

## Six ways to improve your wellbeing

It's OK to not feel OK during challenging times.

Feeling worried or stressed is normal but it's really important that we take care of our mental health and wellbeing as much as possible. Nobody should be afraid to get help if they need it.

This is a pack of little things you can do to keep yourself well and some useful ways to get support if you are finding it hard. Remember, you're not alone – we're all in this together.

> Stay calm, we will get through this.



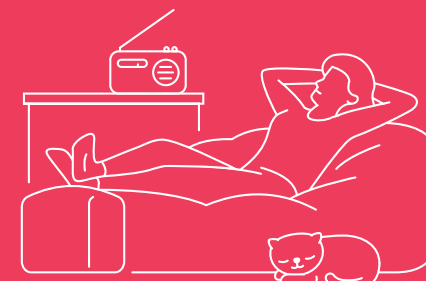
> Be kind to yourself, find time to do something you enjoy.



> Connect with others, by phone, text, social media, write a letter or smile at your neighbours.



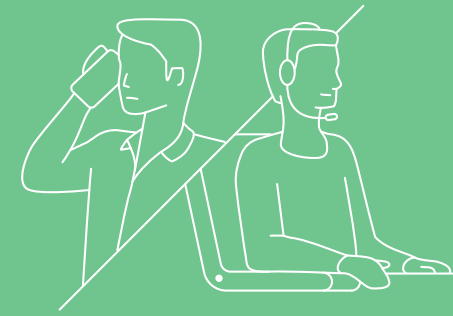
> Take a break from listening to, watching or reading the news.



> Move around and find different ways of staying active.



> Help is available if you are not OK.



Things can feel very hard at times. Support is available for whatever you are going through, there is hope and you are not alone.

These helplines are free and confidential:

**Samaritans: 116 123**

Whatever problems you are facing Samaritans are there to listen

**SHOUT: Text Shout to 85258**

Text service for support with any mental health concern (it will not show up on your bill)

**CRUSE: 0808 808 1677**

Support and advice if you are grieving or dealing with bereavement and loss of a loved one

Being active reduces stress and helps us sleep better.

If you have access to a garden or it is safe for you to leave your home for exercise, then get some fresh air, go for a walk or a run.

If getting out and moving around is not easy or possible for you, keep moving about indoors as often or as much as you can.

Explore different ways of adding physical movement and activity to your day and find some that work best for you.

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

Reduce the impact of information overload on your mental health.

You may want to limit your intake of daily news as too much coverage can be scary and make you stressed.

If you're online, the NHS website always has the latest information at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

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

Many of us will miss seeing family and friends and taking part in our usual activities.

It's important that we stay connected. Get in touch with family and friends to share your thoughts and have a chat.

If talking to a friendly stranger is easier, you can call The Silver Line on **0800 4708090**, a free helpline offering friendship and advice to older people, 24 hours a day.

If you're online, find some tips from our friends at [www.campaigntoendloneliness.org](http://www.campaigntoendloneliness.org)

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

It's OK to treat yourself to the things that make you smile and make you feel good.

Make yourself a hot drink, watch a film, read a book, or try a crossword.

Don't be hard on yourself.

It's important to recognise your successes and the things you are grateful for, no matter how small. You could consider keeping a gratitude journal each day where you write two or three of these things every night before you go to bed.

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

It's normal to feel anxious and worried about things that feel out of your control.

Try to relax, take deep breaths and focus on the present. This will help lighten negative feelings.

If you or someone you trust can go online, visit [www.good-thinking.uk](http://www.good-thinking.uk) for free, NHS-approved digital tools to help manage anxiety, low mood, sleeping problems and stress.

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

Thrive LDN is a partnership between London's NHS, public services, the Mayor of London, councils, and charities to promote better mental health for everyone. We need to think and talk more about mental health and wellbeing in our neighbourhoods, our family and friendship groups and at work.

**Write to us:**

Thrive LDN, GLA, City Hall, London, SE1 2AA

**Email:**

[info@thriveldn.co.uk](mailto:info@thriveldn.co.uk)



@ThriveLDN #LondonTogether

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