

# Wellbeing Matters

Helping us all to cope through Coronavirus  
(Covid-19)

Edition 2



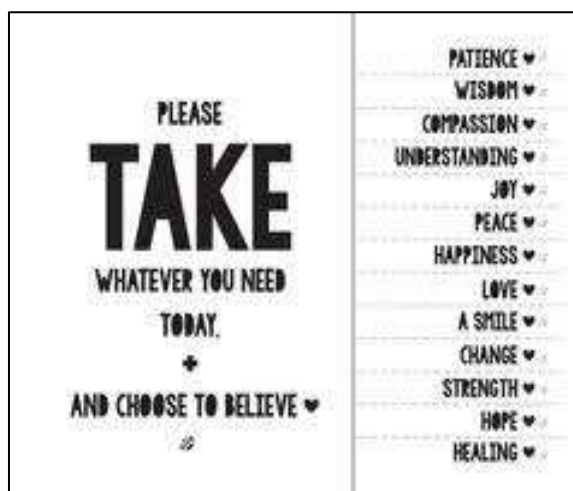
[EarlyYearsCentre@lancashire.gov.uk](mailto:EarlyYearsCentre@lancashire.gov.uk)



## Rationale

It has been wonderful to see how you have all responded so selflessly in the last few weeks. Early years practitioners across the county are at the forefront of the national response to COVID-19 and we know this can't be easy. Your continued passion, dedication and sheer determination to support your children and their families in these adverse conditions is incredible – you are all amazing!

As the situation continues, we all face the difficult challenge of responding to the impact it is having on our daily lives. We must focus upon staying safe and keeping connected. The rationale behind the 'Wellbeing Matters' document is to provide you with a range of top tips, advice and signposts to wellbeing information to help you navigate through the next few challenging weeks. As always we encourage you to use this resource in a take what you need approach, choose your favourites to prioritise your self-care and support the rest of your team.



**Please note that any resources referenced in this wellbeing tool are for information and are not being personally recommended or promoted by LCC.**



## Coronavirus and feeling overwhelmed

Life as we know it is changing so quickly. The new normal of COVID-19, for many people has introduced new stresses into everyone's lives, from reading breaking news headlines to standing in front of empty shelves in the supermarket, the global outbreak continues to cause stress and worry for many people.

Experiencing feelings of being overwhelmed by the coronavirus is completely understandable and normal!

For many people, the uncertainty surrounding coronavirus is the hardest thing to handle. We don't know how exactly we'll be impacted and that makes it all too easy to catastrophize and spiral out into overwhelming dread and panic.

But there are many things you can do and precautions you can take to help you feel more at ease. Here are some of the best coping strategies to help you feel less overwhelmed with life:

### 1) Be careful where you get your news

While it's important to keep abreast of coronavirus updates, be careful where you get your information from, especially if it's health-related advice. If you find that news stories are making you feel more anxious, switch off from reading or watching them for a while and instead catch up once a day. Make sure you do things that boost your mood such as baking, drawing, reading, going on a walk or chatting to a friend on the phone.

**For up-to-date advice you can trust, see below:**

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.gov.uk/coronavirus>

<https://www.lancashire.gov.uk/practitioners/supporting-children-and-families/childcare-and-early-years-settings/coronavirus-guidance-for-childcare-and-early-years-settings/>

## 2) Have a break from social media

Social media helps us to stay in touch with people, but it can also make you feel anxious if people are sharing news stories or posting about their concerns. Consider taking a break or limiting how much you use social media. You might decide to view particular groups or pages, but not scroll through timelines or newsfeeds.

## 3) Get as much sunlight and fresh air as you can

Spending time outside in the fresh air has a plethora of benefits, both for your mental and physical health. If you are feeling overwhelmed, why not head out for a walk or spend time in your garden if you have one, even opening your front or back door and sitting on the doorstep can create a renewed sense of calm. Listen to the sounds of nature and get as much natural light as you can. If you aren't able to get outside or have to self-isolate, make sure you open your windows for some fresh air.

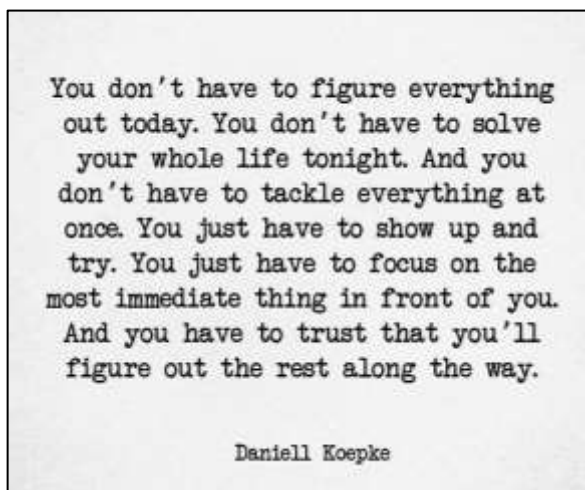
## 4) Develop a new routine

If you have to work from home try to organise your day in a structured way. Making a habit of getting up at a similar time or going to bed as usual will create the security of a normalised routine. Likewise, give yourself a proper lunch break or schedule time outside for a walk or other daily exercise.

