

COVID-19

Resilience Tool Kit

A guide to help you to look after your own wellbeing, beat corona anxiety and information on who can help.





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What is Coronavirus (COVID-19)?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and what you can do to keep safe.

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain social distancing

Maintain at least 2 metres distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough or difficulty breathing, seek medical help early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Stay informed

National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.




Looking after yourself and your wellbeing

COVID-19 has now had a great impact on individuals everywhere and it is important during this time to take care of your mind as well as your body. Everyone will be reacting in their own way. You might be feeling frustrated or lonely. Concerned about your finances, your health or relatives. And you might be feeling down, worried or anxious. These are normal reactions to uncertainty and to challenging events.

It is OK to feel like this.

Lancashire Mind have created this booklet to help you to find practical information and solutions which you can implement to look after your mental health and wellbeing and to help you with supporting others around you.



Current guidelines ask that everyone stays at home where possible, so here are a few things to consider if you are in this situation.



Food: do you have a way to get food delivered if you need to self-isolate?

Cleaning: do you have cleaning supplies?

Work: can you carry on working, including working from home? If not, can you find out your rights to payment or benefits?

Medication & health: do you have enough medication, or a way to get more? Can you reorganize any planned therapy or treatments?

Connectivity: have you got ways to keep in contact with people you see regularly, like their phone numbers, email addresses? Do you need help setting up digital communication, like a video calling app?

Current guidelines ask that everyone stays at home where possible, so here are a few things to consider if you are in this situation.



Routine: can you create a routine or timetable for yourself? And if you live with other people, should you create a household schedule? Do you need to agree how the household will run with everyone at home all day?

Exercise: is there any physical activity you can do inside your home, like going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?

Nature: have you thought about how you can bring nature into your home? Can you get some seeds and planting equipment delivered, or put up photos of green spaces?

Entertainment: have you thought about things to do, books to read or TV shows to watch?

Relax: have you got materials so you can do something creative, such as pencils and paper?

Beating corona-anxiety

As mentioned previously, it is natural and understandable to experience anxiety at this time. It can sometimes feel like there are a lot of unknowns at the moment, and you may be thinking about what might happen over the next few weeks or months.

It is OK to feel like this.

Here are some tips to help you manage these feelings.





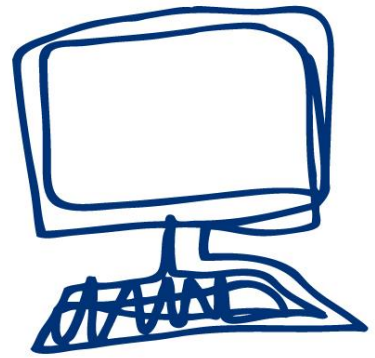
Avoid constantly checking the news – it only makes your anxiety grow stronger. Limit yourself to 30 minutes a day or particular broadcasts.

Concentrate on the facts. Use reputable sources for news, advice and opinion such as the BBC. Be cautious of social media coverage.

We can't control the COVID-19 crisis but we can control our own responses and behaviours to it. Think ahead, make plans for what you'll do in the coming days and weeks.

Distract yourself: Our minds struggle to hold two thoughts at one time. Distract yourself with exercise, games, books, movies or other activities.





Connect with others

Reach out and connect with friends and family, in safe ways. Share your fears or talk about nothing in particular.

Be kind to yourself

Add extra time for stress relief in your day. Treat yourself whenever you need and do things you enjoy, within the limits of existing restrictions.

Hold on to Hope

Keep the big picture in mind. The crisis will end, and we will get through this.



Manage your stress bucket

Stress is a part of everyday life.

A small but manageable amount of stress can help us act and work productively. The 'stress bucket' analogy demonstrates how we all have a limit before stress can eventually overflow and become unmanageable. If our stress bucket gets full it can overwhelm us and impact negatively on our mental health.

Here are some tips about what happens if it becomes too full and things we can do to ensure this does not happen.

Stress can affect people in different ways and sometimes we might not know straight away. There are some key things we can all look out for, so that we can recognise if we're starting to feel stressed.



How you might feel: You may experience emotions such as irritability, impatience, anger, frustration, anxiety, nervousness, fear, depression, dread, worry, loneliness. You may feel that your mind is racing, you can't focus on things or you can't switch off. You may feel a lack of interest in things.

How you might behave: You may find it difficult to make decisions, avoid situations that bother you or snap at people. You may also find yourself biting your nails, eating too much or not enough, smoking or drinking more than usual, feeling restless, crying and becoming upset.

