

Staying well in unprecedented times - Top Tips

(Adapted from The Royal Society of Occupational Therapists)

- **Establish a daily routine.** Routines provide structure and purpose.
- **Balance your weekly routine** so you have a good mix of activities and chores that have to be done, rest and leisure.
- **Think about which regular activities are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? We have all seen TV clips of people exercising with a can of beans in each hand!
- **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 round to? Just think of that sense of achievement when you have done it.
- **Identify the triggers that make you feel low** and look for ways to reduce or manage them. We have lived long enough now to know what sets us off or gets us down. Acknowledge this, it's ok and perfectly normal to have these feelings and then steer yourself to do something more nourishing.
- **Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Remember that it does us all good to have a chat with someone else to see how they are doing and it also provides us with respite from our own anxiety.
- **Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels. Give yourself a treat, a bubble bath, comforting TV, sit in the sun with a cup of tea, smell the roses, watch the birds...
- **Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. Use it or lose it! Put on a favourite CD or the radio and dance while no one is watching!
- **Have a good sleep routine.** If you are struggling, try to avoid tea and coffee in the late afternoon and evening, take a bath, listen to gentle music or do some deep breathing exercises. Some people recommend keeping a journal or a gratitude log, write down those thoughts and drift off!
- **Keep in touch.** Arrange to speak to someone most days on the phone, or over the garden fence. A neighbour or friend will appreciate your call. Please remember **that Age UK Horsham District Tel: 01403 260560** and Silver Line Tel: 0800 470 8090 are there to talk to too.