## 5) Distract yourself

Doing things to take your mind off the news surrounding coronavirus can help reduce a sense of anxiety, especially if you are feeling particularly overwhelmed. Whether it's getting lost in a good book or listening to a podcast, taking a break to do something you love can help refocus your mind.

### Key messages to remember!



# Coronavirus and change

We will naturally go through a set series of emotions as we cope with anxiety through the coronavirus. Sometimes it helps to know the way we are feeling is really normal. The article and link below touches on this.

<https://metro.co.uk/2020/03/27/go-stir-crazy-self-isolation-combat-feeling-12466816/>

Smile, shine,  
and take it one  
day at a time.  
-Christine Smallwood

## Change Curve

Derived from work of Elisabeth Kubler-Ross, the Change Curve identifies seven typical stages people go through when faced with change.

The change curve maps typical stages people go through as they are presented with, react to and ultimately absorb impacts of, change:

**Stage 1. Shock:** The individual realises change is coming.

**Stage 2. Denial:** Defensive energy results in a temporary improvement in performance and mood.

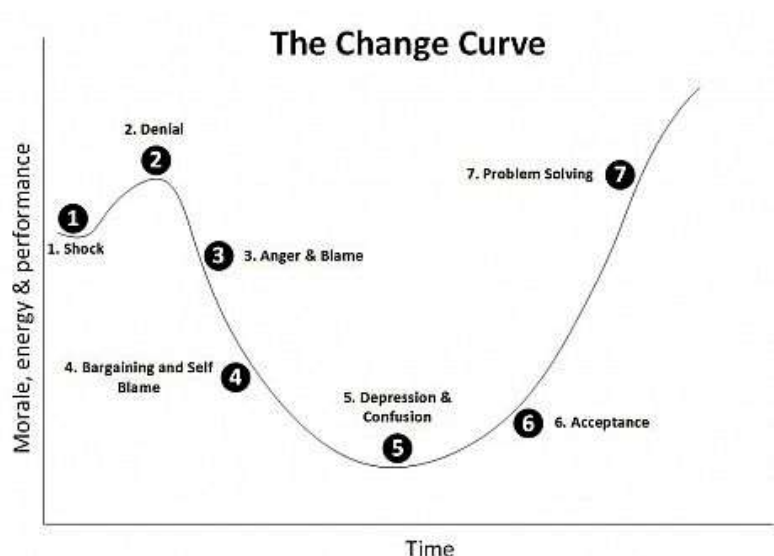
**Stage 3. Anger & Blame:** Realisation that change is still happening can result in denial turning into externalised anger and blame - 'it's not fair' or 'it's all their fault'.

**Stage 4. Bargaining and Self Blame:** Blame becomes internalised and people start to 'bargain' to try and prevent the change – for example by offering to do more work to reduce the need for a new system.

**Stage 5. Depression & Confusion:** Realisation that change is unavoidable leads to the lowest point in terms of energy & morale.

**Stage 6. Acceptance:** Hopefully, eventually change is accepted, and the individual resolves to face the future.

**Stage 7. Problem Solving:** Having accepted change, the individual starts to plan how they will adapt to the new situation.

