

Living with uncertainty – the Coronavirus pandemic and you

We are all a bit scared of the coronavirus, but did you know corona means the glow of the sun or a crown?

Here's some things that can help us see what's happening in a different light:

MEDICATION

Take prescribed medication regularly.
Watch for internet scare stories about meds.

DIABETES

Get right on top of control.
Keep fit.
Beware snacking/drinking.
Type 2 diabetes- try to maintain an ideal weight, and get physically fitter.

TAKE THE OPPORTUNITY

Play with children together/skype.
Pass on a joke.

KEEP CONNECTED

Internet.
Phone / video call.
Make it regular.
Re-discover old friends
Make new ones!
Keep in touch with elderly relatives.

ADD STRUCTURE TO YOUR DAY

Morning - regular time to get up.
Work/job.
House and garden.
Time for family/friends.
Time for you.

HELP SOMEBODY OUT

Does a neighbour need anything?
Check on older people/self-isolating.
Gardening?
Washing?

RECHARGE THE BATTERIES

Get a good nights sleep.
Leave your phone and iPad / screens outside the bedroom.

WATCH YOUR ALCOHOL

Sensible drinking.
A glass of wine has the same calories as a chocolate bar.

MAKE THE MOST OF THINGS

Sit by an open window and let the sun in.
Listen to music. Eat more of the good stuff.
Consider Vitamin D supplements.

CHECK YOUR BLOOD PRESSURE

Hypertension?
Eat healthily.
Avoid salt.
Get fitter.
Keep an eye on your BP.
Take meds regularly.

WATCH YOUR HANDS

Break the cycle of mouth touching.
Fold your arms.
Sit on your hands.
Play a game - shout out if someone's hands go near their face.

SLOW DOWN AND BE MINDFUL

Mindfulness.
Staying mentally fit.

LIVING WITH UNCERTAINTY

Exams, jobs, courses, money?
There will be a solution even if we don't know what it is yet.

USE YOUR TIME

What do you want to do?
Decorate a room?
Read about history?
Learn a skill?

BUILD UP YOUR FITNESS

Get outside.
Enjoy the sun.
Walk with others - keep the 2 metre rule.

PROTECT YOUR LUNGS

Quit or cut smoking.
Take prescribed asthma medication.
Try and build fitness.

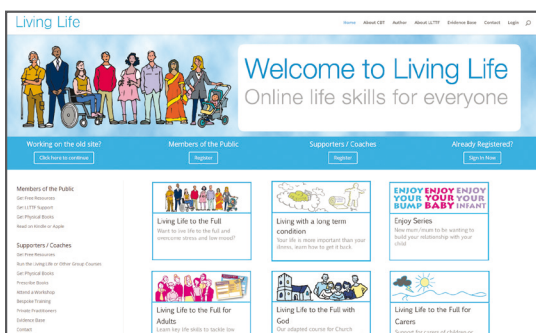
Looking after your physical well being

If you develop symptoms.

If you develop a constant new cough, or a temperature of more than 37.8, then you should go online to NHS 111 to get further advice. If you live alone you will need to fully self isolate for 1 week. If you feel that you are getting worse check 111 online again. If you live in a household, the entire household will need to fully self-isolate for 14 days regardless. Afterwards, always follow the specific advice on self-isolation issued regularly by the government.

Looking after your mental well being

Here's where to get more help: www.llttf.com



Other resources available:



www.llttf.com/facebook



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