How stress might affect you physically: You may experience muscle tension, headaches, sore eyes, indigestion, constipation or nausea. You may experience dizziness, fainting or a feeling of panic.

Connect

Video chat with people or groups you'd normally see in person. Arrange phone calls or send instant messages or texts. If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

Be Active

Exercising at home can be simple and there are options for most ages and abilities, such as cleaning your home, dancing to music, going up and down stairs, online exercise workouts that you can follow, and sitting less – if you notice you've been sitting down for a while, getting up or changing position can help.

Take Notice

It is possible to get the positive effects of nature while staying indoors at home. You could try arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky or watch birds and other animals; listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one or open your front or back door and sit on the doorstep.

Keep Learning

Set aside time in your routine to keep your brain occupied and challenged. Read books, magazines and articles. Listen to podcasts, watch films and do puzzles. Although high street library branches are closed, some libraries have apps you can use online. These allow you to borrow eBooks, audiobooks or magazines from home for free, if you are a library member. [FutureLearn](#) and [OpenLearn](#) have free online courses you could try.

Give

Simple things like making a cup of tea for someone you live with or possibly picking up groceries for an elderly individual when safe to do so will provide a sense of purpose and help you give to others

Struggling to cope

Whether you are struggling to cope with difficult emotions, or are having thoughts of suicide, there is hope and you are not alone. If you feel overwhelmed by difficult thoughts and feelings, then reach out for professional help.

It is still available and it's OK to ask for more support to see you through this difficult time.



Speak out if you're struggling

Share your feelings with a good friend, a relative or a work mate.

Be yourself

Be as open and honest as you can about how you are feeling.

Plan what to say

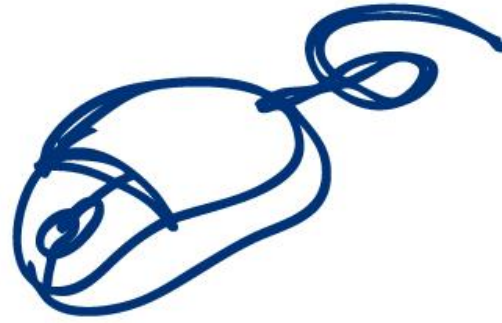
If it's hard to find the words, plan what you want to say and if possible, get someone you live with to help you

**If you feel you cannot keep
yourself safe, or you have
done something to harm
yourself**

Call 999

Online support

Here are some useful websites where you can find information, advice and support.



www.nhs.uk/oneyou/every-mind-matters/

Offering practical tips and advice on a range of mental health and wellbeing topics



www.lscft.nhs.uk/mindsmatter

Information about the Mindsmatter service across Lancashire and south Cumbria



www.redroserecovery.org.uk

Support for people recovering from addiction and mental health dual diagnosis



www.calmzone.net

Support for men who are struggling or experiencing crisis – working to prevent male suicide

www.bigwhitewall.com

BIG WHITE WALL® An online counselling service for people aged 16+

Telephone support

Here are some useful helplines and phone numbers you can call or text for information, advice and support.



SAMARITANS

116 123

A telephone listening service for anyone who needs someone to talk to or is struggling to cope

NHS

**Lancashire &
South Cumbria**
NHS Foundation Trust

0800 915 4640

A mental health and wellbeing helpline for support with your own, or someone else's, mental health

THE WELLBEING
& MENTAL HEALTH
TEXTING SERVICE



Text HELLO to 07860 022 845

A confidential texting service for support with mental health and wellbeing

The Silver Line

helpline for older people

0800 4 70 80 90

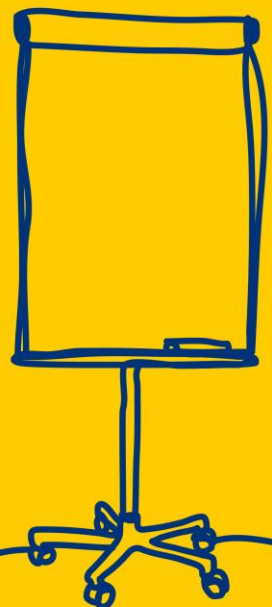
0800 4 70 80 90

A helpline providing information, advice and support to older people

Work well from home

Many people are working from home at the moment which is a new experience for most of us. It's important to try to maintain routines as much as possible, whilst remembering to take regular breaks.

Here are some tips on looking after your wellbeing whilst working from home.



Morning



Routine

Think about your morning routine and adapt it to fit your circumstances.

- Go for a walk before you start, so it feels like a morning commute
- Get dressed as you usually would, ditch the hoodie and wear what you would normally wear

Set up



A workspace

Set up a designated workspace at home if you can.

