

Amidst the COVID-19 pandemic we are all experiencing unique circumstances where many changes are still occurring and some things remain uncertain. It is expected that we will all be feeling several different emotions and everybody will cope in different ways, depending on their situations.

Although many of us will be adjusting well to such changes, some of us, depending on our circumstances, may be finding it difficult to manage. We also know that sadly some people will have lost loved ones during this difficult time and some may be supporting others who are bereaved. Whatever your situation may be, it is important for you to look after yourselves and your own wellbeing.

The 5 ways to Wellbeing offers some nice ways that everybody can try to maintain their wellbeing, even under the current circumstances.

5 Ways to Wellbeing

Connection

- Keep in contact with people that are important to you, connect with at least one of them a day using technology – share your feelings and memories with one another
- Try to connect virtually and enjoy a quiz/card games with loved ones, or try workouts or yoga.
- Connect with your children and engage in their interests; read and play with them.

Physical Activity

- Taking care of your physical wellbeing is important for your mental wellbeing - make exercise part of your daily routine, you could walk, run/jog, or ride a bike.
- Joe Wicks is offering workouts every day at 9am, these are aimed at children but are a workout for adults too! <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ> & Adriene offers several variations of yoga on YouTube: <https://www.youtube.com/user/yogawithadriene>
- Find the time to get some fresh air, perhaps you could enjoy your morning coffee/tea in your garden.
- Keep hydrated and eat nutritious foods—challenge yourself to cook a new meal!

Paying attention

- Mindfulness exercises can improve self-compassion, quality of sleep, and relaxation. You could try: <http://franticworld.com/free-meditations-from-mindfulness-for-creativity/> or <https://www.mindfulnessassociation.net/latest-news/free-daily-online-meditation/> who are offering free online sessions daily.
- Take a walk and try to notice 5 things using your senses – the sound of the birds singing, the smell of the freshly cut grass, the feel of the wind/sun on your face.

Learning something new

- Acquiring a new skill can improve self-esteem and provide a sense of achievement—maybe there is something you have always wanted to try, but never had the chance to (knitting, gardening, baking, drawing, an online course, playing a musical instrument)

Giving to others

- Giving out random, little acts of kindness can make us feel good about ourselves (you could check in with a neighbour, compliment a stranger, donate old books)
- Take time to notice the good in the world—Captain Tom Moore for example.

Local Bereavement Support Services

If you have been bereaved or are supporting somebody who is bereaved, below are a list of contact details should you need to access support for yourself, or for others.

CRUSE Bereavement Care:

Offer free and confidential support to people after the death of someone close.
Currently offering telephone support.

Website: <https://www.cruse.org.uk/>

National Helpline: 0808 808 1677

CRUSE Sandwell and Walsall:

Telephone: 0121 558 1798

Email: sandwell@cruse.org.uk

National Bereavement Support Services

Samaritans:

Telephone: 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Bereavement UK:

www.bereavementuk.co.uk - Online support site for those who have been bereaved.

Reference:

Camden Learning, Looking after ourselves – for staff in schools