be something like, "I'm Full Name. I'm X years old. I live in .... Today is Friday, June 3. It's 10:04 in the morning. I'm sitting on the sofa in my house. There's no one else in the room."

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 tea.” It is helpful to say this out loud.

### Activities

Below is an extensive list of activities to complete to maintain a routine or for distraction to reduce anxiety and stress.

Household Tasks/Chores				
<ul style="list-style-type: none"> <li>• Clean out drawers/cupboards</li> <li>• Re organise a room</li> <li>• Sort recycling</li> <li>• Wash Baseboards, door ceilings, window sills, doors, and walls.</li> <li>• Vacuum and wash vents.</li> <li>• Wash window treatments (drapes, etc.).</li> <li>• Dust blinds.</li> <li>• Wash Windows - inside and out</li> <li>• Dust and shine overhead lights - replace burnt light bulbs.</li> </ul>	<ul style="list-style-type: none"> <li>• Clean out pantry.</li> <li>• Wash kitchen cabinets.</li> <li>• Deep clean oven.</li> <li>• Move fridge - vacuum and mop behind it.</li> <li>• Vacuum coils on fridge.</li> <li>• Deep clean fridge inside - wash outside.</li> <li>• Dust and wash any and all mirrors, frames, and decorative items.</li> <li>• Vacuum all upholstery.</li> <li>• Vacuum all lamp shades.</li> <li>• Dust furniture and fixtures.</li> </ul>	<ul style="list-style-type: none"> <li>• Dust and polish furniture.</li> <li>• Vacuum and shampoo carpets - mop and wax if necessary.</li> <li>• Wash all bedding.</li> <li>• Wash all bed and throw pillows.</li> <li>• Flip Mattress - if using pillow top, rotate mattress.</li> <li>• Purge anything stored under bed you don't want anymore.</li> <li>• Wash and/or replace shower liners and shower curtains.</li> <li>• Wash Dishes</li> </ul>	<ul style="list-style-type: none"> <li>• Change batteries in smoke and carbon monoxide detectors.</li> <li>• Sweep front porch and back deck.</li> <li>• Sweep Path</li> <li>• Store all winter items, clothes, and decorations.</li> <li>• Disinfect all computer keyboards and mouse</li> <li>• Write a Shopping list</li> <li>• Wash and polish the car</li> <li>• Hoover the car</li> </ul>	<ul style="list-style-type: none"> <li>• Discard old and expired makeup. Clean your makeup holders</li> <li>• Update all your house first aid kits. Toss expired medication while sorting other medication.</li> <li>• Dry clean any necessary winter clothing or items. Store all winter items for next year.</li> <li>• Donate any unused clothes</li> </ul>

<ul style="list-style-type: none"> <li>• Dust and/or vacuum light fixtures and lamp shades.</li> <li>• Clean and disinfect tub and shower.</li> <li>• Wash bathmats.</li> <li>• Dust and replace decorative items.</li> </ul>	<ul style="list-style-type: none"> <li>• Wash all throw pillows and blankets (use steam).</li> </ul>	<ul style="list-style-type: none"> <li>• Pick flowers from garden and take them inside</li> </ul>	<ul style="list-style-type: none"> <li>• Wash the car mats</li> <li>• Weeding</li> <li>• Planting seeds for window box or indoor herb garden</li> </ul>	<p>items to Goodwill, The Salvation Army, or other local community organizations.</p>
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### Self Care Tasks

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| <ul style="list-style-type: none"> <li>• Do a crossword or sudoku</li> <li>• Try out aromatherapy or reflexology</li> <li>• Watch television or a DVD</li> <li>• Play on the computer</li> <li>• Surf the internet</li> <li>• Watch the clouds whilst lying outside</li> <li>• Read a novel or new newspaper or magazine</li> <li>• Have an early night</li> <li>• Eat a meal you enjoy</li> <li>• Sleep in</li> <li>• Paint your nails</li> <li>• Use a face mask</li> <li>• Watch a movie</li> <li>• Light a scented candle</li> <li>• Find an inspiring quote for the day and repeat it often</li> <li>• Listen to an audio book or podcast.</li> </ul> | <ul style="list-style-type: none"> <li>• Listen to some favourite (calming or uplifting) music</li> <li>• Try a new newspaper or magazine</li> <li>• Have a bath or shower</li> <li>• Massage your hands or feet</li> <li>• Write a list of things you have achieved, great and small</li> <li>• Soak your feet</li> <li>• Make a list of things that you can be thankful for</li> <li>• Meditate, relax, yoga, tai chi, reiki</li> <li>• Cuddle a soft toy</li> <li>• Write a letter to yourself</li> <li>• Read a letter you've written to yourself to read at later date.</li> <li>• Stay off of social media for an hour (or more!)</li> </ul> | <ul style="list-style-type: none"> <li>• Watch the sunset (or sunrise)</li> <li>• Wear something that makes you feel good</li> <li>• Create a new recipe for dinner</li> <li>• Sing to some of your favourite songs at the top of your voice</li> <li>• Find something that makes you laugh</li> <li>• Make yourself a hot drink</li> <li>• Watch Music videos on youtube</li> <li>• Google Jokes</li> <li>• Play a board game or cards</li> <li>• Create a vision board</li> <li>• Write down your negative thoughts and thrown them away.</li> <li>• Sit quietly at home</li> <li>• Watch baby animal videos</li> <li>• Write down 3 things you're thankful for</li> </ul> | <ul style="list-style-type: none"> <li>• Interact and play with pet</li> <li>• Stroke pet</li> <li>• Take pet for walk</li> <li>• Talk to pet</li> <li>• Bath the dog</li> <li>• Brush the dog/ cat</li> <li>• Clean the hutch/cage</li> <li>• Make a puzzle for your pet to solve</li> <li>• Teach your pet a new trick</li> <li>• Wash and disinfect pet bedding and toys</li> <li>• Sing to your pet</li> <li>• Make an obstacle course for your pet and practice</li> <li>• Have a photo shoot and make your pet the star</li> <li>• Draw or paint your dogs picture.</li> </ul> |
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### Hobbies/Craft