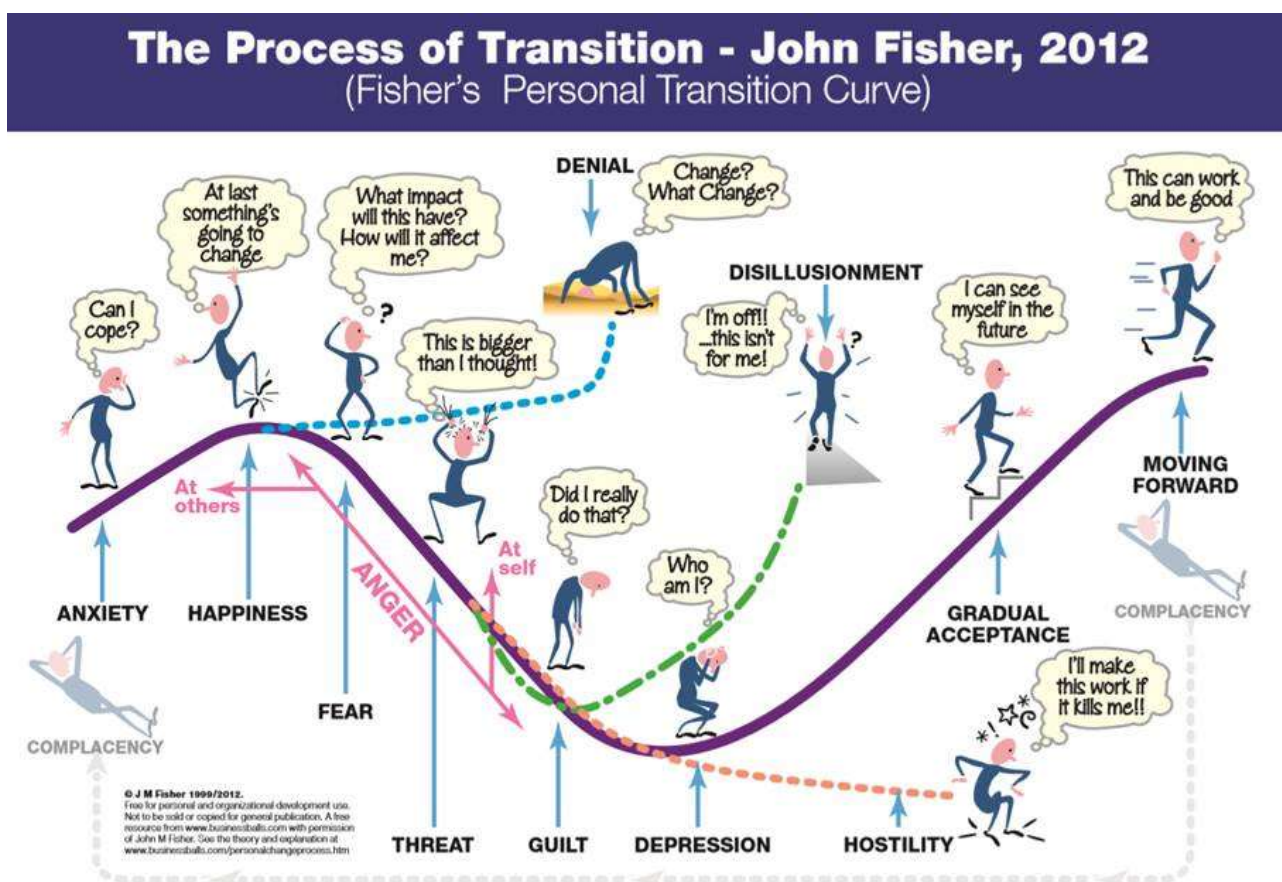




The change curve can be applied to any kind of change - including work, relationships or bereavement. The extent of impact will depend on variables such as the person effected, their perception of the change, the nature of the change and secondary external influences.

From a change management perspective, it is important to remember that the steps described by the change curve represent a natural human process for adapting. Apparently different reactions to a proposed change may be due to people being at a different stage of the change curve, and emotional reactions (positive or negative) may not necessarily reflect how well the change process is being managed. People may fluctuate between stages before change is fully integrated into their new way of being. It is perfectly natural for people to display associated behaviours.

Early engagement in the change process – ideally including involvement in the planning of the change – can minimise the extent of the change curve 'dip' stakeholders' experience, whilst honesty, openness and empathy can help people transition between stages 3 and 7.



- Allow yourself to feel whatever you are feeling and go from there.
- Accept the things you can and can't control.
- Look at the things you can control, your behaviours, actions and thoughts.
- Then take action.
- Write down the things you never have time to do and set manageable tasks.
- There's no need to rush, the less stress we put on our immune systems the better.
- Focus on your wellbeing, practice self-compassion be kind to yourself.

# Coping with the new normal of the coronavirus



## Finding your new normal!

For many of us, Covid-19 has forced us to adapt and create new daily routines during lockdown. Our 'normal' is no longer normal. New routines can be difficult to introduce and maintain, particularly if we feel anxious or uncertain, however we can also view this as a positive opportunity to reflect upon our life, reassessing our goals, priorities and free time. Small changes to your daily routine could in fact make you happier! See the list of 10-minute tweaks to help start your day in a positive way:

- 1) Mo Gawdat, author of 'Solve for happy' (See booklist) recommends we organise our daily routines by planning time across the day to:
  - **Meet yourself** – Consider and tune into how you feel, reflecting upon your thoughts and in the current context, your ever changing emotions
  - **Be productive** – Productivity should also prioritise time for self-care and relaxation. (See self-care April for some new ideas to treat yourself)
  - **Find happiness** – Even in dark days, try to find a positive!



