



Looking after your wellbeing in lockdown **Friday 15 May 2020**

There are lots of great resources out there to help you and your family stay safe and well during lockdown. It's important to look after yourself right now so we have pulled together a roundup of some of our previous wellbeing messages, adding in a few new practical tips and links for you to help look after you mental, physical and financial wellbeing.

Mental wellbeing

Many of us are feeling worried or stressed about how coronavirus is affecting our lives and loved ones. Spending more time at home and being isolated from friends, colleagues and family can be difficult for our mental health. There are lots of things you can do to look after your mental wellbeing during this time:

- Keep in touch with friends and family over the phone and video calls. It'll give you a chance to catch-up and talk about how you're feeling.
- Get outside to exercise either on your own or with people from your household. Fresh air and nature can make a huge difference to our perspective.
- Meditate as a way of training your awareness and getting a healthier sense of perspective. This could be useful in this uncertain period. There are lots of apps and websites to try (such as [Headspace](#)) and most offer a free trial to find out if it works for you.
- Get support and discuss any issues you have. If you would like to speak to someone about any aspect of your wellbeing you can always call our Employee Assistance Provider, Workplace Options any time for free on 0800 247 1100.

[The NHS](#) and [SAMH](#) also have lots of great advice on mental wellbeing while staying at home.

Wellbeing tips for parents and carers

There are lots of things you can do to support the mental health and wellbeing of children or young people in your care while we're all at home. Here are some helpful tips:

- Allow your children to use apps such as FaceTime to connect with friends and family members. NHS inform have guidance [here](#).
- For younger children, having a conversation may not be so easy, so suggest taking part in a fun activity. [Together APP](#) is a free video chat app which helps families read books and play games together.
- Set aside quality one-to-one time with each child to give them the chance to talk to you about any worries or concerns they may have. Unicef have produced [guidance to help](#).
- If you are worried about your child's health and wellbeing, contact your GP or NHS 24 on 111 outside surgery times.

Taking notice of what is happening in the here and now can help children shift their focus away from worrying about the 'what if's' in the future. Here are some ideas and resources that may help:

- Colouring can be a great way to help your child relax, unwind and keep their mind occupied. Young Scot have a free printable '[Mindfulness Colouring Book](#)'.
- Young Minds have information on how to [create a 'self soothe box'](#) to help children feel more relaxed if they find themselves feeling worried or anxious.
- Walking and noticing is a simple activity suitable for all ages. Go for a walk outside with your child and focus on their surroundings. What do they see, smell, hear, what can they touch? How does this make them feel?

Physical wellbeing

We all know the benefits of staying physically active for our fitness and mental health. The Glasgow Club has plenty of ideas to keep you active both indoors and out with classes and activities that can be adapted for all levels of fitness.

You don't need to be member, just download the free [Glasgow Club app](#) or visit our special [Working \(out\) From Home website](#) for tips on getting started. There's so much to try, including football, cycling, gymnastics, dance and yoga. You can even join in one of our daily virtual [live classes](#) from the comfort of your own home or garden.

Coronavirus and cancer

Our amazing Macmillan @ Glasgow Libraries teams are still here to support you and your family if you are dealing with cancer during coronavirus. You can reach them by calling 0141 287 2903 (9am-5pm) or emailing macmillan@glasgowlife.org.uk

Volunteering

Volunteering is a great way to do something positive during lockdown, stay active and connected to other people.

If you cannot do your regular job because your venue is closed or you cannot work from home, Glasgow Life will support you to volunteer during your normal working hours. [Click here](#) to view our Employee Supported Volunteering policy and speak to your line manager about opportunities for you to make a real difference in your local community.

Financial wellbeing

The disruption caused by coronavirus has affected many households, leaving them with less money coming in, but with bills and debts still to pay. Here are some practical steps you can take to improve your financial wellbeing:

- The Money Advice Service has guidance on '[coronavirus and your money](#)' which tells you the key things you can do to take control of your finances.
- Address any immediate financial concerns and find out what help you may be entitled to using the UK Government [online assessment tool](#).
- Money Advice Service has a free [online budget planner](#) to help with budgeting issues. You can also complete the [Managing Personal Finances course](#) on GOLD.
- Worrying alone about money can have a negative impact on your mental health. Confide in someone you trust, or seek financial and/or emotional support from professional services. You can contact Workplace Options at any time on 0800 247 1100 or visit their website [workplaceoptions.co.uk](#) User Name: GCC Password: Employee

Latest advice and updates

- [NHS Scotland](#) and [Scottish Government](#) have lots of information on how to stay safe and well.
- Keep up to date with all the latest staff messages and updates on our [Glasgow Life Staff Page](#)

Please share this message with staff who do not have regular email access. All staff updates can be found on our staff web portal:
<https://www.glasgowlife.org.uk/emergency-information>