- Get plenty of natural light throughout the day
- Check your posture and the position of you computer
- Make sure you're comfortable

Plan



Your day

Plan your working day.

- Set yourself small, achievable goals
- Make plans to connect with colleagues regularly
- Be realistic – don't feel you have to achieve more than you usually would at the office

Take



Breaks

Take regular breaks throughout the day.

- Plan in breaks and lunch time
- Spend breaks away from your workspace
- Get some fresh air – go for a walk or out into your garden

Supporting other people

During this challenging time, you might notice that other people are struggling. It can be more difficult to spot, so think about what you know about that person and what you might recognize if they are not themselves.

Here are some ideas about what to look out for and how you can support someone who is struggling.



Spot the signs

Here are some things to look out for if someone is finding things difficult.

- Changes in **behaviour**
- Changes in **eating**
- Changes in **sleeping** patterns
- **Withdrawing** from or **avoiding** other people
- Withdrawing from contact and social media
- **Losing interest** in things
- Poor personal hygiene
- Increase in smoking, drinking alcohol or using drugs
- Lack of interest in work
- Starting or increasing **self harming** behaviour
- Increase in coping behaviours such as hand washing
- **Struggling** to concentrate or make decisions
- Persistent feelings of **sadness** or **anxiety**
- Lack of energy, lethargy **and tiredness**
- **Mood swings, irritability or anger**
- Expressing unrealistic or **excessive fears** or worries
- Increased **health anxiety**
- Symptoms of **panic** including tight chest, difficulty breathing

What you can do

Here are some things you can do to support someone who might be struggling at the moment.

Be Aware

Watch for the warning signs that someone might be struggling. This is more challenging during the Covid-19 crisis, and we may need to be more pro-active about **checking in with others** by phone and online.

Ask

Trust your instincts and ask the person directly how they are doing. If necessary, **ask twice**. "Are you really OK?". If you feel they may be struggling let them know that you are worried about them and that you care.

Listen

Give them time and space to talk and be helpfully nosy. Look up some **listening tips** so that you feel equipped to support. During the Covid-19 crisis you may need to do more of this by telephone and online.

Build Support

Explore what help they might need. Build a **circle of support** through family and friends. Have a look together at the resources at the end of this booklet, or on our website. Set goals about what they can do next.

Check In

Keep checking in and letting the person know you are there for them. Knowing **someone cares** can make all the difference.

Supporting young people

As adults we can try to do our best to support young people and offer them support during this difficult time.

Taking the time to explain to a young person about coronavirus and answering questions may be helpful to help them understand.



Children and young people

Giving a young person some time and space to understand what's going on and to ask questions will help them to feel informed about what's happening at the moment. Here are some ideas about speaking to young people and encouraging them to look after their mental health and wellbeing.

Help the young person acknowledge what they can and cannot control, this can be done by a discussion or writing it down.

Teach the young person problem solving to help them plan how to solve their problems which will also help them feel more in control of their situation.

Encourage the young person to do more fun stuff like coloring, playing games, puzzles, reading, watching tv and playing outside.



Support for children and young people



www.kooth.com

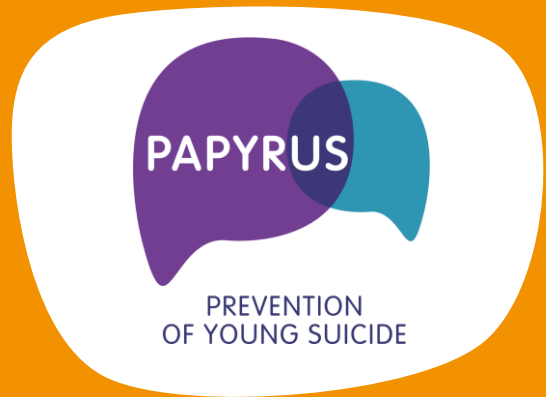
Safe, anonymous online counselling and support for young people

www.papyrus-uk.org

Call: 0800 058 41 41

Text: 07786 209 697

Support for young people dealing with suicide, depression and emotional distress



www.youngminds.org.uk

Text: YM to 85258

A crisis text service for young people experiencing emotional distress



Support for children and young people



NSPCC

www.nspcc.org.uk

Call: 0800 11 11

Preventing child abuse
and protecting children

www.healthyyoungmindslsc.co.uk

Information, self help
and guidance for young
people in Lancashire &
south Cumbria

Healthy
young
minds

ChildLine

0800 1111



www.childline.org.uk

Call: 0800 11 11

Someone to talk to,
information, advice and
support for young
people

Resources for young people from Lancashire Mind

Lancashire Mind is offering a range of resources and support for children and young people to access for free.