- 2) Tune into the beauty in the natural world around you. Take a photo of something that inspires 'awe and wonder' on your way into work, in the garden or during your daily exercise outside. This natural mindfulness helps you to focus upon the beauty of the real world, even though the rest of the world may be in turmoil.
- 3) Plan to do something that brings you joy. The key to optimising happiness is to plan something nice and knowing you have that to look forward to. This could be as simple as quiet morning coffee or organising a virtual tea break with family and friends.
- 4) Set yourself one task to do that evening - Whether that's to read some pages of a book, go for a walk, or finally make that phone call home to your Mum to fill her in on your life, you'll feel great for getting it done.
- 5) List three things you're grateful for. The "three good things" exercise found that people who used it felt happier and more positive. Every day, write down three things that went well for you and why you think they went well. It could be something as small as managing to drink your full water bottle!

Don't forget to spread – we have influence on the world around us!





# Top tips to promote resilience whilst at home



Whether you are self-isolating for medical needs or socially distancing, being at home all day can be stressful. It is important that we stay physically and emotionally well during this time.

**Here are **ten** things you can do to promote your overall wellbeing:**



## 1. Be up to date

Know what the latest is, using reliable sources such as:

<https://www.bbc.co.uk/news/uk>  
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Try to limit how much news you watch / read to once or twice a day.



## 2. Be active

Great for mind and body. Find ways to keep physically active that are suitable to your ability and circumstances e.g. gardening or home-based exercise



## 3. Be connected

Know who you need to stay in contact with for help with getting things done or just a general chat; this could include family, friends, local community or faith groups. Find new ways to connect with them such as video calling.



## 4. Be prepared

Think about what you are going to need and make a plan. You can make daily, weekly, and monthly plans to help get the things you need, e.g food, medicines, magazines.



## 5. Be in a routine

Develop a new daily routine that works for you, this could include regular waking up and bedtimes, planned mealtimes, and time to be physically active.



## 6. Be occupied

Now is a great time to get on with your current interests or explore new ones. You could try a hobby that you used to enjoy but haven't had the time for.



## 7. Be helpful

See how you can support others. Whether it's someone you know or volunteering to support people locally, there are lots of ways to get involved with your community even from home.



## 8. Be relaxed

Try a relaxation or meditation exercise that works for you and practice it once a day for at least 10 minutes.



## 9. Be heard

Talk to friends, family or community and faith groups about how you are feeling. Writing things down can help to organise your thoughts. Living through a piece of global history could be a great time to start a diary!



## 10. Be positive

Try to look for the positives in the situation e.g. having some extra me time or having the opportunity to catch up with something you have been meaning to do.



Norfolk County Council



<https://www.edp24.co.uk/news/health/tips-on-improving-wellbeing-during-norfolk-coronavirus-lockdown-1-6588764>

## Mental wellbeing whilst at work



### Top tips for wellbeing in the setting

- Give some time to talk and process what is happening, with children and as a staff group too. But also make sure that Coronavirus is not the *only* thing being talked about. Some people may wish to talk a lot about this, and others may not.
- Remember to keep things positive and give children hope. For example, tell children that now many people are working to make this better and that even though it is serious, everyone is doing their best to help people.
- Remember that people react differently to significant events. Some people – children and staff – may feel worried, some excited, some nothing much at all. Reassure children and staff that this is all normal and okay.
- Staff will need to model calmness, but it is also important to talk honestly and not pretend that things aren't different and worrying for some.
- Keep to daily routines as much as possible. Well-known routines in everyday life provide security and stability. Routine during unrest can be therapeutic, and changes particularly unsettling for some. If there are changes to routine, consider which children may need some extra help with this.
- Identify colleagues whose wellbeing may be more at risk. For example, there may be people who have experienced anxiety in the past.
- Identify children whose wellbeing may be more at risk. For example, those who may have relatives with health conditions or recent bereavements, and some SEN groups such as those prone to anxiety; those with learning difficulties; those with Autism; and those with tendency for obsessive or repetitive behaviours.
- Stay informed by sticking to trusted sources of information. Avoid being too immersed in media coverage. Be mindful of the amount of things you are reading and watching, including social media – as this may add to worry and anxiety. Consider a few updates every day from trusted sources.
- As an adult you may be concerned yourself. Take care of yourself and make sure you have breaks, time to relax, and ask for help from others if you need. (Taken from Harrow County Council)

# Talking to children about Coronavirus

Coronavirus has arrived in the UK very quickly and has already brought a lot of changes to all of our lives. There is a lot of talk and TV about it – it is impossible to avoid. It can cause worry for children and young people. Family life has had to change. You will want to help your children and young people understand why, and how to keep safe. It is best for children to get facts from the people who know them best. They can get reassurance for any worries and have you there to comfort them. Below are suggested links to support you with this.



