

## Healthier You

### Looking after our Mental-Health

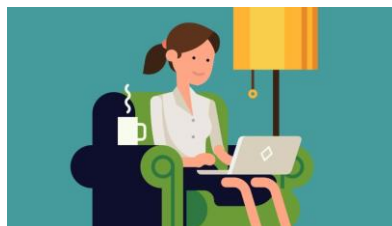


### Coronavirus and you

**You might be worried about coronavirus (COVID-19) and how it may affect your life.**

**This will include following the governments guidelines and having to stay at home and following social distancing.**

What is Self-isolating – This means that you stay home and keep away from other people.



This might feel difficult or stressful

Instead of thinking

“I am stuck at home”

Try changing the way you see it

“Now I have the time to focus on my home and myself”.



**There are lots of things that could help your Well-Being during this time!!!**

**Use telephone, e-mail, social media, maintain your social networks and keep connected via while staying safe at home.**



## Things to do

YouTube is an excellent way to watch live exercise and wellbeing videos and they are streamed throughout the day.

Try as much as possible to keep to your personal daily routines or create new ones.



Can you think of new things you would like to do?

***Don't worry, if you can't type in the box or print the pages to write in them, using any piece of paper to take notes will be perfect.***

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## Here are some examples

Engage in healthy activities that you enjoy and find relaxing whilst respecting social distancing



Read a new book or start a book or video club using social media



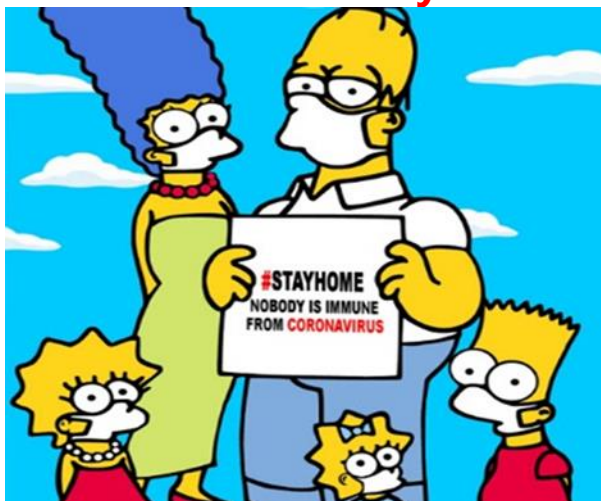
The most important thing is to get regular sleep and eat healthy food





Lots fruit, vegetables, dairy, protein, oils and spreads, carbohydrates, water and Calories make a balanced diet in the right amounts of each.

**The most important thing is to ensure you are staying at home and avoiding public places, following Government advice that we should stay at home as much as possible.**



**Now set yourself a goal to make a positive each day.**

**What will that be?** *Don't worry, if you can't type in the box or print the pages to write in them, using any piece of paper to take notes will be perfect.*

What I do now?	What daily changes will you make?





**Please go to the following website address for some ideas  
which may help you with -**

**Hand Washing and anxiety**

**Connect with people**

**Decide on your routine**

**Try to keep active**

**Get as much sunlight, fresh air and nature as you can**

**Find ways to spend your time**

**Find ways to relax and be creative**

**Keep your mind stimulated**

**Take care with news and information**

**If you are feeling anxious**

**If you are feeling claustrophobic or trapped**

**<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>**

**#Stay Safe #Stay Home**