



Weekly Wellbeing | 3th July 2020

Top tips and useful resources for looking after your mental health and wellbeing during this challenging time.

Resilience

Resilience is directly related to our wellbeing. It can be described as our ability to 'bounce back' or ability to adapt in the face of challenging circumstances. Resilience isn't a personality trait, it is something we can all take steps to achieve, for example:

Make changes in your lifestyle - Develop interests and hobbies, use relaxation techniques or find balance in your life.

Look after your physical health - Get enough sleep, be active and eat healthily.

Give yourself a break - Reward yourself for your achievements, take a break or holiday, forgive yourself for mistakes.

Build your support network - Speak to friends and family, see your GP, seek support at work or use specialist websites or organisations.

Further information and support...

- A supportive online community where you can feel at ease talking about your mental health <https://www.elefriends.org.uk/sign-up>
- An online community for members to take control, seek support and feel better <https://www.bigwhitewall.com/our-work/>
- Symptoms, causes and treatments for stress <http://www.stressbusting.co.uk/>
- Developing resilience <https://www.mindtools.com/pages/article/resilience.htm>
- 10 ways to build resilience <https://www.verywellmind.com/ways-to-become-more-resilient-2795063>

Good News Corner - *Action for Happiness*

Action for Happiness publish monthly calendars with daily challenges to promote wellbeing.

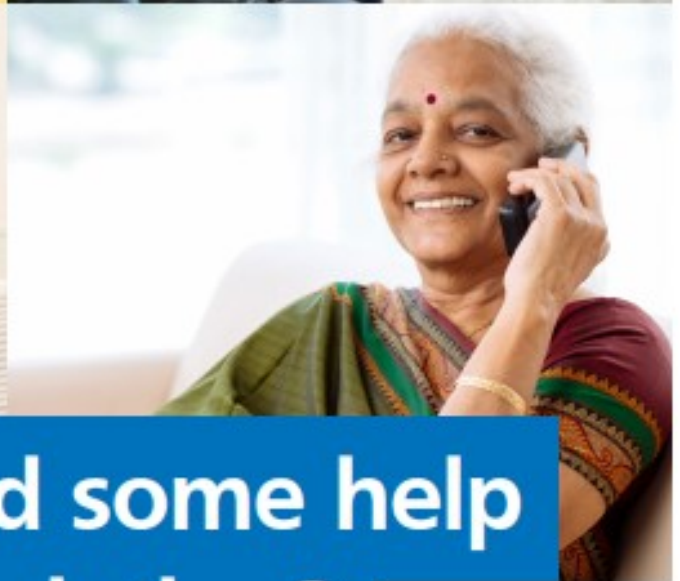
July's calendar can be found here

<https://www.actionforhappiness.org/jump-back-july>

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Do you need some help while self-isolating?

If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our **NHS Volunteer Responders** are here to help.

Join the thousands of others throughout England who are already receiving support – even if it's just for a friendly chat.

Call 0808 196 3646 or visit
nhsvolunteerresponders.org.uk

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.