The Children's Commissioners Guide to Coronavirus

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

How to talk to your child about coronavirus, by Unicef:

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Child-friendly explanation of Coronavirus for Primary age students:

[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_319c5acf38d34604b537ac9fae37fc80.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf)

Information video on Coronavirus for Primary age children (KS2), by Brainpop:

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

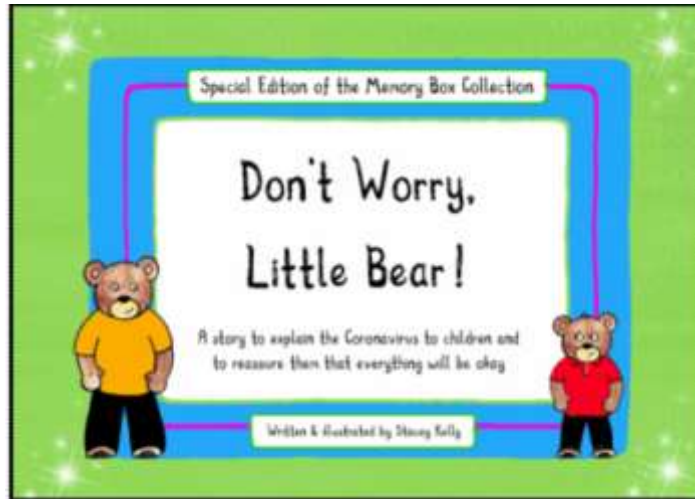
Information video on Coronavirus for older children/adults, by WHO:

<https://www.youtube.com/watch?v=mOV1aBVYKGA&feature=youtu.be>

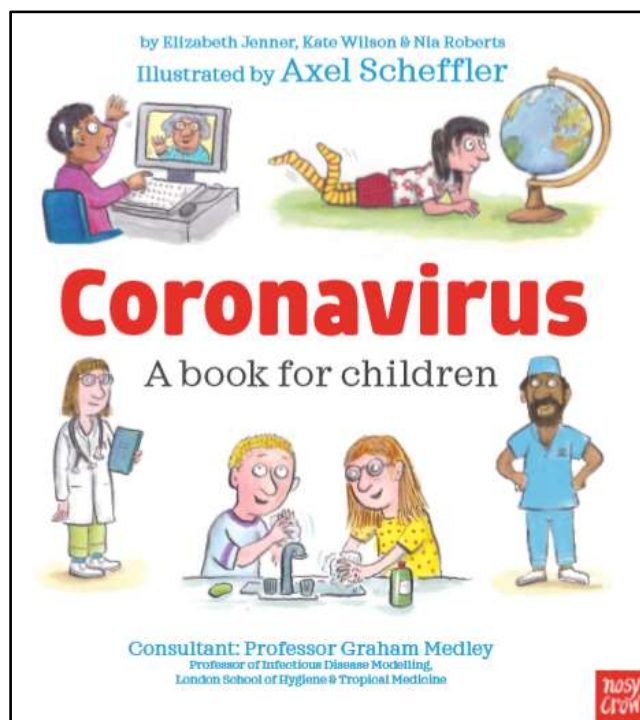
**Books:**

**Don't Worry, Little Bear!**

This lovely story on the [Early Years Story Book](#) website, is to help explain Coronavirus to children and to assure them that everything will be okay.



For older children, [Nosy Crow](#) have produced a book which explains the coronavirus.





## Five ways to wellbeing

In our previous edition of Wellbeing Matters we discussed the internationally used Five Ways to Wellbeing. On the following pages you will find further ideas to promote the Five Ways during the Covid-19 pandemic.



### Connect

Making connections with others is often the cornerstones of our lives and for some of us, we now have the additional time to invest in developing these vital links with the people around us. Building connections at home, in work, with family and friends and in the community supports us to enrich every day and improves our wellbeing. Why not try a blast from the past and use snail mail to send a loved one a letter or stick messages in your window to say hi to friends and neighbours even if you can't speak to them.

### Connect with the community

**Write to the elderly during coronavirus lockdown** – Many care homes and county based charities in Lancashire are requesting volunteers to become 'Pen-demic' Pals during the lockdown period. Sending a card or letter to a vulnerable person can show them they are not alone and creates new connections



across the community, at a time when it is needed the most.

Maybe you have a care home in your local community who would benefit from a pen pal service. Consider extending the hand of friendship and becoming a buddy writer.

<https://www.advocacyfocus.org.uk/pen-demic-pals>

**Chase the rainbow** – Lockdown procedures have meant that we are away from our friends and family and using new ways to keep connected. Rainbows have become a symbol of self-isolation and a reminder that we can still keep connected in other ways. Displaying a rainbow in your window keeps people smiling and in touch, whilst also spreading hope for those out on walks during this tough time. How many rainbows can you spot whilst taking your daily exercise outside?

