

# Staying at home wellbeing pack



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## Keep up to date

[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

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

[www.melton.gov.uk/here4melton](http://www.melton.gov.uk/here4melton)

Hello,

Welcome to your staying at home wellbeing pack!

The coronavirus pandemic may be incredibly stressful for people. Enclosed in this pack is information and ideas that we hope helps you navigate challenges or discover new ideas and techniques for supporting your wellbeing.

Inside, you'll find a list of useful contacts, exercises to try at home; plus relaxation and self-care techniques.

We've included a number of resources from other organisations alongside our own so you get the benefit of their collective wisdom.

We hope you've seen some of the many examples of community spirit and care that are emerging out of this difficult situation, and we hope in it's own small way this pack adds to the wider efforts to support one another.

We're certainly incredibly grateful to our partners and the community organisations helping us through this difficult time.

All the best from The Latham House Team

## Contact Details

Telephone: 01664 503000

Email: [medicalsecretaries@nhs.net](mailto:medicalsecretaries@nhs.net)

Engage Consult – online support tool

Web: [www.lhmp.co.uk](http://www.lhmp.co.uk)



**LathamHouse**  
Medical Practice

*In partnership with patients for health and wellbeing*

As a result of the coronavirus pandemic and following NHS, WHO and GOV advice we have implemented the following operational changes for the foreseeable future

- We continue to triage all patients before they enter the Practice.
- We are providing most services including routine and urgent consultations with GPs, nurses and pharmacists; these are being done by telephone and video consultations and where essential we will ask patients to come to the practice to be seen.
- We continue to provide a vaccination and immunisation service for children; it is essential that these continue to prevent outbreaks of other serious but preventable illnesses in the community.
- We are continuing to do essential blood tests, injections required as part of cancer care, dressings and stitch removal and cervical smear tests for those at the highest risk of cervical cancer.



## Engage Consult

Engage Consult allows patients and carers to connect with us and access services online.

Patients can use this messaging service to ask for help about a non-emergency medical problem or for general advice from your doctor or other members of the Practice team.

This may be a query about a prescription or a request for clinical help.

By signing up to use this service, patients can get advice from your Practice without having to visit or telephone the surgery. Visit [www.lhmp.co.uk](http://www.lhmp.co.uk)

### Opening Hours

Monday	8:00 - 18:30
Tuesday	8:00 - 18:30
Wednesday	8:00 - 18:30
Thursday	8:00 - 18:30
Friday	8:00 - 18:30
Saturday	Closed
Sunday	Closed

### Extended Opening Hours

Monday's 07:30-08:00 and  
18:30-19:00

Thursday's 07:30 - 08:00 and  
18:30-19:00.

# Useful Services in Melton, Leicestershire and Rutland

## Health:

Please check here for the latest local advice, <https://www.leicestercityccg.nhs.uk/my-health/coronavirus-advice/> including how to protect your health and information about local health services.

## Urgent mental health support

Leicestershire Partnership NHS Trust has launched a dedicated phone line (0116 295 3060) for people of all ages in Leicester, Leicestershire and Rutland to access urgent NHS mental health support 24 hours a day. The Central Access Point (CAP) links callers with call handlers and clinicians who can assess their needs and advise, support, signpost or refer them directly to the appropriate service.

The service is for people of all ages across Leicester, Leicestershire and Rutland – including existing and previous service users and people who have never used mental health services before.

**Young Minds:** Supporting children and young people and their parents/carers with their mental health and wellbeing. Specific advice on managing self-isolation and anxiety about coronavirus. <https://youngminds.org.uk>

**MIND:** Mental Health Support with specific advice on ‘Coronavirus and your wellbeing’. [www.mind.org.uk](http://www.mind.org.uk)

**Fitness:** Online classes and fitness challenges  
<https://www.meltonsportandhealth.org.uk/activeathome>

Leicestershire and Rutland Sport along with Sport England share online physical activity resources <https://www.lrsport.org/healthyathome> or <https://www.sportengland.org/stayinworkout>

## Council services:

For advice and information about services including waste collection, housing and benefits, please visit <http://www.melton.gov.uk/here4melton>. The Melton community support hub have various resources associated with financial services (both individual & business) along with maintaining mental health and well-being

For services including social care, death registrations and roads, please [visit](https://www.leicestershire.gov.uk/coronavirus-covid-19/) <https://www.leicestershire.gov.uk/coronavirus-covid-19/>.

