

**Stay Safe** **Be Kind**



## Top tips for Staying well whilst at home

All of us are staying at home as much as possible, to protect ourselves and others and prevent the spread of coronavirus. It is important that we keep physically and emotionally well during this time.

Here are ten things you can do to promote your physical and mental wellbeing:



### 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*.



### 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.*



### 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.*



### 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.



### Be up to date

Know what the latest is, using reliable sources such as:  
[wolverhampton.gov.uk/coronavirus](https://www.wolverhampton.gov.uk/coronavirus) or  
[nhs.uk/conditions/coronavirus-covid-19](https://www.nhs.uk/conditions/coronavirus-covid-19)  
*Try to limit how much news you watch or read to once or twice a day.*



### 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.*



### 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.



### 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.



### Be relaxed

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



### Be heard

Talk to friends, family or community and faith groups about how you are feeling. You can do this by phone, or online. 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!