Need some inspiration to create your own rainbows:

Rainbow Trail World:

[https://www.facebook.com/groups/827812681026336/?ref=group\\_header](https://www.facebook.com/groups/827812681026336/?ref=group_header)

One rainbow a day:

<https://www.instagram.com/1rainbowaday/>



Send someone a rainbow to let them know you are thinking of them! Inspired by the rainbow symbols of hope popping up in windows, Quentin has created 10 new rainbow e-cards to send for free from his website. Follow the link to see them all and to send <https://www.quentinblake.com/fun-free/send-quentin-blake-e-card>



## Connect with technology



Technology does provide us with valuable connectivity while working in isolation and helps us to keep in touch with family and friends. However we do need to make sure that we are using this invaluable resource in a positive way to ensure that the digital world does not adversely affect our wellbeing.

## How to use social media in a positive way

Social media can be positive and negative. It can be a vital way of keeping in touch but also with it comes the news stories, fake news and the temptation to endlessly scroll through a plethora of information not always helpful to our wellbeing.

Forums can be useful sources of information but are also by their very nature full of other people's opinions which may adversely affect some people.

Clinical psychologist Dr Roberta Babb, says that our interaction with social media has to come with responsibility and accountability.

'The amount of information on the internet and social media about the coronavirus is overwhelming, relentless and a lot of it is from a negative/distressing perspective,'

'Frequent exposure to this adverse online environment can have a significant impact on your mental health. Excessive use of, and passive engagement with social media can fuel feelings of difference, anxiety, guilt and anger/frustration, depression, isolation as well as the Fear Of Missing Out (FOMO) and Fear of Other People's Opinions (FOPO).

### Top tips for dealing with social media

**Change the subject** - Positive engagement in social media can involve initiating or participating in interesting debates which are not pandemic-related. Being curious about people's thoughts about a book, film or activity is also a way of generating interest and constructive discussions which promote learning opportunities, social bonding and challenge the place of unhelpful attitudes and narratives.

**Celebrate your achievements** - Positive engagement in social media also includes appropriately sharing things that you are doing well, or that may be different for you during this unprecedented time of change – both things that work and maybe did not work so well. This may be focused on how you are managing to keep yourself occupied during a period of self-isolation, your top tips for tackling the DIY job that has been on your list for the last four years, your suggestions of how people can declutter their wardrobes and create packages of items that can be given away, donated to charities, or sold online to raise money for others or yourself.

**Create online communities** - You may use social media to find new and creative ways to do group activities online together. This may be exercises classes, sewing lessons, watching a film at the same time and then discussing it (Netflix Party), gardening or potting tips or classes, language lessons, study/tutoring sessions or classes, meditations, music groups or even just coffee mornings. You are only limited by your imagination, and it is amazing what you can do from the comfort of your home which enables you to connect with people.

**Promote worthwhile causes** - You can use also your extra time on social media to research and promote worthwhile causes and raise awareness on important issues that may have been neglected due to the fast-paced life we have been accustomed to living. Positively engaging in social media with topics that you feel passionate about can help you find your voice and increase your self-confidence and feelings of self-worth.

Read more: <https://metro.co.uk/2020/03/25/use-social-media-positive-way-crisis-12453497/?ito=cbshare>

Twitter: <https://twitter.com/MetroUK>

Facebook: <https://www.facebook.com/MetroUK/>







## Be active

Go for a walk or run. Step outside. Cycle. Play a game in the Garden. Dance! Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

### New ideas to be active

**Why not try dance lessons with Oti Mabuse?**

<https://www.youtube.com/watch?v=LieVOtvZXe0>

**Why not get your bike out or take up cycling as your daily exercise?**

<https://www.nhs.uk/live-well/exercise/cycling-for-beginners/>



### Eat well

It is suggested that we can boost our immune system by getting enough sleep, exercising, minimising stress and eating well

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>



Feeding your body certain foods may help keep your immune system strong. Some research suggests that some of the best immune boosting foods are citrus fruits, bell peppers, broccoli, garlic, ginger, spinach, yoghurt, almonds, turmeric, green tea, papaya, kiwi, poultry, sunflower seeds and shellfish. <https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system>

"Try and think of the colours of the rainbow when choosing fresh produce. Each colour offers a variety of different phytonutrients, all with their own health benefits."

