

Many of us are struggling with anxiety and low mood due to the coronavirus pandemic. Here are some wellbeing tips to get us through these challenging times.

Connect

Social contact reduces feelings of isolation and can increase self-esteem.

Keep in regular contact with people you know.

Keep updated but limit your time on news sites and social media if this makes you anxious.



Physical

Being physically active can reduce anxiety and boost your mood.

You can exercise inside or out—e.g. walking, running or cycling, gardening, yoga or dance.

Try to eat and drink healthily. If you are struggling with getting shopping or the cost of food call **01501 229 307** for the West Lothian Food Bank.

Learning

Learning new things keeps your mind occupied which can help with anxiety.

You could try relaxing with puzzles and games or cooking something different.

You can learn how to control your stress with online support. See **moodjuice** link on page 3

Give

An act of kindness can make a difference and improve how you feel.

Do something in your area, look out for a neighbour or volunteer.



Take Notice

Take time to look after yourself.

Be aware of how you are thinking and feeling. Try stopping and taking time to breathe. Be mindful about what's around you. What can you see, hear and touch? Do something that helps you relax.

Ask for help if you need to. Your GP can help you access a range of support.

Sleep

Sleep is a huge factor in looking after your health and wellbeing.

Sleep at regular times and avoid napping through the day.

Wind down before bed—avoid screen time. Make your bedroom sleep friendly.

Keep a sleep diary if you are experiencing sleep issues, if it goes on for more than 4 weeks you should speak to your GP.

Ways to wellbeing for young people

Connect

Try to stay connected to friends and family.

You can play a game or watch a film with the people you live with.

Stay in touch with people on social media— remember to only talk to people you know.

Use video calls or chat while gaming online.



Healthy

Try to get out every day. If you have a dog take it for a walk, ride a bike or go for a walk.

You can try dance lessons, yoga or PE sessions online.

Plan your day; have a routine for getting up and going to bed, shower and get dressed in the morning and turn off electronic devices before bed.

Drink water and try to follow a balanced diet.



Learning

Keep your brain active.

You can read for fun, research something you are interested in or do a virtual activity like visit a zoo online.

You can learn a new skill: Ask an adult at home to teach you baking, sewing, gardening or DIY.



Be Creative

Express yourself and have fun. Play games, make music, draw, paint and make things.

You can write about your experiences—some people are creating time capsules to record what is happening now, others are taking on challenges.



Take Notice

This is still a strange and confusing time. You might have a range of emotions like anxiety, anger and boredom.

All of these are normal. Sharing how you feel can help you connect to other people.

It can be helpful to take time to notice what you are feeling. If you are feeling overwhelmed it's OK to ask for help.

Sleep

Sleep is a huge factor in looking after your health and wellbeing.

Make sure you keep a good sleep routine, avoid napping through the day.



Contacts for support, help and further information

Having contacts for organisations offering support/help and information can be crucial. Please find them here:

If you need to talk, you can contact:

Breathing Space- **0800 83 85 87**

Mon-Fri (6pm-2am), Sat-Sun (24 hrs)

Samaritans- **116123**

Mon-Sun (24 hrs)

Health in Mind: West Lothian- **01506 637 572**

Useful Websites:

Befriending Networks: <http://www.befriending.co.uk/>

Health in Mind: <https://www.health-in-mind.org.uk/services/westspace/d158/>

Clear your head: <https://clearyourhead.scot/>

Mood juice: <https://www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp>

Sleep Scotland: <https://www.sleepscotland.org/>

The Sleep Council: <https://sleepcouncil.org.uk/>

NHS: <https://www.nhs.uk/conditions/nhs-fitness-studio/>

West Lothian Drug and Alcohol Service: <https://www.wldas.com>

Support and help for young people

If you need to talk, you can contact the following for support:

Parent Line- **08000 28 22 33**

Listenline- **0131 271 3834**

Child Line- **0800 11 11**

Shout (free text service)- **85258**

Useful Websites:

Children 1st: <https://www.children1st.org.uk/>

Young Scot: <https://young.scot/get-informed/national/who-to-contact-for-mental-health-support>

Parent Club: <https://www.parentclub.scot/>

West Lothian Youth Action Project: <https://www.wlyap.org.uk/integr8-befriending>

Childnet: <https://www.childnet.com/>

Think U Know: <https://www.thinkuknow.co.uk/>

Anti-bullying Alliance: <https://www.anti-bullyingalliance.org.uk/>

Further Information

NHS Lothian Child and Adolescent Mental Health Services: <https://services.nhsllothian.scot/camhs/Pages/default.aspx>

West Lothian council: <https://www.westlothian.gov.uk/article/60744/Community-Regeneration-Newsletter>

Westspace– the website specifically for West Lothian: <https://www.westspace.org.uk/>

It helps to talk– SMILE counselling provide support to young people on mental health: <https://www.smilecounselling.org.uk/>

Click the below link to watch a short video about our mental health and ways to look after it: <https://vimeo.com/338176495>