

# Coronavirus

## &

# Self-Care



More information on:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

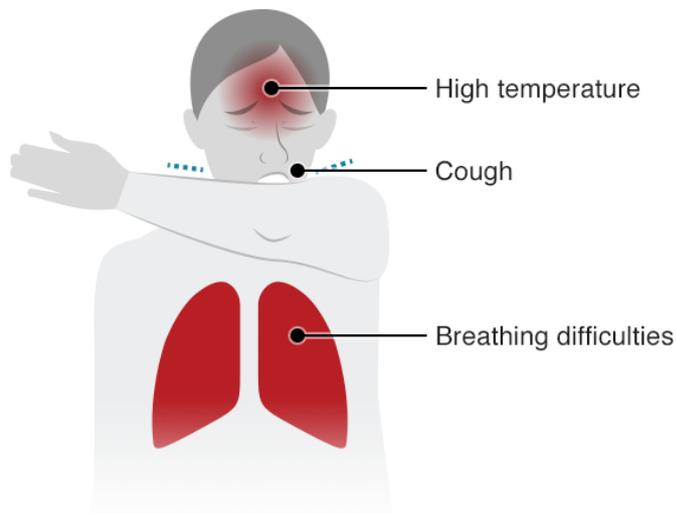
<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

## What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Symptoms of coronavirus (COVID-19) are a cough, a high temperature and shortness of breath. It can take around 5 days for symptoms to show. And according to the world health organisation the incubation period can last between 14 and 24 days.

### Coronavirus: Key symptoms



If you have any of these symptoms do not go to your GP or A&E.

It is recommended that you self-isolate, if your symptoms get worse you can contact 111.

Taking simple measures like washing your hands often with soap and water can help stop viruses like coronavirus (COVID-19) spreading. Try and wash your hands regularly for around 20 seconds with soap and water as washing your hands in this way can kill any viruses that may be on your hands.



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues** (then wash hands)



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

## Self-isolating and social distancing

You might be advised to self isolate if you have any symptoms such as:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly



You are advised to self isolate for 7 days if you have any of these symptoms.

If a member of your household has any of these symptoms it is recommended that you self isolate for 14 days.

It has been advised that people try and

- work from home wherever possible
- stop all unnecessary travel
- Avoid social venues (pups, clubs, theatre, cinema etc.)
- Avoid leaving the house, or staying at a safe distance from people if it is essential to leave.

If you are self isolating it can feel difficult to know what to do. This guide hopes to help you through the process of self isolating.

## Self-isolating Checklist



### Find the right place to stay

- Think about ways to keep your environment clean and fit for purpose
- Do you have enough cleaning supplies?
- Perhaps use the time to clear out some old things to clear up some space whilst making sure your home is clean

### Eat well

- See if you can order food online for home delivery, or ask someone to pick up your shopping if this is possible
- Think about your diet and routine, try to eat healthy foods and regularly to keep your blood sugar levels steady
- Keep hydrated, drink plenty of water

### Treatment and care

- Do you have enough medication?
  - o Can you get more medication if needed? i.e. delivery service
- Take your medication regularly
- Accesses support if it is necessary and available, consider using telephone support if this is appropriate
- Can you rearrange any planned therapy, treatments or appointments?

### Work and Money

- Can you work from home?
  - o If not what are your rights to payments and benefits? Check with your work place and contract.
  - o Can you budget for any higher bills and expenses?
  - o Will being at home allow you to save money on transport? Can this money be used elsewhere? Can you make a budget plan?

### Exercise

- Is there any physical activity you can do inside your home?
- Try walking around, introducing some light exercises and keeping on your feet.

## **Commitments**

- Can anyone help you care for any dependents?
- Do you have pets that need walking or feeding that you can get support with?
- Do you have commitments that can be rearranged?
  - o If not do you have the means to get there

## **Connecting with others**

- Have you got the correct contact details of anyone you might need to contact? i.e. health professionals, work place, school/childcare
- Have you got the right contact details for people you see regularly? Can you get in touch with them?

## **Routine**

- Can you stick to your usual routine? If you have to make changes can these be minimal? i.e. still waking up at the same times
- Can you create a schedule or routine for yourself and household to follow
- Can you plan your day to ensure you are staying active and filling your day?