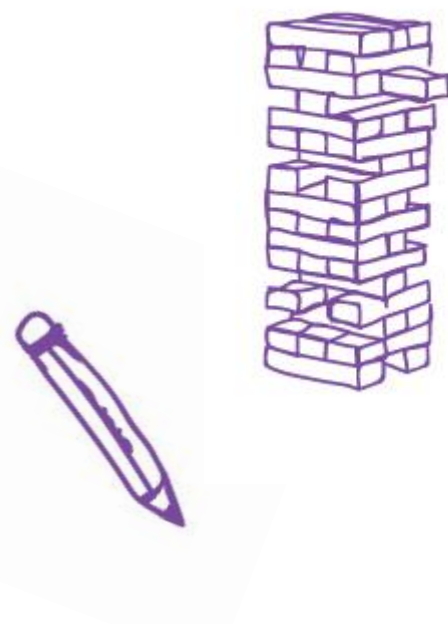
WELLBEING PASSPORT



The **Wellbeing Passport** is a resource for young people to share information about their mental health and emotional wellbeing, at times where they feel unable to talk or express themselves.

You can download a Wellbeing Passport and guide here:

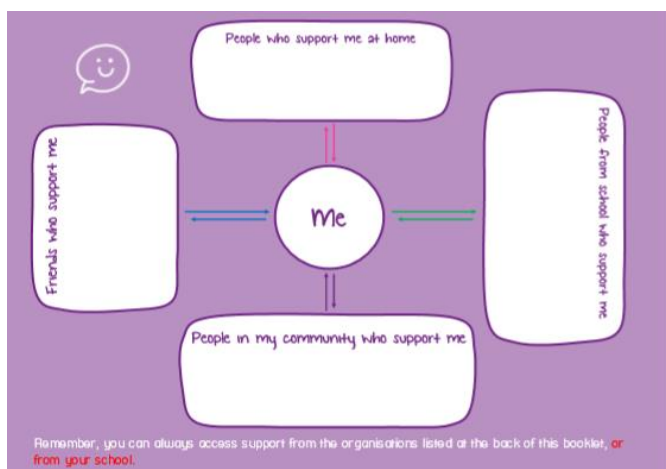
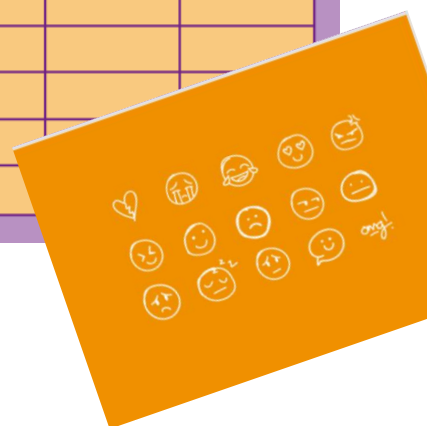
www.wellbeingpassport.org.uk



We have created a workbook for children and young people full of tips, activities and techniques for looking after their wellbeing during the lock down, whether they are still attending school or learning at home. To request a copy for your young person, please email us:

admin@lancashiremind.org.uk

	Pick one of our emotion symbols to describe your mood (or moods!) today	What positive thing can you do for yourself today?	What positive thing can you do for someone else?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Writing prompts

Writing or keeping a journal can be a great way to process your feelings and deal with anxiety. Use these prompts to begin.


- How do you feel today? Is there anything in particular that has made you feel like this?
- What are you most looking forward to doing when lockdown is finished?
- What have you found the most difficult about lock down?
- Think about your favourite place in the world. Use your five senses to describe that place.
- Imagine you are going on a road trip. Which 5 people (anyone in the world, real or not!) would you invite and why?

Wellbeing Coaching

Children & Young People


Mabel Mutopo

Mabelmutopo@lancashiremind.org.uk



If you are aged 10-18 and you live in **West Lancashire** our **Wellbeing Coach** can work with you, teaching you to make different choices to your mental wellbeing.

Life should be more than just getting by, every child and young person should have the opportunity to live a healthy, happy lifestyle. Our Wellbeing Coach can help you feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being reached.



If you or someone you know is struggling, get in contact with us to see how we can help.



connect

be active

take
notice

keep
learning

give



Lancashire

80-82 Devonshire Road
Chorley
Lancashire
PR7 2DR

www.lancashiremind.org.uk
admin@lancashiremind.org.uk

