



Black Country

# Ideas to help you stay physically well and cognitively active when social distancing.

Having to stay indoors is the best way to stay safe at the moment. But it can be frightening and isolating for some and challenging for others.

So it is even more important to focus on our health and well-being at this time. Keeping physically and mentally active can really help with this.

Focusing on the opportunities available and being positive can really help. Perhaps staying at home allows you to reconnect with hobbies and interests, develop new interests and keep in contact with family and friends.

Having a routine that gives structure to your day can also help, perhaps including some regular physical exercise too.

We will be inviting all existing clients to take part in our new online activities which you can do while at home. We are contacting all current clients about this and will be supporting them to participate.

We will be contacting all our existing clients regularly to catch up and hear about any particular problems you are facing. If you need to contact us we have staff available to listen and try to support you - 01384 869961

## Resource list

Health and Social care contact numbers:

Dudley– [www.dudley.gov.uk](http://www.dudley.gov.uk) 0300 555 0055

Sandwell.– [www.sandwell.gov.uk](http://www.sandwell.gov.uk) 0121 569 2266

Wolverhampton– [www.wolverhampton.co.uk](http://www.wolverhampton.co.uk) 01902551199

Walsall– [www.go.walsall.gov.uk](http://www.go.walsall.gov.uk) 0300 555 2922



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## Staying At Home

### Tips to help you stay physically well and cognitively active

#### Maintain a Daily Routine

Routines provide structure and purpose. E.g. try to get up at a regular time, take extra pamper time for personal care, eat at the same times and go to bed at the same times.

#### Maintain your Medication

Ensure it is taken at the right times and if running low order well in advance.

#### Try to avoid napping

This will help your body clock and help you rest better at night, giving you more energy during day time. Very high fatigue levels may mean napping is essential.

#### Adapt

Think about the most important activities to you. Can you adapt any of these to be home based??

#### Keep a Diary

Keep track of the day and date. Write a note of daily tasks completed to look back on for a sense of achievement.

#### Write a list

Make a list of all the jobs at home you never get round to. Pick one small realistic goal per day, e.g. sort out that cluttered cupboard or drawer.

#### Take Up a New Interest

Explore areas of interest - identify things you can get on with now—and plan to do things in the future which can't be tackled now.

#### Record

Jotting thoughts or ideas in a notebook can be a good way to express feelings. For clients that find writing difficult, sourcing or taking photos that express how you are feeling may help.



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# Balance your weekly routine so you have a good mix of activities

- Cognitive – puzzles, memory games, online activities
- Physical – Gentle stretches and make sure you are moving regularly throughout the day. No sitting in front of the TV for hours!!! Keep moving.
- Music - play tunes you haven't listened to for a while: dancing and movement to music (safely) are recommended!!
- Creative - scrapbooking, cooking (if safe to do so!), model making, making cards for birthdays etc .
- Outdoors - if you have an outdoor space then spend at least 15 minutes per day outside in the fresh air. Take time to notice the things around you. Perhaps keep a note of birds, bugs, changes in plants etc.
- Social - Facetime, Whatsapp, telephone calls, photo exchanges, writing letters. Making someone a gift to send later.

Take time to notice how you are feeling. It is OK to feel down, scared and frightened, lots of people are feeling uncertain about how things are at the moment. But we know things change and pass. So try to be positive and be active.

You can always call us for chat - 01384 869961 - leave a message if there is no answer.

## Resource list

Mental health support

Well Mind - <http://www.dwmh.nhs.uk/wellmind>

Headspace Mindfulness - <https://www.headspace.com/>

Samaritans - tel. 116 123 - [www.samaritans.org.uk](http://www.samaritans.org.uk)