

# Taking care of yourself

## 1. ROUTINE



**Plan a routine** that works for you. While it might be tempting to stay in your PJs, routines are great for self-confidence, so do all the activities that you normally would (washing and dressing, preparing breakfast etc).

## 2. SPACE



**Try to carve out a space** in which you can work, live and play. It's not conducive to your wellbeing to work from bed.

## 3. EXERCISE



**Maintaining physical activity** is important for your wellbeing. Exercise is known to reduce stress and increase energy levels. Join an online class!

## 4. EATING



**It is important to continue to eat healthily** and stay hydrated and limit your alcohol intake. If you are unable to visit the shops for food, seek support from groups in your communities, friends or neighbours.

## SUPPORTING YOUR MENTAL HEALTH DURING THE COVID-19 PANDEMIC

The mental health and wellbeing of all members is paramount during the current coronavirus pandemic, and it is normal and okay to feel sad, lonely, stressed or even angry during any period of crisis.

Many people may experience depression, anxiety and stress, and being told to self-isolate and adjust to a new way of working and living can greatly exacerbate these feelings. UCU has produced these tips to support members through the COVID-19 pandemic.

It is important to take all reasonable steps to keep yourself safe.

For emergency help and assistance, please contact:

- **The Samaritans:** [www.samaritans.org](http://www.samaritans.org) / 116 123 (Free call)
- **MIND:** [www.mind.org.uk](http://www.mind.org.uk) / 0300 123 3393
- **Education Support:** [www.educationsupport.org.uk](http://www.educationsupport.org.uk) 08000 562 561 (free call) / 07909 341 229 (text phone)

## 5. MEDICATION



**It is important that you speak with your GP** to ensure that you have enough medication to get you through your period of self-isolation.

**Stress and anxiety** can impact negatively on your sleep. Although in self-isolation, maintain your sleep routine and avoid using your mobile phone, tablet, computer or TV for at least an hour before going to bed.

## 6. SLEEP



**If you have been receiving** face-to-face counselling, contact your counselling provider to see what changes they have in place under government guidelines. This could be moving to telephone contact or email.

## 7. SUPPORT



## 8. CONTACT



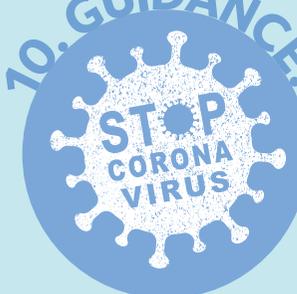
**During self-isolation** it is important to stay in touch with colleagues, family, friends and support groups. Use tools such as Facetime, WhatsApp video calls etc to connect virtually.

**Make sure that you read information** from reputable sources ONLY: UCU, WHO, NHS, Gov.uk. Misinformation can create unnecessary anxiety so ditch the snake oil remedies and focus on fact!

## 9. INFORMATION



## 10. GUIDANCE!



**Don't place yourself or others at risk – follow the guidance!**