

Wellbeing Guide

Online resources and ideas to support positive mental health and wellbeing during the Covid-19 outbreak



Photo by Carolyn Trippick, St Mungo's Volunteer

A new compassionate communities telephone hub is now available to help the most vulnerable and those in critical need, please contact:

E-mail: compassion@3sg.org.uk Tel: 0300 247 0050

For more resources go the Wellbeing college list: [Google sheet of resources](#)

Wellbeing College has started to put their offers on line: [Wellbeing College](#)

Please add to both these by e-mailing: Sarah.Lane@virgincare.co.uk

Guide produced by St Mungo's in collaboration with volunteers and local services

For the most up to date resources & contact details go to: www.bridges2wellbeing.co.uk

Wellbeing Guide



The Five Ways to Wellbeing are simple and proven actions that can help people find balance, build resilience and boost mental health and wellbeing. We've collated a range of ideas that people in Bath & NE Somerset can use to maintain their health and wellbeing whilst having to spend more time isolated (due to Covid-19), adding useful local and national links. These are just some of the ones that we like but there are many more becoming available every day.

The Five Ways to Wellbeing are:



Connect - There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.



Be active - Regular physical activity is associated with lower rates of depression and anxiety across all age groups. It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the same benefit.



Take notice - Being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.



Learn - Continued learning enhances self-esteem and encourages social interaction and a more active life. The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.



Give - Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

During this time, it's also important to keep safe; individually, in our households, and within the wider community. So we've added some additional information about this too.



Keeping Safe - Information and guidance on Coronavirus (Covid-19), and knowledge of local and national support, can help establish a sense of safety and help aid resilience during the outbreak.

Top Tips

- Maintain contact with your support networks, where possible, through phone, e-mail and other options (i.e. FaceTime, Zoom, What's App), as these relationships are really important to feeling connected.
- Limit the amount of time listening to Covid-19 updates to once a day.
- Check updates from trustworthy sources, such as the World Health Organisation (WHO) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public> and the UK Government <https://www.gov.uk/coronavirus>.
- Try to stick to a daily routine (set a time to wake, go to bed), eat healthily and stay hydrated. Avoid smoking and drugs, and try not to drink too much alcohol, as it can be easy to fall into unhelpful habits.
- Do things you enjoy and plan some self-care into your daily routine. You could use the opportunity to do/try new things - **one new thing each day**. Bake, craft, take a walk, try a yoga or mindfulness app, so you are keeping busy. Maybe keep a diary of achievements to share with others and help reduce isolation.
- Use exercise to go outside, breathe the fresh air, take a break and split up your day.

Consider people who don't or struggle to access the internet. Some resources that can be printed off for people: www.lltff.com/corona





Internet Scrabble Club

Play scrabble for free in a relaxed, friendly environment. Compete at your own level while meeting new people.

www.isc.ro



'Shout' 24/7 Text Service

Free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text **Shout** to **85258**

<https://www.giveusashout.org/>



Off The Record (OTR) - Virtual Okay Cafe

A virtual Okay Cafe for young people within B&NES area, running while the OTR cafe is closed due to Covid-19. The Okay Cafe team will aim to be online at the usual cafe times for group chats, 1:1 support and online hangouts.

<https://www.offtherecord-banes.co.uk/news-content/phone-online-support>



Turn to Me

A lifeline online. Free access to online support groups, great resources including podcasts and helpful articles that have a wide range of subjects.

<https://turn2me.org/aboutturn2me>



Reading / Online Book Club

Take the time to start to read that book you've been meaning to for ages. You could also consider joining a book club online or creating a virtual book club yourself.

<https://onlinebookclub.org/>



Elefriends

A supportive online community (from the mental health charity Mind) where you can share tips, experiences and reach out to others who may be struggling.

<https://www.elefriends.org.uk/>



The Social Distancing Festival

Lots of free, streamed events showcasing visual art, music, dance and theatre from all over the world.

<https://www.socialdistancingfestival.com/>



The Sofa Singers

The Sofa Singers brings together hundreds of people in real time for 45 minutes of simultaneous singing, learning a classic song with some optional harmonies/backing parts.

<https://www.thesofasingers.net/>

Anything outside should follow the current guidance related to contact with others



Gardening

Gardening is a source of relaxation, comfort and enjoyment. It can be hugely beneficial to mental health. The Royal Horticultural Society link can provide lots of tips and advice, from beginners to experts.

<https://www.rhs.org.uk/>



Yoga with Adrienne

Free yoga videos for all levels, bodies and genders. Find a style that suits your mood and gives you the tools to build a happy, healthy home yoga practice.

<https://www.youtube.com/user/yogawithadriene/featured>



Mindful Walking

Incorporate mindful walking into your daily life in as little as 5-10 minutes a day by using all of your senses - sight, hearing, smell, taste and touch - to bring awareness to your body and surroundings.

<https://www.stopbreathethink.com/mindful-walking/>



Couch to 5K

NHS couch to 5K will help you gradually work up towards running 5K in just 9 weeks.

