

# How are you doing?

This is an uncertain time for us all, but have you stopped to ask yourself how you are doing? We are here for you. Below you will find some help and advice on looking after yourself and your loved ones during isolation.

## How are you feeling?

- It is a difficult time and it is more important than ever to look after your mental health
- Using the **CALM** tool is a good way to take care of your feelings, thoughts and body:
  - Calming activities are things you can do to help yourself feel a bit better, like exercise or meditation or talking to loved ones.
  - Attending to basic needs - getting enough sleep, planning your day and keeping physically well with exercise and nutrition will make you feel better overall.
  - Learning to re-think - avoiding rumours, limiting time watching or listening to the news, and doing things you enjoy can help you manage your thoughts
  - Making yourself feel better - laugh and enjoy yourself, talk to others, challenge yourself with trying something new, and practise positive thinking.

## Are you staying physically well? Whatever that looks like for you...

- **Keeping active**, whatever your age or ability, brings real benefits to both your physical and mental wellbeing. Do what you can every day and find a level that suits you.
- Being at home might make it more difficult to eat as healthily as you usually do, but **eating well** will help keep you feeling good both mentally and physically.
- Have you noticed that you might be drinking more? **Alcohol** impacts your mental and physical health and your daily life then but there is help available.
- With spending a lot more time at home, are you **smoking** more? Smokers are more at risk of getting coronavirus, so now is a great time to be thinking about stopping smoking.

## Are you managing to stay connected with loved ones?

- Keeping connected is very important. By sharing your experiences with those you trust, you can end up supporting each other and reducing worry and anxiety.
- You can stay connected over the phone, by writing letters, by email or via social media.
- If you're new to connecting via the internet, you could use the Learn My Way free courses to improve your digital skills. Visit [www.learnmyway.com](http://www.learnmyway.com).
- You are not alone, there are links to organisations to help you to stay connected below.

## Contact numbers for support:

- **C.A.L.L.** - Mental Health Helpline For Wales: 0800 132 737 or text help to 81066
- **Sport Wales** – advice whatever your ability: 0300 300 3123
- **Dan 24/7** - Wales Drug and Alcohol Helpline: 0808 808 2234 or text DAN to: 81066
- **Help Me Quit** – Smoking Helpline: 0808 163 3031
- **Age Connects Cymru** – social enterprise for supporting each other: 02920 683600



Don't forget to pass this information on and ask your friends and loved ones 'How are you doing?'