

## SOCIAL DISTANCING AND WELLBEING

### **Every Mind Matters**

Tips for looking after your mental wellbeing while staying at home

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

What you can do if you feel lonely during the coronavirus outbreak

<https://www.nhs.uk/oneyou/every-mind-matters/coping-loneliness-during-coronavirus-outbreak/>

### **Mental Health Foundation**

Tips for looking after your mental health and wellbeing when staying at home

<https://www.mentalhealth.org.uk/coronavirus/look-after-your-mental-health-and-wellbeing-when-staying-home>

Information and tips on loneliness during the coronavirus pandemic

<https://www.mentalhealth.org.uk/coronavirus/loneliness-during-coronavirus>

### **AgeUK**

Advice for older people on staying safe and well at home during social distancing/self-isolation, including tips for staying busy and active while at home.

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/>

### **Young Minds**

Blogs with tips for young people who may be struggling with self-isolation and social distancing

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/#i-am-struggling-with-self-isolation-and-social-distancing->