

## Self Care tips during Covid-19

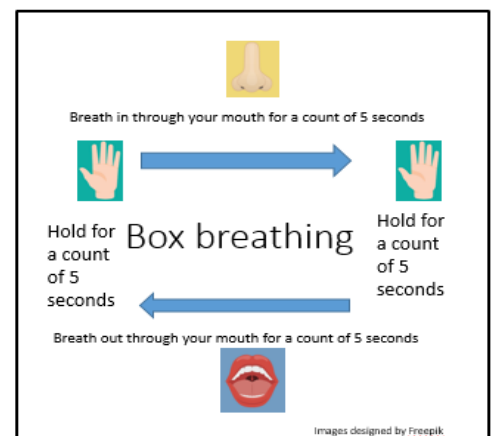
Unfortunately, during this COVID-19 pandemic we have had to temporarily change the way some of our services work to focus on keeping critical services running. We are aware that this is a difficult time for many people but we are still thinking of you. Below you will find some help and ideas for looking after yourself and your loved ones during isolation.

### Self Care Basics:

It's important during this time to focus on some self-care basics such as healthy eating, sleeping well, keeping active, staying hydrated, and connecting with others. These things support our overall health and immunity. Research has shown that taking notice, keeping active, learning new things, being creative, and connecting with others all help to support our sense of wellbeing.

### Dealing with Stress and Anxiety:

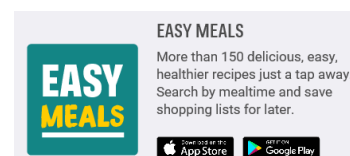
- Reduce your **social media engagement**. Decide on one or two reliable sources for your news and check in on those only once or twice a day. Replace scrolling through channels with more meaningful activities, such as **connecting** with friends and family, or starting a new hobby such as knitting or drawing.
- Identify the **positives** of the current situation. This time at home gives you an opportunity to do some of those things that are normally put off because we are so busy, so maybe it's time to try that new recipe, read a book, or do some leg stretches.
- If you start feeling overwhelmed or anxious, **box breathing** can be very helpful. Sit upright, and breathe in slowly through your nose over 5 seconds. Then hold your breath for 5 seconds before slowly exhaling through your mouth over a count of 5 seconds. Then, again, hold for 5 seconds before repeating the cycle. This helps to get oxygen to the brain which helps to lower your blood pressure, reduce your heart rate and generally make you feel calmer.



- Don't forget that the C.A.L.L>Mental Health helpline is still offering confidential emotional support and information [www.callhelpline.org.uk](http://www.callhelpline.org.uk) or Freephone 0800 132737
- If you are struggling with the **disruption to your normal routine**, try and follow the same sort of timings for things as you would have before you had to #stayathome or self-isolate. So, get up when you would have got up for work, and make a plan or timetable for your day. Structure helps us to keep on track with meal and sleep times as well as providing an opportunity to develop a new routine to support your health.

## Keeping engaged with your care

- Stick to your **meal plan** if you are following one. Now is an important time to be taking good care of your body. If you are having difficulty accessing the foods you should be eating then see if friends or family members can help you identify sensible alternatives. And ask them for help with sticking to your structure too, if it will help. Remember, frozen fruit and vegetables often have similar levels of nutrients to fresh fruit and vegetables. Tinned vegetables can be a good alternative, especially since they last longer. If you are using tinned fruit try to get the ones in juice rather than syrup. And try to stick to the right portion sizes especially when you are cooking from scratch.
- More ideas, including some recipes, can be found here: <http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/food-and-nutrition-tips-during-self-quarantine/> [recache](#)  
And there are some good ideas here too [www.lovefoodhatewaste.com/](http://www.lovefoodhatewaste.com/)  
The **One You Easy Meals** app is full of tasty, easy, healthy meal ideas too.
- If you find that you are turning to **food for comfort** at this time, here's a link to a **Mindful Eating** resource <https://easo.org/top-tips-for-mindful-eating/> which can help you to listen to your stomach, satisfy your taste buds, and soothe your heart.
- There are a number of facebook **support groups** for those living with obesity and overweight:
  - Obesity UK ([www.obesityuk.org.uk/](http://www.obesityuk.org.uk/)) is a charity that aims to provide help, support and inspiration to children, families, young people and adults who are struggling with overweight and obesity. Check out [www.facebook.com/groups/hoopgroup/](https://www.facebook.com/groups/hoopgroup/) They run a number of specific groups too, including one for those who have had or are considering weight loss surgery.
  - The Weight Loss Surgery Information website ([www.wlsinfo.org.uk/](http://www.wlsinfo.org.uk/)) has links to support groups across the UK too.
  - The Obesity Action Coalition ([www.obesityaction.org](http://www.obesityaction.org)) has a members online forum as well as resources available through the website.
  - The World Obesity organisation have a dedicated area for those living with obesity and interested in patient advocacy. Signing up gives you access to a whole range of resources and links to other patient groups <https://www.worldobesity.org/patient-portal>



**Keeping moving** whilst at home is really important for your physical and mental wellbeing. Physical activity can help release stress and promote wellbeing, whether you do it outside, for example, walking in a park, or doing some stretches indoors. There are some good ideas here for exercises that don't need any equipment and can be achieved whatever your level of activity.

<https://easo.org/staying-home-here-are-some-indoor-exercise-options/> And there are lots of videos on YouTube including Sarah's tips on getting active when you have been diagnosed with type 2 diabetes: <https://youtu.be/LZIVVicC8DM> If you keep a record of what you do each day it may help to motivate you to continue your new routine

[https://www.nhsdirect.wales.nhs.uk/pdfs/physical\\_DIARYSHEET.PDF](https://www.nhsdirect.wales.nhs.uk/pdfs/physical_DIARYSHEET.PDF)

And you can find more general hints and tips about looking after your health and wellbeing, and more resources, here <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/>

## Resources for Staff

Additional resources for staff who may be having to quickly update their obesity knowledge, perhaps if they have been asked to now communicate with patients in the obesity pathway.

- World Obesity [www.worldobesity.org](http://www.worldobesity.org) provides information on a range of issues related to Obesity including Coronavirus (COVID-19). They also offer an e-learning course on Obesity management that has been endorsed by the NHS and other associations.  
<https://www.worldobesity.org/training-and-events/training/scope>
- Critical Care Northampton NHS Trust - this website has a lot of information about COVID-19, including a resource pack for staff <https://criticalcarenorthampton.com/2020/03/08/covid-19-your-one-stop-resource/> - scroll down the page to the list of resources.
- British Dietetics Association has recommendations and resources to help dietitians tackling the COVID-19 Pandemic, as well as advice for the general public [www.bda.uk.com](http://www.bda.uk.com)