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| <ul style="list-style-type: none"><li>• Paint</li><li>• Draw</li><li>• Colour in an adult colour book</li><li>• Make a sculpture with clay</li><li>• Knit a scarf, jumper etc</li><li>• Crochet</li><li>• Make wrapping paper</li><li>• Take up a new hobby</li><li>• Learn another language</li><li>• Write a letter or article for a magazine</li><li>• Learn to meditate, do yoga or tai chi</li><li>• Start a diary or journal</li><li>• Write a short story or poem</li><li>• Grow vegetables indoors</li><li>• Try Quilting</li><li>• Jewellery making</li><li>• Card making</li><li>• Model building</li><li>• Build something out of LEGO</li></ul> | <ul style="list-style-type: none"><li>• Take up a musical instrument</li><li>• Decorate a room, or a piece of furniture</li><li>• Paint, draw, sculpt</li><li>• Surf the internet</li><li>• Create a weblog or site</li><li>• Sew or knit</li><li>• Bake</li><li>• Take photographs</li><li>• Make a scrapbook</li><li>• Sort out your photos</li><li>• Try Origami</li><li>• Bird watching from your window</li><li>• Learn a new skill</li><li>• Discover new music</li><li>• Learn to dance – Youtube videos</li><li>• Write a new song</li><li>• Visit a museum online –</li><li>• Learn calligraphy</li><li>• Try juggling</li><li>• Watch a documentary</li></ul> |
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### Physical Activities

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| <ul style="list-style-type: none"><li>• Exercise DVD</li><li>• Star jumps</li><li>• Yoga (youtube video)</li><li>• Pilates (youtube video)</li><li>• Exercise tutorials (youtube)</li><li>• Go up and down stairs</li><li>• Chair exercises</li></ul> | <ul style="list-style-type: none"><li>• Try lifting light weights or tins</li><li>• Tai Chi</li><li>• NHS 10 minute workbook – (<a href="https://www.nhs.uk/live-well/exercise/10-minute-workouts/">https://www.nhs.uk/live-well/exercise/10-minute-workouts/</a>)</li></ul> |
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### Connecting with Others

- Keep in regular contact with friends and family
- Telephone someone you haven't spoken to for a while
- Write a letter to someone you haven't spoken to for a while
- Talk to a friend or family member
- Phone the Samaritans or another helpline
- Join an online support group or discussion forum
- Email a friend
- Facetime or video chat with friend or family member

## Useful numbers and websites

**Anxiety UK** - Charity providing support if you have been diagnosed with an anxiety condition. Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)

**Breathing Space** A confidential phone line for anyone in Scotland feeling low, anxious or depressed. Contact on 0800838587 Mon-Thursday 6pm-2am, Friday 6pm-Monday 6am

**Samaritans** registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. Contact on 116 123. Available 24 hours a day 7 days a week.

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Bipolar UK** - A charity helping people living with manic depression or bipolar disorder. Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

**CALM** - CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: [www.thecalmzone.net](http://www.thecalmzone.net)

**Men's Health Forum** - 24/7 stress support for men by text, chat and email. Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

**Mental Health Foundation** - Provides information and support for anyone with mental health problems or learning disabilities. Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind** - Promotes the views and needs of people with mental health problems. Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: [www.mind.org.uk](http://www.mind.org.uk)

**No Panic** - Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD. Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge. Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

**OCD Action** - Support for people with OCD. Includes information on treatment and online resources. Phone: 0845 390 6232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge. Website: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)

**OCD UK** - A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm). Website: [www.ocduk.org](http://www.ocduk.org)

**PAPYRUS** - Young suicide prevention society. Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays). Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Rethink Mental Illness** - Support and advice for people living with mental illness. Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm). Website: [www.rethink.org](http://www.rethink.org)

**Samaritans** - Confidential support for people experiencing feelings of distress or despair. Phone: 116 123 (free 24-hour helpline). Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

**SANE** - Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm). Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare). Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum). Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

**YoungMinds** - Information on child and adolescent mental health. Services for parents and professionals. Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm). Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

**NSPCC** - Children's charity dedicated to ending child abuse and child cruelty. Phone: 0800 1111 for Childline for children (24-hour helpline). 0808 800 5000 for adults concerned about a child (24-hour helpline). Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Refuge** - Advice on dealing with domestic violence. Phone: 0808 2000 247 (24-hour helpline). Website: [www.refuge.org.uk](http://www.refuge.org.uk)

**Alcoholics Anonymous** - Phone: 0800 917 7650 (24-hour helpline). Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**National Gambling Helpline** - Phone: 0808 8020 133 (daily, 8am to midnight). Website: [www.begambleaware.org](http://www.begambleaware.org)

**Narcotics Anonymous** - Phone: 0300 999 1212 (daily, 10am to midnight). Website: [www.ukna.org](http://www.ukna.org)

**Cruse Bereavement Care** - Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**Relate** - The UK's largest provider of relationship support. Website: [www.relate.org.uk](http://www.relate.org.uk)

**NHS Self Help Leaflets** - <http://www.selfhelpguides.nth.nhs.uk/grampian/>