## **Nature**

- Try and access nature where you can, open the window and breath in the fresh air
- Have you got houseplants or flowers?

## **Entertainment**

- Have you planned ways to keep entertained and busy? Perhaps thinking of things you enjoy to do?

## **Relaxation**

- How can you relax? Have you got materials to be creative or to access online meditation?

## Self care

### Self care and the media:

- Take care with news and information, take in the information as necessary but set boundaries to this (for example only watch the news between 5pm-6pm and the rest of the time try and find more enjoyable activities)
- Set social media boundaries and avoid excessive exposure to media coverage



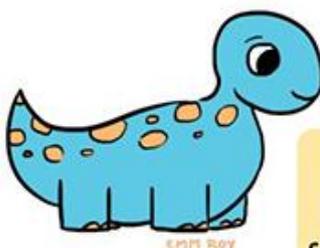
### Keep your environment safe:



- Set a schedule or timetable for your time indoors
- Plan your days and fill your time with things you enjoy
- Try to balance being productive with your tasks
- Try and stick to your usual routine as much as possible
- Practice good hygiene habits
- Use the time to clean out your house, get rid of any clutter, catch up on those jobs you've been wanting to get done but could never find the time

### Keep in touch:

- Spend some time by the windows and take in the fresh air
- Connect with others digitally (phone, text, online)
- Reach out to your friends, family and loved ones



SELF-CARE IS NOT  
LAZY OR SELFISH.  
SELF-CARE IS HEALTHY.  
SELF-CARE IS IMPORTANT.  
SELF-CARE IS NECESSARY.

## Relax:

- Try some breathing exercises
- Try some relaxation or mindfulness videos on YouTube
- Exercise
- Try Yoga or Mindfulness (YouTube videos)
- Make a relaxation corner or a play area for yourself and children



## Do something you enjoy:

- Read your favourite books
- Listen to music
- Watch a new TV series or movie
- Stretch your muscles
- Prepare and eat your favourite meals
- Do a puzzle or activity
- Play some board games
- Take a relaxing bath
- Drink tea



## Get creative:

- Try some arts and crafts
- Upcycling old things
- Colouring and painting
- Writing or journaling
- Playing an instrument
- Baking
- Try some DIY around the house
- Learn a new skill



IT'S A GOOD DAY TO  
TAKE CARE OF YOURSELF  
(SO IS EVERY OTHER DAY).



# Breathing exercises

## 1. Lengthen your exhale

Taking too many deep breaths too quickly can actually cause you to hyperventilate. Hyperventilation decreases the amount of oxygen-rich blood that flows to your brain. When we feel anxious or under stress, it's easier to breathe too much and end up hyperventilating — even if we're trying to do the opposite.

1. Before you take a big, deep breath, try a thorough exhale instead. Push all the air out of your lungs, and then simply let your lungs do their work inhaling air.
2. Next, try spending a little bit longer exhaling than you do inhaling. For example, try inhaling for four seconds, then exhale for six.
3. Try doing this for two to five minutes.

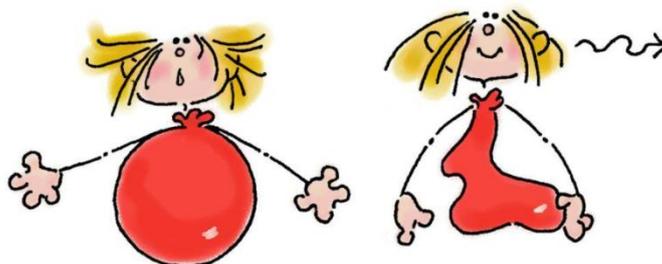
This technique can be done in any position that's comfortable for you, including standing, sitting, or lying down.

