



# SUPPORT

# RESOURCES

THE FOLLOWING DOCUMENT LISTS RESOURCES TO HELP CULTIVATE POSITIVE MENTAL HEALTH AND WELLBEING DURING THE COVID-19 PANDEMIC AND LOCKDOWN.

## Support Resources

### Remote Working Guidance

- [Working from home during the COVID-19 outbreak](#)  
Guidance on the transition to remote working along with advice on how best to create a productive working environment.
- [Connectivity and remote working](#)  
Resources for staying in touch virtually, adapting to a new working pattern and looking after your mental health.
- [How to Salvage a Disastrous Day](#)  
Tips and advice on what to do when your working day goes wrong and how to rescue it.
- [Working from home guidance from a Clinical Psychologist](#)  
See Appendix I for guidance on working from home, social distancing and managing our mental health whilst remote working.
- [The reason Zoom calls drain your energy](#)  
An explanation of Zoom fatigue along with some tips on how to alleviate it.
- [13 essential apps for working from home](#)  
A useful article which shares a selection of apps which may improve your remote working environment.

### Keeping Active

- [Home Workouts during Lockdown Facebook Group](#)  
A group that provides free daily workouts with some live workout streams. Includes family friendly workouts, nutrition and wellbeing tips.
- [Scottish Government & Active Scotland](#)  
Active Scotland with the Scottish Government are providing physical activity guidance on Actify, a digital platform which provides free webinars and support sessions to keep everyone moving.
- [YouTube Videos](#)  
[30 days of Yoga](#), a guided yoga series with renowned yoga teacher Adriene Mishler. Suitable for all-levels and aims to help you cultivate yoga as a daily practice. Adriene also offers [yoga for loneliness](#). [Yoga to Find Balance, Strength & Peace at Home](#).
- [Map My Walk](#)  
A mobile app to track your walks.

## Staying Safe Online

- [Cyber Resilience COVID-19](#)  
As a result of the significant rise in COVID-19 related scams, the Scottish Government Cyber Resilience Unit will share important information on a weekly basis.
- [COVID-19 Fraud Watch](#)  
The Fraud Advisory Panel has issued a summary of current and emerging fraud activity.
- [Take Five](#)  
A great website with clear advice on how to avoid fraud.
- [Trading standards](#)  
Latest update on Fraud and scams.
- [Consumer Advice for Coronavirus](#)  
Free, practical consumer advice and information on the coronavirus pandemic for the citizens of Scotland.

## General Wellbeing (mindfulness, meditation, nutrition & sleep)

- [Mindfulness videos from Mind Mosaic](#)  
Quick and useful videos to practice mindfulness supplied by Inverclyde charity Mind Mosaic.
- [Headspace](#)  
A handy app to help you learn the essentials of meditation and mindfulness. Similar apps include [Calm](#).
- [NHS Chill Panda Stress Relaxation App](#)  
An app to help you learn to relax, manage your worries, and improve your wellbeing. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.
- [Beeja Meditation](#)  
A site that offers a variety of online meditation courses.
- [Sleep Cycle App](#)  
A useful app which analyses your sleep and wakes you up at the most perfect time, feeling rested.
- [Nutrition, sleep, and immune system webinars](#)  
Weekly webinars from registered nutritional therapist Clarissa Lenherr which focus on nutrition science, mindful health strategies, and real-life tools to help you take care of your wellbeing and health.
- [Productivity pressure and why you should ignore it.](#)

## Keeping Entertained & Connected at Home

- [Netflix Party](#)  
A nifty way to watch films and TV shows with friends and family at the same time but remotely.
- [Kahoot](#)  
A fun app that allows you to create and play quizzes with others.
- [Houseparty](#)  
A social networking app that allows up to eight people to video chat at once in a room. You can play various games and quizzes with each other within the app.
- [The Get Down](#)  
Have a party in your living room! The Get Down offers dancing, raves and party get togethers at home.
- [Entertain Yourself at Home Suggestions](#)
- [Takeaways still open in Edinburgh.](#)
- [A Care Package for Uncertain Times](#)  
A collection of podcasts, poetry, meditations, and reflection for however you are processing this moment in time.
- [A Care Package from The Smithsonian](#)  
A collection of creative offerings by artists, writers, and scholars offering a range of approaches to addressing uncertainty, anxiety, and grief through vision, reflection, and healing.