For financial concerns visit : [http://www.melton.gov.uk/info/100007/housing/167/organisations\\_that\\_can\\_help\\_you](http://www.melton.gov.uk/info/100007/housing/167/organisations_that_can_help_you)

## Domestic abuse

If you are being controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. The household isolation instruction as a result of coronavirus does not apply if you need to leave your home to escape domestic abuse.

visit [www.gov.uk/domestic-abuse](http://www.gov.uk/domestic-abuse).

## National Domestic Violence Helpline: 0808 2000 247

<https://www.nationaldahelpline.org.uk/>

**NSPCC helpline: 0808 800 5000** If you're worried about a child, even if you're unsure, contact NSPCC professional counsellors for help, advice and support.

**Childline 0800 1111:** Offers free, confidential advice and support for any child 18 years or under, whatever the worry.

**SafeLives:** Specific resources for domestic abuse and COVID.

<http://safelives.org.uk/news-views/domesticabuse-and-covid-19>

## Parents Information

Healthier Together have shared some great information for parents and what they need to know about Covid-19 . <https://what0-18.nhs.uk/popular-topics/coronavirus>

**Age UK Leicestershire and Rutland** <https://www.ageuk.org.uk/leics/> offer practical and emotional support. To contact the dedicated Coronavirus helpline call: **0116 299 2239**.

## Supporting local business:

The Business Gateway Growth Hub has the latest local and national business support information updated daily. There is a team of business advisers to speak to regarding your business concerns and questions. The growth hub has extended “opening hours” to cover 10am to 2pm at weekends.

Please visit <https://bizgateway.org.uk/our-services/support/coronavirus-covid-19/> for up to date Coronavirus business support information, funding and webinar events:

## Support for charities:

Voluntary Action LeicesterShire (VAL) offers guidance and support for charities and community groups on topics like funding, governance or recruiting volunteers. You can find out more on their hub <https://valonline.org.uk/covid-19-coronavirus-support-for-charities/> or call on 0116 257 5050

# Social distancing

Social distancing are actions that communities can take to reduce face-to-face contact which may help reduce the spread of disease.



## 3 Individuals and families

- Stay home and do not go out in public when you are sick
- Avoid medical settings unless necessary
- Give six feet of space from others
- Wave instead of handshakes
- Practice excellent personal hygiene habits.



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## At work

- Work in ways that minimize close contact with people
- Minimize groups over 10
- Encourage telecommuting
- Clean your workspace frequently.



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## Those at higher risk

Public Health recommends that people at higher risk of severe illness should stay home and away from large groups of people. Those at higher risk includes people:

- Over 70 years of age
- With underlying health conditions
- With weakened immune systems
- Who are pregnant

# Maintaining a balanced daily routine

The current pandemic may be having some impact on your mental health. You may be feeling some anxiety or low mood, and may not be able to engage in your usual daily activities which help to keep you well.

During this time of self-isolation, reduced social contact and limited access to services, it is important to maintain a balanced daily routine.

Here are some tips on planning your daily routine with the limitations of the current government guidelines on covid-19:

- Set a limit for how much time you are spending watching TV, searching the internet and reading about covid-19 to once or twice a day. Watching the news about covid-19 may give a sense of connection with others, however spending all your time indulging in this is not helpful and will increase your anxiety
- Instead of focusing on things you can't do, write a list of things you can do
- Write down the things in life you are grateful for
- Use this time to practice a skill eg. learning a new language, practice mindfulness/meditation, learn new recipes
- You are allow one daily exercise outside. If you can't go outside for this, get your daily fresh air by opening windows and sitting near it.
- Add some home-based exercise to your routine
- If you have access to video calling, set up times with your family or friends to chat
- Remember, if you can do things to keep yourself well, you are also helping the community!



# What is Anxiety?

Anxiety is a distressing emotion, which has a crippling effect on individuals who suffer from it. It manifests as physical symptoms: (muscle tension, sweaty palms, racing heart, heavy breathing, light-headedness); as feelings (fear, panic, irritability, nervousness); as behaviour (avoiding situations, leaving situations, perfectionism); and as thoughts (overestimation of danger, underestimation of coping skills, worrying).

You may be familiar with some of the feelings above, especially at time when life can feel a little uncertain. This guide includes lots of helpful resources to help you develop some skills and methods to cope with these distressing feelings.

## Maintaining a balanced daily routine whilst in self-isolation

### Personal Management Caring for yourself

- Get into a daily routine
- Have a shower
- Get dressed into clean clothing
- Eat balanced meals
- Drink plenty of water
- Tidy your room
- Take medication

### Social Staying connected

- Call friends/family for a chat
- Connect with others on social media
- Use the I pad
- Reach out to staff for support and advice.

