

# How to look after your wellbeing

It's understandable to feel worried at this time of great change but it's important not to let our wellbeing suffer. There are some simple things we can do to help ourselves stay healthy and well.

## 1 Stay active

Stay active! Short on time? The NHS website has some handy 10-minute exercises and lots of tips to live well [www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)



## 2 Keep in touch

There are still lots of ways to keep in touch: pick up the phone, log onto WhatsApp/Skype/Yammer, and connect with others. Remember, it's always good to talk.



## 3 Information

Try to manage how you follow information about the outbreak in the media. If you can, avoid reading, or posting speculation. The most up-to-date and reliable sources of information are from [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or [www.islington.gov.uk/coronavirus](http://www.islington.gov.uk/coronavirus)



## 4 Managing stress

Good Thinking is an NHS approved self-assessment tool for personalised support and tips for anxiety, low mood, sleeping difficulties and stress [www.good-thinking.uk](http://www.good-thinking.uk)



## 5 Loneliness

Self-isolation can be a frustrating and lonely time. For tips on how to stay well if you're self-isolating at home, visit the MIND website [www.mind.org.uk](http://www.mind.org.uk)



## 6 Working from home

Although working from home might make it tempting to stay in pyjamas all day it's better for our self-confidence and sense of purpose to continue to have regular routines. Try to start your working day at the same time as you usually would and make time within it to move, connect, eat and reflect.



## 7 Looking for a job

iWork is Islington Council's employment support service. It offers 121 advice, coaching and mentoring support to help unemployed Islington residents get into jobs they want to do. Call **020 7527 2706** or email [iwork@islington.gov.uk](mailto:iwork@islington.gov.uk) to find out how they could help you.



## 8 Get support if you need it

The Every Mind Matters website has all the information you need, from advice to support helplines [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/) Further practical and emotional support is available from the NHS iCope service. You can self-refer or get more information at [www.icope.nhs.uk](http://www.icope.nhs.uk)



## 9 SHINE

SHINE makes sure that you get all the help you need to stay warm, increase income and stay healthy in your home. It provides advice and support on reducing gas and electricity bills, getting all your benefits, managing fuel debt, social isolation and many other issues. Visit [www.islington.gov.uk/shine](http://www.islington.gov.uk/shine) or call **020 7527 2121**.



## 10 We are Islington

Islington Council, voluntary sector and mutual aid groups are working together to provide support. This could include help with getting food or medicine, online group activities, legal advice or a friendly conversation. Contact [weareislington@islington.gov.uk](mailto:weareislington@islington.gov.uk) or **020 7527 8222**.

