Parents Mental Health and Wellbeing – COVID-19

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19).

You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It's important to remember that it is OK to feel this way and that everyone reacts differently. This situation is temporary and, for most of us, these difficult feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.

Here are a few tips you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home. Make sure you get further support if you feel you need it.

**Plan –**

Plan ahead, for example, how to get household supplies; online, ask neighbours and friends, register with the gov.uk vulnerable service is appropriate. Let health services know if you are staying at home (GP’s and wider services), ask about repeat prescriptions.

**Stay connected –**

Maintain healthy relationships. It’s really important to continue relationships with those you trust. Think about how you can stay in touch; phone, social media, video calling. Maybe take this time to connect with old friends.

**Talk –**

Its normal to feel worried or scared at this time. Many people will feel exactly the same way as you. Share your concerns and this may help others as well as you.

**Look after your body –**

It is easy to fall out of this pattern, try online exercise or you can leave the house alone for an exercise session each day (if you are alone or with others from your household). Start small, even 10 minutes will be a big boost.

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

**Limit exposure to news –**

It can be tempting to continually watch the news, but limit this. Use trustworthy resources like gov.uk or the NHS. Set a time to catch up on daily headlines.

**Do the things you enjoy –**

Ensure you keep up with your favourite hobby or use this time to pick up something new. There are a lot of free online courses and tutorials – or online quizzes and musicals.

<https://www.thecollege.co.uk/adult-skills/free-online-courses>

**Relax –**

Mindfulness can help with mental wellbeing. Gardening, walking, reading or listening to music can all support a strong mind.

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

 **Daily routine –**

Think about your new routine, is may help to write a daily plan. Think about how you can adapt and set yourself new goals. If you are working from home, try to get up at the same time, wear work clothes and take breaks. If you are home schooling, write a timetable with the whole family. You could set a new time for a daily home workout, and pick a regular time to clean, read, watch a TV programme or film, or cook.

<https://www.pinterest.co.uk/pin/243124079868596686/>

**Sleep –**

Regular sleep really helps support mental wellbeing. Establish good bedtime routines for you and those you care about.

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

**Keep your mind active –**

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting.

Whatever it is, find something that works for you.

There are loads of ways to reach out and get support during this time, including some extensive local platforms.

 BCP links –

<https://www.bournemouth.gov.uk/adult-social-care-services/TypesofSupport/HelpforPeoplewithMentalHealthNeeds/Helpforcommonmentalhealthproblems.aspx>

 NHS Mind Plan -

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=CjwKCAjwvtX0BRAFEiwAGWJyZNXkHNvXAQlZNIPSa2ACkNnFbpWOExlLfRdEYjksLMjG9O3MJ24RTRoCUx0QAvD_BwE>

Dorset Child and Adolescent mental health -

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/child-and-adolescent-mental-health-camhs>