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>



Workout Videos

There are lots of workout videos, such as yoga, pilates, cardio and strength training online. Most can be done at home with no exercise equipment needed. All freely available on YouTube.

<https://www.youtube.com/user/thebodycoach1>



National Cycle Network

Take a bike ride on one of the national cycle network routes - Bath Two Tunnels, Bristol & Bath Railway Path and Colliers Way.

<https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/>



Countryside Walks

Explore the countryside on your doorstep and enjoy some open space.

Ensure you wear appropriate clothing and footwear and remember to stay hydrated.

<https://visitbath.co.uk/blog/baths-country-walks-which-path-will-you-take/>



70+ Fitness

FREE live workouts streamed to your home for those in the 70+ age group. Every weekday from 2:30pm.

<https://www.facebook.com/groups/FITISM70Live/>

Take Notice



Virtual Tours

Broaden your horizons with a virtual tour - museums, zoos, aquariums, theme parks.

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

<https://artsandculture.google.com/>



Mindful Photography

Take notice and capture your surroundings; home, garden or natural open spaces. See the link below for a simple explanation of how mindful photography works.

<https://ayearwithmycamera.com/blog/mindful-photography-what-is-it-and-how-do-you-do-it>



Gratitude Scavenger Hunt

Take photos of the things you're grateful for, focusing on the good around you. Developing an attitude of gratitude, helps us feel more positive

<https://www.naturalbeachliving.com/gratitude-scavenger-hunt/>



Mindful in Minutes Podcast

Take time out to practice mindfulness. 20 minute guided meditations or less.

<https://mindfulinminutes.blubrory.net/>



Creativity 4 Wellbeing Art Group

A fun virtual Creativity 4 Wellbeing art group which will make and create every Wednesday, 2.00 - 3.30pm.

<https://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/>



Relaxation Exercises

Plan a range of relaxation exercises into your daily routine. Exploring relaxation can help you look after yourself when you're feeling stressed or worried.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>



Cove - Music App

Improve your mental health by making music on this simple app, which encourages self expression through sounds instead of words.

 <http://www.cove-app.com/>



Reflectly - Journal App

Personal journal and mood tracker, enabling you to deal with negative thoughts, make positivity louder and to teach you about the science of wellbeing.

 <https://reflectly.app/>

Keep Learning



TED Talks

18 minute video presentations on a range of topics. Currently there are over 3,300 to choose from.

<https://www.ted.com/talks>



Living Life to the Full

Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Free for individuals.

www.lttf.com



Free Distance Learning Courses

Bath College offers a range of flexible Level 2 healthcare, education and business related courses. Eligibility criteria exists for funding and non-completion of a course means full fees are payable.

<https://www.bathcollege.ac.uk/distance-learning/free-cpd-courses>



Open Learn

Provided by The Open University, 1,000 free courses across 8 different subject areas. Courses are available to start at any time.

<https://www.open.edu/openlearn/education/free-courses>



Get Self Help

Free online Cognitive Behavioural Therapy (CBT) self help and therapy resources, including worksheets, information sheets and self help mp3s.

<https://www.getselfhelp.co.uk/pandemic.htm>



Museum of the World

Explore the history of various topics using an interactive timeline.

<https://britishmuseum.withgoogle.com/>



Free Books, Films and Music

Huge library of free historical children's books, films and music. Includes hundreds of free audio books.

<https://www.openculture.com/>



SkillShare

Subscription website to learn new skills (ordinarily £13 a month) first 2 months FREE. Courses include creative writing, photography, fine arts and even houseplant keeping classes.

www.skillshare.com



NHS Volunteer Responders

The NHS currently needs volunteers to help in a variety of ways. Take a look and see what you can offer.

<https://www.goodsamapp.org/nhs>



Random Acts of Kindness

Take on a challenge to carry out random acts of kindness in your week. Kindness promotes empathy and compassion; which in turn leads to a sense of interconnectedness with others. Kindness reduces stress and increases positivity.

<https://www.randomactsofkindness.org/kindness-ideas>



Take Part in Mental Health Research

A range of research opportunities, many of which can be completed online. Take part in studies and help shape future research.

<https://participate.mqmentalhealth.org/>



Compassionate Community

Join a team of community volunteers, coordinated by the BANES 3SG - matching volunteers with local charities in order to provide support for those in need.

https://docs.google.com/forms/d/e/1FAIpQLScnsScxyl5Y30foF9JDMhVbrcg6Hi-2N-QSC2_bBSLbfzB1nQ/viewform



Food Banks

Support your community by giving to a local food bank.

<https://bath.foodbank.org.uk/give-help/donate-food/>



Covid- 19 Mutual Aid UK

Local community volunteer groups, offering support to those who are feeling most isolated, anxious and vulnerable and whom need greater support from the community. Sign up to help those in your area.

<https://covidmutualaid.org/local-groups/>



Share Poetry

The 'Words to sit with' collection of contemporary mindfulness poetry and stories - poetry to read, as well as share your own online contributions.