### Environment

- Plan your day – Create a timetable with a balance of activities to keep you occupied
- Comfort – Keep your environment clean and tidy
- Limit social media/news/medi a updates to once or twice a day – find a reliable source for updates to reduce anxiety and stress

### Activities For pleasure or learning

- Get creative (listen to music, painting, reading)
- Get active (dancing, exercise)

# Use the STOPP acronym when you start to feel anxious

**STOP**  
**TAKE A BREATH**  
**OBSERVE**  
**PULL BACK**  
**PRACTISE WHAT WORKS**

## **Stop!**

Just pause for a moment

## **Take a breath**

Notice your breathing as you breathe in and out. In through the nose, out through the mouth.

## **Observe**

- What thoughts are going through your mind right now?
- Where is your focus of attention?
- What are you reacting to?
- What sensations do you notice in your body?

## **Pull back** Put in some perspective

- DON'T BELIEVE EVERYTHING YOU THINK!
- What's the bigger picture?
- Take the helicopter view.
- What is another way of looking at this situation?
- What advice would I give a friend?
- What would a trusted friend say to me right now?
- Is this thought a fact or opinion?
- What is a more reasonable explanation?
- How important is this? How important will it be in 6 months time?
- It will pass.

## **Practise what works**

- What is the best thing to do right now?
- What is the most helpful thing for me, for others, for the situation?
- What can I do that fits with my values?
- Where can I focus my attention right now?
- Do what will be effective and appropriate.

# Good Sleep Habits

Sleep problems are very common and even more common in people who misuse substances. The amount of sleep we need varies through our lives. There are different stages of sleep and it is important that sleep cycle is completed.

## Things that interfere with sleeping

- Medical problems, particularly pain and conditions affecting the bladder.
- Certain medicines can affect sleep.
- Emotional upset (bereavement) or depression and anxiety.
- Stress, anxiety and worry.
- Bad sleeping environment (i.e. bed, room, noise).
- Changing your sleep routine.
- Taking naps during the day.
- Caffeine – especially tea, coffee and Red Bull.
- Alcohol.
- Stimulant drugs like cocaine, amphetamine and crystal meth.
- Smoking.

## Things that help sleeping

- Getting into a good sleep routine.
- Use your bed only for sleeping.
- Avoid any stimulating substances and activities.
- Do some exercise during the day.



# Tips on healthy living

## Your body needs to move

With our modern style of living, we often forget that humans are part of the animal reign. As any other specie, we need to move. Exercise is crucial for our health. Since the last 60 years, with the dawn of industrialisation and modernisation, people do not need to hunt and cultivate their food anymore. Our ancestors HAD to fight for their survival, harvesting their fields etc. Long story short: 30 minutes of exercise, 3 times a week is enough to keep your body in good shape!

## Adopting A Healthy Diet

Did you know that people are eating often 3 times the amount of meat they need to be in good health? In fact, we should be eating around 70% of vegetables (mostly greens), 10-15 % cereals and other form of carbs and only 10-15% meat? Many people have diet that is mostly (80%) based on meat and carbs (10-15%) ? Eat veggies, your body will thank you!

## Drink water

For your kidneys and liver to work properly, you need to drink at least 1 to 1.5 liters of water everyday. Not soda... WATER! People who do not drink enough water leave themselves at risk for several diseases like cancer, liver stones, obesity and many more affections. Dehydration also leads to a deficit of attention, difficulty to concentrate, wariness and fatigue.<sup>23</sup>

## DON'T Smoke!

Tobacco is responsible for millions of deaths worldwide every year. It also costs billions of dollars to many governments and families to treat diseases related to the use of tobacco.

# 9 tips for eating well

These practical tips can help you make healthier choices. The two keys to a healthy diet are eating the right amount of food for how active you are and eating a range of foods to make sure you're getting a balanced diet.

A healthy balanced diet contains a variety of types of food, including lots of fruit, vegetables and starchy foods such as wholemeal bread and wholegrain cereals; some protein-rich foods such as meat, fish, eggs and lentils; and some milk and dairy foods.

## Base your meals on starchy foods

Starchy foods such as bread, cereals, rice, pasta and potatoes are a really important part of a healthy diet. Try to choose wholegrain varieties of starchy foods whenever you can.

## Eat lots of fruit and veg

Try to eat at least 5 portions of a variety of fruit and vegetable every day.

