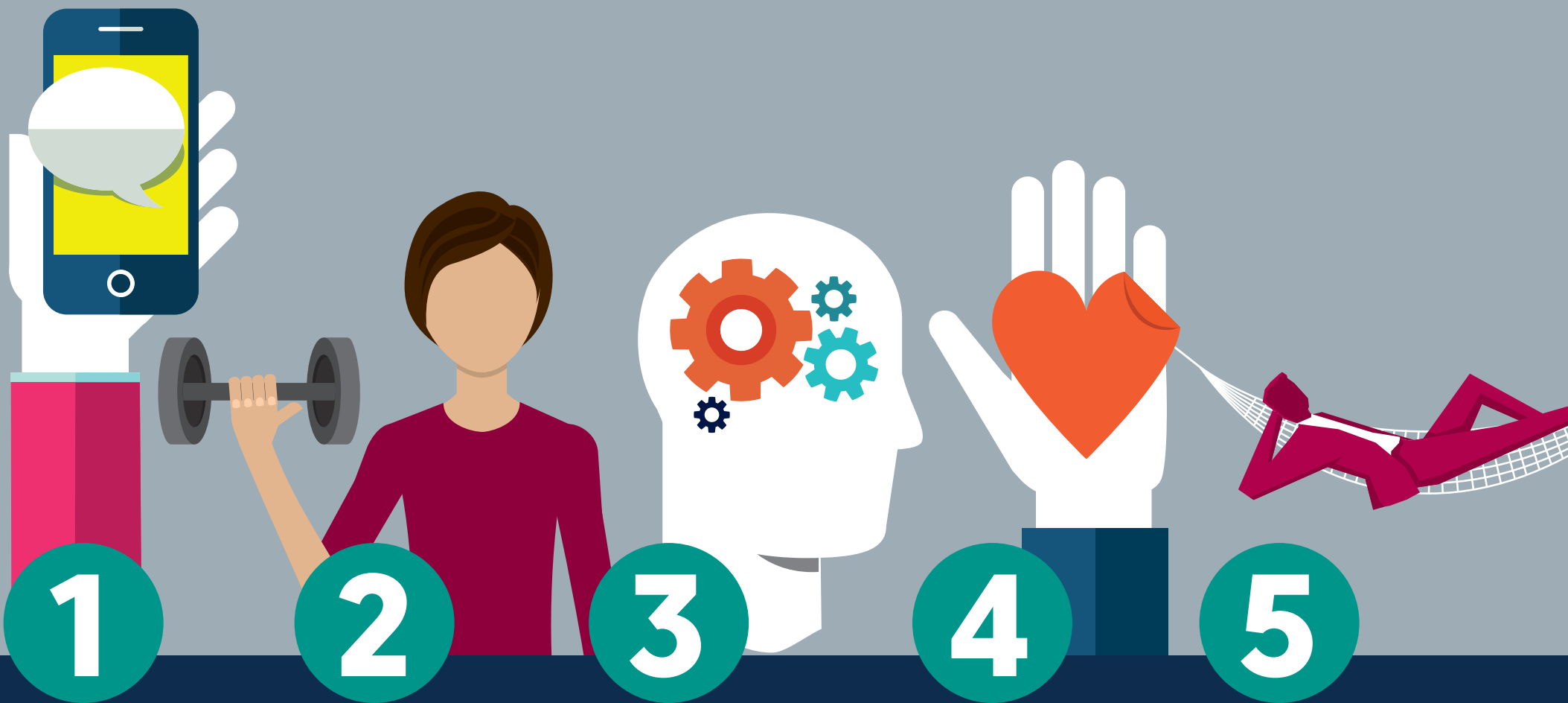


# 5 ways to wellbeing whilst staying at home during the Coronavirus



## 1 Connect

It can be stressful being at home continuously, so keep your spirits high by reaching out to your connections; send a text or even video call.

<https://www.ionos.co.uk/digitalguide/online-marketing/social-media/skype-alternatives>

## 2 Be Active

Whether it's by stretching out or becoming your own personal trainer, staying active will keep your mind and body healthy.

<https://www.bbc.co.uk/news/av/uk-51959557/coronavirus-the-green-goddess-returns-with-self-isolation-fitness-tips>

## 3 Keep Learning

Our brains love to learn, so keep them engaged and challenge yourself to read a book, work on some puzzles or even try out a new recipe.

<https://www.classcentral.com/collection/ivy-league-moocs>

## 4 Give

Give some time to listen and help those around you, even the smallest act of kindness can improve your mental wellbeing.

<https://www.volunteeredinburgh.org.uk/volunteer/covid-19-faqs>

## 5 Take Notice

Take notice of your surroundings and practice some mindfulness, making sure that you keep a comfortable space to relax.

<https://www.headspace.com>

Many people could be feeling more isolated and lonely over the coming weeks, so if you are feeling distressed, in a state of despair, suicidal or need emotional support, the following organisations can offer support:

### Breathing Space

0800 83 85 87

Mon-Fri (6pm-2am)

Sat-Sun (24 hrs)

### Samaritans

116 123

Mon-Sun (24 hrs)

### The Silver Line

0800 4 70 80 90

For over 55

Mon-Sun (24 hrs)

Edinburgh Health and  
Social Care Partnership