<http://www.wordstositwith.com/home>



Forever Friends Appeal

Help raise funds to support the Royal United Hospital (RUH), Bath and the inspiring NHS staff during the Coronavirus crisis.

<https://www.foreverfriendsappeal.co.uk/>



Coronavirus & Wellbeing

Useful guidance from Mind to help you look after your mental health and wellbeing, with a plan and checklist for staying indoors.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



Carers Guidance

How government guidance relates to carers, with suggestions, frequently asked questions and a wellbeing action plan.

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>



St John's Foundation - Individual Funding Programme

St John's Individual Funding Programme (*newly amended criteria due to Coronavirus*) provides funding support to individuals and families in Bath & NE Somerset who are struggling financially.

<https://stjohnsbath.org.uk/what-we-do/funding-support/individual-funding/>



Find Local Support

If you need help due to social isolation, there are a range of volunteer groups out there that can be of assistance (support with food shopping, picking up prescriptions etc). Find your nearest group to see if they can help you.

<https://covidmutualaid.org/local-groups/>



Advice About Coronavirus (Easy Read)

Advice on Coronavirus and what to do to stay safe.

<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>



Advice for Parents

Tips to help parents talk to children who may be worried or anxious about Coronavirus.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>



Surviving the Outbreak

10 ways you can help improve your mental health and wellbeing if you are worried or anxious about the Coronavirus outbreak.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



Sustainable Food Partnership

Sustainable food made accessible for those in social isolation, helping optimise health and wellbeing. Local food providers delivering to people across Bath & NE Somerset.

<https://www.3sg.org.uk/pages/sustainable-food-partnership>

Mobile Apps & Podcasts

Apps

Stop, Breathe & Think



A friendly app to guide people through meditations for mindfulness and compassion, intended to help users cope with stress, anxiety, depression, and insomnia.

Lots of free content including a series on 'Calm Coronavirus Anxiety'.

Stay Alive



Enables people to create their own safety plans which are accessible on their phones, has advice and tips about managing suicidal thoughts and ideas for grounding techniques and 'reasons to stay alive'. Provides easier access to crisis plans.

The Tapping Solutions



Helps with the management of stress and anxiety, managing cravings, being stressed about the world and many more.

Clear Fear



Support to help overcome anxiety, based around a CBT approach. Offers breathing and mindfulness exercises to manage intense emotions and worries.

Calm Harm



Offers several ideas for activities to try to manage urges to self-harm, this includes suggestions in the following areas: Comfort, distract, express emotions, release, random and breathe. Each category gives a long list of suggestions and examples of techniques.

Hub of Hope



National mental health database which brings together organisations and charities from across the country, who offer mental health advice and support, all in one place.

SAM



Self-help for Anxiety Management is better known as SAM, and SAM is designed to help you learn more about your anxiety, build your own anxiety toolkit, and tailor your self-help to your own life.

DistrACT



Contains information about self-harm and suicidal thoughts, self help strategies, a 'chill-zone' and details about available services and support - both local and national. Also, know what to do in a crisis or emergency.

Student Health



Created for university students, more than 900 pages of reliable health information in one place. Use the app to reduce your worries, feel more confident and get the support you need.

Podcasts

Podcasts are free, you can listen to them at any time, and there is a wealth of podcast content online - music, philosophy, sports, mental health and much more.

For example, 'The OCD Stories' available on iTunes and Spotify. They have an episode about managing OCD in relation to COVID-19.





Local & National Helplines

Whether you're concerned about yourself or a loved one, these helplines can offer expert information and advice.

24 hours a day, 365 days a year

Life threatening medical emergency	999
NHS 111 Non-emergency medical help & info on local services	111
Accident & Emergency Department, RUH	01225 824391 or 01225 824007
Social Services Emergency Duty Team	01454 615165
Concerns for someone's Mental Health Statutory mental health services provided by AWP	01225 325680 (main switchboard)
Alcoholics Anonymous	0800 917 7650
Combat Stress (veterans)	0800 138 1619
FRANK (national drugs helpline)	03001 236600
National Domestic Abuse Helpline	08082 000247
Samaritans	116 125
Shout Text Service (crisis support)	Text Shout to 85258
Victim Support	0808 168 9111

Additional Support, times vary

Adult Social Care Services - Virgin ASIST Team To access social care and social services - Office hours	01225 396000
Beat (eating disorders)	08088 010677
CALM (men aged 15-35)	0800 58 58 58
Family Lives (formerly Parentline)	08088 002222
Mind Infoline	0300 123 3393
Mindline Trans+ (trans, non-binary support)	0300 330 5468
Narcotics Anonymous	0300 999 1212
National Gambling Helpline	0808 8020 133
No Panic (panic attacks, OCD and phobias)	08449 674848
OCD UK	0333 212 7890
Rape Crisis	08088 029999
SANELine	0300 304 7000
Self Injury Helpline	08088 008088
Womankind (in distress, suffering domestic abuse)	01179 166461 / 03454 582914