## 2. Breath focus

When deep breathing is focused and slow, it can help reduce anxiety. You can do this technique by sitting or lying down in a quiet, comfortable location. Then

1. Notice how it feels when you inhale and exhale normally. Mentally scan your body. You might feel tension in your body that you never noticed.
2. Take a slow, deep breath through your nose.
3. Notice your belly and upper body expanding.
4. Exhale in whatever way is most comfortable for you, sighing if you wish.
5. Do this for several minutes, paying attention to the rise and fall of your belly.
6. Choose a word to focus on and vocalize during your exhale. Words like “safe” and “calm” can be effective.
7. Imagine your inhale washing over you like a gentle wave.
8. Imagine your exhale carrying negative and upsetting thoughts and energy away from you.
9. When you get distracted, gently bring your attention back to your breath and your words.

Practice this technique for up to 20 minutes daily when you can.



Breathe in

Breathe out

### **3. Equal breathing**

Another form of breathing that stems from the ancient practice of pranayama yoga is equal breathing. This means you're inhaling for the same amount of time as you're exhaling.

You can practice equal breathing from a sitting or lying-down position. Whichever position you choose, be sure to get comfortable.

1. Shut your eyes and pay attention to the way you normally breathe for several breaths.
2. Then, slowly count 1-2-3-4 as you inhale through your nose.
3. Exhale for the same four-second count.
4. As you inhale and exhale, be mindful of the feelings of fullness and emptiness in your lungs.

As you continue practicing equal breathing, your second count might vary. Be sure to keep your inhale and exhale the same.

### **4. Belly breathing**

Breathing from your diaphragm (the muscle that sits just beneath your lungs) can help reduce the amount of work your body needs to do in order to breathe.

To learn how to breathe from your diaphragm:

#### **Check-in**

1. For comfort, lie down on the floor or bed with pillows beneath your head and knees. Or sit in a comfortable chair with your head, neck, and shoulders relaxed, and your knees bent.
2. Then, put one hand under your rib cage and one hand over your heart.
3. Inhale and exhale through your nose, noticing how or if your stomach and chest move as you breathe.
4. Can you isolate your breathing so you bring air deeper into your lungs? What about the reverse? Can you breathe so your chest moves more than your stomach?
5. You can also practice belly breathing by placing your hand on your chest and stomach and feel the belly rising and falling

Eventually, you want your stomach to move as you breathe, instead of your chest.



# Self Soothing Using the 5 Senses



## With VISION

Make one space in a room pretty, light a candle and watch the flame, go to a museum with beautiful art, go out to watch the stars, look at beautiful pictures in a book, be mindful of every sight that passes in front of you.

## With HEARING

Listen to soothing music, to invigorating and exciting music, pay attention to the sounds of nature, sing your favourite songs, learn to play an instrument, be mindful of any sounds that come your way and let them go in one ear and out the other.

## With SMELL

Use your favourite perfumes or lotions, spray fragrance in the air, light a scented candle, put potpourri in a bowl, bake bread or cakes, smell flowers, breathe in the fresh smells of nature.

## With TASTE

Have a good meal, have a soothing cup of tea or hot chocolate, have a dessert, sample different flavours of ice cream, get a special piece of food that you wouldn't normally buy, really taste the food you eat and eat one thing mindfully.

## With TOUCH

Take a bubble bath, pet an animal, have a massage, soak your feet, put a cold compress on your head, sit in a comfy chair, experience whatever you are touching.

## Look after yourself



We recognise we are in an uncertain and stressful time. It's okay to feel nervous and anxious at this time. Try and implement self care to the best of your ability. It is important to look after your wellbeing and mental health.

There will be a lot of information about the virus, please be sure you only take on board what is told from reliable sources such as the NHS website.

Talking to others can be helpful during these times so reach out to those around you. If you have made an agreement with your healthcare professional in terms of telephone or online sessions then bring up any concerns during these times.

Please access any support around you including the Samaritans (116 123) or your CMHT duty number.

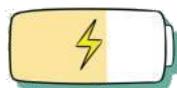
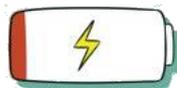
If you are currently under support by anyone else contact the service to see if they are running as usual or if they can offer telephone or skype sessions.

If you find it is essential to leave the house then remain in a safe distance and practice good hygiene habits to ensure you are safe and healthy

Online resources can be helpful so take a look at:

- [www.mind.org.uk](http://www.mind.org.uk)
- [www.nhs.uk](http://www.nhs.uk)

# Self-Care



is a **Priority**