<https://happiful.com/ask-the-expert-top-tips-for-a-healthy-immune-system/>





## Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### Take notice of how you feel



### Why is taking notice important?

<https://www.mindcharity.co.uk/wellbeing-article/take-notice-5-ways-wellbeing/>

### Mindful breathing

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

### Public health England-Simple photo publication for mental health

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876996/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf)



## Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

### New ideas to keep learning

Learning something new or improving a skill you already have is a way of shutting out the outside world for a bit and giving you a sense of achievement. Consider ways in which you can share your hidden talents with others, a learning exchange, 'I'll teach you to sew, if you show me how to make a curry'. Use technology to have a virtual learning exchange with friends and family in isolation too. This isn't about grades or qualifications but setting ourselves a challenge and attempting to master it.

Consider online cookery classes <https://www.skillshare.com/browse/cooking>

How about learning to play a musical instrument? <https://www.skillshare.com/browse/music>



### Keep learning and spread the happiness!

Here is a great way to keep learning yourself and occupy the family during these uncertain times. Make staying indoors fun and use the time to help yourself and others.

<https://www.spreadthehappiness.co.uk/product/100-things-to-do-indoors/>



# 60 Things to do for Adults Indoors

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)



1. Learn five words in a new language
2. Make Origami sculptures
3. Play Ready Steady Cook with 5 ingredients
4. Sort your computer files/browser etc
5. Take up skipping for fitness - with or without a rope
6. Redecorate a room/rooms - even like Christmas/Easter/Spring
7. Sort all your photos - make albums
8. Keep a diary of your days add photos
9. Send postcards to friends (Touchnote is good)
10. Make a rainbow to put in your window
11. Take up whittling
12. Dye a garment of clothing
13. Have a pyjama day
14. Feng Shui your home
15. Plan a party for when this is over
16. Collate your videos and make a movie to share with family and friends
17. Take time to pamper - condition your hair/exfoliate etc
18. Write your live life list - what can you do to prepare to implement it!
19. Do online quizzes
20. Take a smile selfie and send to 5 friends
21. Record your 'inside' journey
22. Play cards
23. Turn your kitchen into a café for the isolated
24. Make different drinks to the usual coffee and tea, (Make tea in a teapot)
25. Play dominoes
26. Make hats for a Mad Hatters Tea Party
27. Play table football with scrunched up paper and fingers
28. Try some laughter yoga - laughter is the best medicine
29. Make an appreciation video for 5 people you appreciate and send
30. Write isolation letters for neighbours saying why you love living in your street
31. Eat cereal with a gigantic spoon
32. \*dancalarm
33. Write down 10 of your happiest moments in life (add photos) and add to them over this time - read one daily
34. Pretend to conduct an audience
35. Learn Magic Wand Therapy for light-hearted moaning
36. Sing a karaoke song into a hairbrush
37. Share the most beautiful picture from 5 friends on social media time lines and tell the world about them
38. Enter online competitions to win a prize
39. Make a photo freeze for walls
40. Use an app and print off some real photos
41. \*stir-crazy - take a stir crazy selfie
42. Make a reading den
43. Choose a favourite paper book, highlight your favourite parts and gift to a friend
44. Learn to play elastics again like you did as a child
45. Learn some Yo Yo tricks
46. Take up juggling
47. Have a karaoke night
48. Have Friday night disco and get dressed up like you are going out, Join your friends for an online party
49. Pick a TED Talk daily
50. Have a dress up night, eg. Grease and watch the film
51. Write down daily 10 things you are grateful for
52. Write a list of things you have accomplished in your life and read it often especially when you get scared
53. Meditate daily (Try Honest Guys on YouTube)
54. Watch a comedy show
55. Have a slumber party with people who live in your house, sleep in different rooms
56. Exercise daily, if you see people out and are socially distanced still remember to smile and shout hello
57. Make a den to isolate even further
58. Schedule your days to give them purpose
59. Write a story/play/poem with others in the house or with friends online. Each one saying one sentence in turns - record to share with others
60. Make a wig out of something

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)





## Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

### Coronavirus: Printable postcards offering help to elderly neighbours in self-isolation are brilliant

With many people self-isolating due to coronavirus COVID-19, (particularly those who are over 70), it can be a challenge for many to get to their local supermarkets or even have a conversation with someone outside of their home. Consider ways in which you can support those in need by offering practical help, whether it's picking up someone's shopping, getting them some milk or even giving them a phone call. The below notelet has been designed to offer this much needed lifeline for someone in need.

**HELLO!** If you are self-isolating, I can help.

My name is .....

I live locally at .....

My phone number is .....

If you are self-isolating due to COVID-19 I can help with:

☐ Picking up shopping      ☐ Posting mail

☐ A friendly phone call      ☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness

The small, print-at-home template requires you to fill in your details, tick the areas in which you can help and then post it through your neighbours' letterboxes (after washing your hands). Users are encouraged to leave the items on their doorsteps to avoid direct contact with those in self-isolation.

If just one person feels less lonely or isolated when faced with this pandemic, then you will have made a difference!

Simply fill it in and pop it through their door.