## Eat more fish

Aim for at least two portions of fish a week, including a portion of oily fish

## Try to eat less salt

No more than 6g a day and less for children. Be mindful of the salt already in food before you add to it through cooking or at the table.

## Cut down on saturated fat and sugar

Saturated fats include hard cheese, butter, cakes, cream and pies

## Drink plenty of water

We should be drinking about 6 to 8 glasses (1.2 litres) of water every day to stop us getting dehydrated.

## Get active and try to be a healthy weight

Being overweight can lead to serious health conditions. Being underweight could also affect your health.

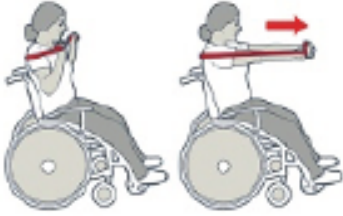
## Don't skip breakfast

Breakfast can help give us the energy we need to face the day, as well as some of the vitamins and minerals we need for good health.

## Learn to cook

You'll be surprised at how much healthier your meals are just from being cooked at home as opposed to getting takeaway.

# Stretching exercises



## Chest Press

Sit or stand and put the resistance band behind your back and hold each end of it. Stretch both arms out in front of your chest, then return to your starting position and repeat ten times.



## Leg Press

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it with your hands. Bend your knee towards you, then straighten it back out in front of you before returning to your starting position and repeating with each leg ten times.



## Bicep Curl

Sit or stand, place both your feet on the middle of the resistance band and hold each end of it with your hands. Raise your arms out in front of you to chest height, then return to your starting position and repeat ten times.



## Seated Calf Press

Sit on a chair with your back straight. Place one foot in the middle of the resistance band and hold both ends of it. Extend your leg and point your toes towards the ceiling, then point your toes forwards towards the ground. Return to the starting position and repeat with each leg ten times.

## Seated stretches



Side bend



Back and forward bend



Neck rotation



Shoulder shrug

# Relaxation Management

Relaxation is sometimes seen as a luxury, but in fact, regular relaxation and stress management are important for physical and emotional health. This is because your body's stress response can get triggered often throughout the day and, if your body doesn't return to its regular state of relaxation afterward, you may get stressed. Here are some relaxation strategies to help you combat stress:

**Breathing Exercises:** These can be your first line of defence against stress. Breathing exercises are wonderful for relaxation because they can be used anytime and at any place, they work quickly, and are easy to master.

**Music:** Playing music is a great way to relieve stress and promote relaxation for your family and friends as well as yourself.

**Exercise:** It may seem that exercise is the opposite of relaxation, but a good workout can actually make you feel more relaxed afterward for a few reasons. First, exercise can be a good way to release stress. Second, the endorphins released during a good workout can aid relaxation.

**Read a Book:** Getting lost in a good book can be a great way to relieve stress.

**Meditation:** Many people try meditation and find that it's a wonderful relaxation tool. Many others consider trying it, or try it a few times, and decide it's not for them. If you're in the second group, you may want to consider giving meditation another look – it's excellent for relaxation as well as developing a more positive attitude and, if practiced long-term, greater resilience toward stress.

# Ten steps to mindfulness meditation



**1. Create time & space** Choose a regular time each day for mindfulness meditation practice, ideally a quiet place free from distraction.



**2. Set a timer** Start with just 5 minutes and ease your way up to 15-40 minutes.



**3. Find a comfortable sitting position** Sit cross-legged on the floor, on the grass, or in a chair your feet flat on the ground.



**4. Check your posture** Sit up straight, hands in a comfortable position. Keep neck long, chin tilted slightly downward, tongue resting on roof of mouth. Relax shoulders. Close eyes or gaze downward 5-10 feet in front of you.



**5. Take deep breaths** Deep breathing helps settle the body and establish your presence in the space.



**6. Direct attention to your breath.** Focus on a part of the body where the breath feels prominent: nostrils; back of throat; or diaphragm. Try not to switch focus.



**7. Maintain attention to your breath** As you inhale and exhale, focus on the breath. If attention wanders, return to the breath. Let go of thoughts, feelings or distractions.



**8. Repeat steps 6-7** For the duration of meditation session. The mind will wander. Simply acknowledge this and return to your breath.



**9. Be kind to yourself** Don't be upset if focus occasionally drifts or if you fall asleep. If very tired, meditate with eyes open and rearrange posture to more erect (but still relaxed) position.



**10. Prepare for a soft landing** When the timer goes off, keep eyes closed until you're ready to open them. Be thankful. Acknowledge your practice with gratitude.