



How to ...

Look after your wellbeing

Dealing with a global pandemic is really hard, as a result many of us will be experiencing high levels of stress and anxiety. It is important that we care for our mental health as well as our physical health especially during periods of uncertainty. It can be hard to prioritise your own needs when you are trying to support and look after others. Remember, if you are looking after your own health you are going to be in a better position to support others. Here are some tips, which might help you during this difficult time.

Nurture your spirituality

Church has changed dramatically over the past year and many people are feeling that they have lost their spiritual connection. Some people have found connecting virtually to be difficult, others miss the fellowship or joining together to sing. It may be worth thinking about how you can continue to nurture your spirituality. For many people music is an important part of their worship so you might like to try listening to a few worship songs each day and maybe sing along. You may be finding it hard in your house or daily routine to create space but putting aside even a few minutes a day to read, pray or just be quiet may be really helpful. There are lots of resources on the C of E website: [Church of England](#)

There are also many apps than can help with this. For example:

[loyolapress daily online prayer](#)

[contemplative outreach](#)

[soultime](#)

Eat and sleep as well as you can

Often our eating and sleeping patterns are disrupted during times of stress. For some people meditation and mindfulness tools will help. There are many mindfulness tools including talk down sleep aids on YouTube and other online platforms. Here are some examples but there are many more available online:

[living well mindfulness](#)

[free mindfulness](#)

[headspace](#)

For eating, try as far as possible to keep to your normal eating routine and make sure you eat plenty of healthy food where available. You could also try doing some meditation or mindfulness exercises before mealtimes.

Don't expect too much of yourself

It is important to keep to some kind of routine, but if you are stressed about getting everything done decide what is essential and just do those things. Trying to plan too far ahead might cause you further stress so try chunking down days or weeks into smaller more manageable segments.

Limit how often you check the news

It is really important we have regular news updates from a reliable source to ensure we are informed and are complying with the government guidance. BUT constant updates are really overwhelming for most of us. Perhaps just check the news once a day to keep updated.

Make time to communicate with loved ones

Telephone, Skype, Facetime and Zoom all offer really good ways to keep in touch. Try allocating some time to this. Talk about fun things but also discuss the things that are most worrying for you so you can get support.

Distract yourself doing things you enjoy

Ok so in lockdown we are more limited than usual but think of things you like doing that are allowed. Try to (however busy you are) allocate at least an hour a day to doing something you enjoy.

Limit your Social Media

If you have connections on social media who are sharing unhelpful or inaccurate posts mute them, you will only see their updates if you actively choose to do so.

Exercise if you can

Maintaining some physical exercise will benefit all aspects of your health. There are tons of resources online. Whatever your current level of fitness and mobility you can do something to maintain fitness. Here are some examples of free resources available:

[sweatybetty home workout videos](#)

[nhs pilates for beginners](#)

[activity alliance](#)

There is a lot of support available online to help you manage your mental health. [Mind](#) and [rethink](#) have some good online resources and [OTR Bristol](#) has lots of resources aimed at children and young people (although they can be useful for adults too!)

If you feel that your level of stress and anxiety is unmanageable contact your GP via telephone for medical support or call 111. In an emergency call 999.

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