<https://www.countryliving.com/uk/news/a31654244/printable-postcard-self-isolation-coronavirus/>



## Give what you can and take what you need board



The 'Take What You Need' and 'Give What You Can' boards are a way to offer you and your team a little bit of positivity, particularly if they are feeling anxious or worried or just in need of a little note of encouragement! Choose your favourite motivational quotes, mantras or positive affirmations and share with others. The idea is by doing so you can offer the words they may be searching for to describe how they feel or to inspire them to keep going in these unsettling times. A two way exchange of positivity to spread a little joy, reassurance, courage, strength, patience, motivation or in fact anything they might need. The boards could also be created virtually and shared by email to further support any colleagues who are at home.

Here are a few affirmations to get you started.....remember take what you need!





## What are other settings doing to promote wellbeing?

Here are some top tips from Sharon at **Newburgh All Round Care**:

'I'm reading our EYFS a story a day and uploading it to their Tapestry journal, maybe I'll read them that beautiful poem. Reading stories is one of my favourite things to do as a teacher, so I am really enjoying sharing them and it's helping

my wellbeing. Tomorrow I'm reading 'We're Going on a Bear Hunt' so this afternoon I'm setting up my garden to include swishy grass, a river (paddling pool!) and a snowstorm (flour!). The children will then be challenged to do the same after watching it'.

At **Garstang Pre-School Nursery**, staff are taking it in turns to bake treats for one another, each week. This is a great way to share favourite recipes and look after each other.

Chris Billington, from **Springfield Montessori Nursery** has produced a resource document to help support children while in lockdown. It suggests what adults can do to help, please see an extract below:

- Talk about what has happened honestly in words that your child will understand – stick to facts (not social media!), answer questions honestly and at an appropriate level for your child's development;
- Avoid ambiguous language, if you are going to talk about the virus I suggest using the term Coronavirus or Covid 19 rather than just saying a virus or a bug, because after this, there will still be viruses and bugs and children may be worried in the future that the same will happen again with any virus;
- Be prepared to answer questions repeatedly;
- Provide plenty of physical reassurance – hugs, cuddles etc.;
- Keep to a familiar routine, including diet (when possible);
- Be tolerant of changes in behaviour and emotion.

## Some useful links:

**NHS advice:** <https://www.nhs.uk/conditions/coronavirus-covid-19/>

**Some wellbeing tips for families:** <https://www.harrow.gov.uk/health-leisure/coronavirus?documentId=13113&categoryId=210266>

**Coronavirus and your wellbeing, by Mind UK:** <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

**5 ways to wellbeing, by Mindkit:** <https://www.mindkit.org.uk/5-ways-to-wellbeing/>

**Every mind matters:**

<https://www.nhs.uk/oneyou/every-mind-matters/>



**Recommended reading/useful apps**



Reading for pleasure supports wellbeing.

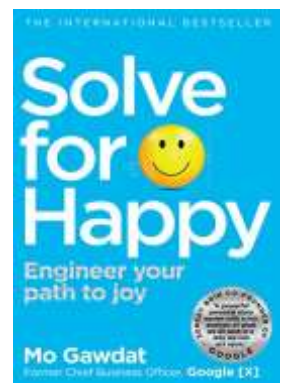
Why not have a team booklist to share – Make a date with a book!



**Booklist:**

**Solve for happy – Mo Gawdat**

In *Solve for Happy* Mo questions some of the most fundamental aspects of our existence, shares the underlying reasons for suffering, and plots out a step-by-step process for achieving lifelong happiness and enduring contentment.





## Lagom – the Swedish art of balanced living

Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. Far from restrictive, Lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good.



### Self-care book: Learn how to look after your mental wellbeing during lockdown

<https://www.independent.co.uk/extras/indybest/books/best-self-care-books-a8116376.html>

## Downloadable Apps to support wellbeing:

<https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>

### Catch it (Free to use)

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary.

The app was designed to illustrate some of the key principles of psychological approaches to mental health and well-being, and specifically Cognitive Behavioural Therapy (CBT).



### Other suggested apps:

Calm – mediation and sleep app  
7 cups - anxiety and stress chat  
Smiling mind –mediation app



### Podcasts:

There are a wealth of health and wellbeing podcasts available, here are a few of our favourites:

Wellness Unwrapped <https://podcasts.apple.com/gb/podcast/wellness-unwrapped/id1499519440>





For something completely different.....

Hit podcast '13 Minutes to the Moon' is back with the story of Apollo 13.

The podcast will mark the 50th anniversary of Apollo 13 in April.

<https://www.bbc.co.uk/mediacentre/latestnews/2020/13-minutes-to-the-moon-2>

Remember.....



A huge thank you for all you have done and are still doing to help.  
You are amazing!

