

Activities At Home: Maintaining Wellbeing

Self-Help; what can I do?

We understand that this time can be stressful and overwhelming especially for those who are considered higher risk of being effected by the Coronavirus.

Your emotional and physical wellbeing is extremely important and during the current Coronavirus outbreak, it's essential that you look after yourself. This pack contains a number of physical and mental exercises and relaxation techniques to help you maintain your wellbeing during this period of self-isolation.

Relaxation Techniques

Breathing Exercises



1. Breathe in slowly and deeply through your nose. Keep your shoulders relaxed. Your tummy should get bigger, and your chest should rise a little.
2. Breathe out slowly through your mouth.
3. Repeat this for 5 minutes or until you feel calmer.
4. If you regularly practise this, you may find that your breathing naturally follows this calming pattern helping you to stay calmer throughout the day

Other Relaxation Techniques

For other relaxation techniques such as meditation and sleep stories please visit:
<https://www.calm.com/blog/take-a-deep-breath>
This website has a variety of free tools to help support your mental and emotional wellness

Home Exercises

Here are some exercises you can undertake in your home or garden to help keep you active during self-isolation

Sitting Exercises

Before you begin:

1. Choose a solid, stable chair that doesn't have wheels.
2. Use a chair with no arms.
3. Wear comfy loose fitting clothing.



1. Chest Stretch

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Push your arms out to the side.



B. Gently push your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.



2. Upper Body Twist

A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.



B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

C. Repeat on the right side. Do 5 times on each side.

3. Hip Marching

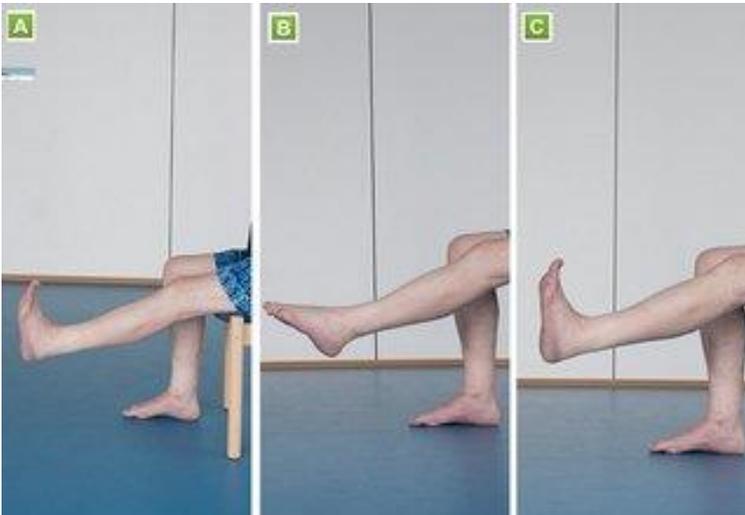


A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.



B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
C. Repeat with the opposite leg. Do 5 lifts with each leg.

4. Ankle Stretches



A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you. Try 2 sets of 5 stretches with each foot.

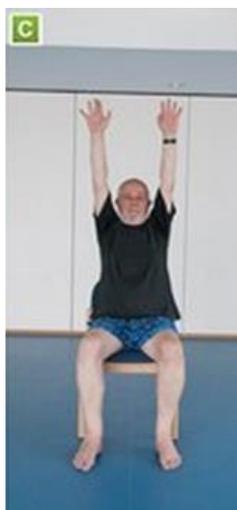
5. Arm Raises



A. Sit upright with your arms by your sides.



B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.



C. Return to the starting position. Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

Activities/Tips for Self-Isolating Adults

It is perfectly normal to feel anxious or worried during a time of uncertainty. Please read the following advice to maintain or improve your wellbeing through this period of self-isolation.

1. Get creative; you could try painting, drawing, colouring or try creating a jar of plans or activities to do in the future when the outbreak is over
2. Listen to a podcast or a new audio book. There are lots of free podcasts available on Apple and Spotify
3. Watch TV or listen to the Radio
4. Have a spring clean and declutter your home
5. Watch a TED Talk. TED talks are short informative talks on all sorts of topics.
<https://www.youtube.com/user/TEDtalksDirector>
6. Read a book you've had on your shelf and been meaning to read
7. Practice Mindfulness or do some breathing exercises (please see above)
8. Call a friend, relative, or neighbour for a catch up. During this time of isolation it is important we all reach out and feel connected with one another
9. Get baking; find a recipe that uses up the items in your cupboards
10. Complete a jigsaw or a crossword

