

Staying well when social distancing

The government has now advised that if you have an underlying health condition(s) or if you are aged 70 or older, you should be social distancing for up to 12 weeks. We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health.

Social Distancing:

What does it mean?

It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.¹ Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation

Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home

➡ Wash your hands frequently with soaps and water, or alcohol-based hand rub.

➡ Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

1. * World Health Organisation, March 2020.*

We've issued advice to support those who are undertaking social distancing to help to get through the next few weeks.

1. **Establish a daily routine.** Routines provide structure and purpose. We have included a blank timetable you could use to plan your routine
2. **Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
3. **Think about the regular activities that are most important to you.** What are the important elements to these? Can you **adapt** them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
4. **Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get around to?
5. Identify the triggers that make you feel low and look for ways to reduce or manage them.
6. **Talk** with family, friends and neighbours to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
7. Take care of yourself. Eat and drink healthily with plenty of fruit, vegetables and water, to help boost your immune system and energy levels.
8. **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
9. **Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
10. **Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. Age UK and Silverline have people to speak to.
11. **Limit your news intake.** If you are finding the constant 24/7 coverage of coronavirus is impacting your mental health then opt out from watching/reading/listening to the news

Age UK Advice Line: 0800 678 1602

Lines are open 8am-7pm, 365 days a year.

The Silverline Need help?

Call us ANYTIME on: 0800 4 70 80 90

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Mindful Breathing



The primary goal of mindful breathing is simply a calm, non-judging awareness, allowing thoughts and feelings to come and go without getting caught up in them.

- ❖ Sit comfortably, with your eyes closed and your spine reasonably straight.
- ❖ Bring your attention to your breathing.
- ❖ Imagine that you have a balloon in your tummy. Every time you breathe in, the balloon inflates. Each time you breathe out, the balloon deflates. Notice the sensations in your abdomen as the balloon inflates and deflates. Your abdomen rising with the in-breath, and falling with the out-breath.
- ❖ Thoughts will come into your mind, and that's okay, because that's just what the human mind does. Simply notice those thoughts, then bring your attention back to your breathing.
- ❖ Likewise, you can notice sounds, physical feelings, and emotions, and again, just bring your attention back to your breathing.
- ❖ You don't have to follow those thoughts or feelings, don't judge yourself for having them, or analyse them in any way. It's okay for the thoughts to be there. Just notice those thoughts, and let them drift on by, bringing your attention back to your breathing.
- ❖ Whenever you notice that your attention has drifted off and is becoming caught up in thoughts or feelings, simply note that the attention has drifted, and then gently bring the attention back to your breathing.

It's okay and natural for thoughts to enter into your awareness, and for your attention to follow them. No matter how many times this happens, just keep bringing your attention back to your breathing.



AM							
PM							
EVE							



You can use this blank timetable to plan your day ensure to have a balance of
work, rest and play