## Mental Health Guidance & Services

- [Scottish Government Clear Your Head Campaign](#)
- [NHS: Every Mind Matters \(Mental Health Guidance from NHS\)](#)
- [SAMH Information Hub & SAMH Seeking Support Links](#)
- [The British Psychological Society Resources and Support](#)  
The British Psychological Society have put together some useful tips, advice, and links to articles that you might find helpful in dealing with the effects of the coronavirus pandemic. Some of interest include [keeping meaning](#) and [coping with confinement](#). They also list [external resources](#) which may prove useful.
- [Mind Website](#)  
Advice and support for anyone experiencing a mental health problem. There are links for just about every mental health problem and medication. They also have other useful tools such as stress busting tips.

- [Samaritans COVID-19 Guidance](#)
- [Police Silent Solutions Guide](#)  
What to do if you need urgent police help through the 999 service but can't speak.
- [3 Stages of Pandemic Response Infographic](#)  
A visual representation of the various stages an individual may be transitioning through during the pandemic. A similar visual and explanation can be found [here](#).
- [SCLD Guided Self-help Booklet Series](#)  
This self-help booklet series is intended to help you to work in partnership with people who have learning/intellectual disabilities, to talk about their feelings and make plans for staying well at this difficult time.
- [Scottish Autism's Autism Advice Helpline](#)  
A dedicated team of advisors who are trained and experienced in working with autistic people and enable a direct first response to families looking for information, advice, and support. May be especially useful during the uncertainty of COVID-19.
- [The Mental Health Foundation](#)  
Many useful resources such as [guides on life during the pandemic](#) (mental health, home life, remote working, and more.) Their website also shares details of the ongoing, UK-wide, long-term study of how the pandemic is affecting people's mental health. Read more on this here [Coronavirus: Mental Health in the Pandemic](#). Further information on [Mental Health Awareness Week](#).
- [Coping with the Anxieties of Coronavirus](#)  
Dr Suzanne Zeedyk's free webinar to help tackling the anxieties brought on through the pandemic. She believes that we are better placed to tackle uncertainty when we understand how anxiety works in the body and have simple strategies that allows us to lower these levels.
- [The Money Advice Service](#)  
Helpful articles to support people financially during the outbreak such as [Coronavirus and your money](#) and [Coronavirus – what it means for you and what you're entitled to](#).

## Appendix I

### Working from home, social distancing and managing our mental health

There is a risk with increased home working and social isolation that moods can dip, and anxiety levels rise. This is a very normal reaction under very abnormal circumstances, so a certain level of feeling fed up and anxious is to be expected. There are well established approaches to managing this and to keep us all emotionally healthy

- Keep as much as usual to your normal routine i.e. when you get up, when you eat, etc.
- Resist the urge to stay in pyjamas all day. While you may not need to dress in work wear if you are not doing face-to-face business calls, getting dressed will bring that element of routine.
- Structure your day so it broadly conforms to work schedules i.e. Start and stop at the usual time and schedule in coffee and lunch breaks.
- When working, try to do so from an area where you do not normally sit e.g. a different chair to your usual.
- Set up groups for online “huddles”
- Set up online groups for lunch and coffee breaks.
- At the end of your working day, create an “airlock” between work and home life. This may be a ritual around tidying away laptops, phones, notebooks etc. You may also want to change your clothes.
- During downtime, vary the activities in which you engage – a variety of online activities, watching TV alongside non-internet interests- reading, board games with other members of your household, jigsaw puzzles etc. Resist the urge to spend lots of time online.
- In down time consider engaging in a new or, up to now, delayed chore or activity.
- Arrange regular remote catch ups with friends and family.
- Engage in as much exercise as possible - current advice is that going for a walk, run or cycle is good as long as you keep physical distance of 2 metres from others. Gentle exercise in the home is always possible, be that yoga, small weights etc. if you are concerned about disturbing neighbours.
- If you live in a fuller household, you may find yourself losing patience with others. Be aware that this is normal but will need managing – try and take time away from one another as much as you can.
- There is a temptation to constantly listen for advice on updates on the current crisis. While it is important to remain up to date, we have to limit how often we read or listen to information. Limit your reading or listening to mornings and early evening. If you have updates coming thought to ‘phones, limit how often you attend to them.
- It is also important that you ensure you are receiving accurate information from reliable sources.
- Engage in as many enjoyable distractions as possible.

- Social inclusion is very important in maintaining mood. Many communities are setting up support groups for the vulnerable; engaging in such groups or even letting a vulnerable neighbour know to contact you if they require shopping etc. will help build that sense of social inclusion • If you find you are fretting over the news or latest advice given and your anxiety levels are rising, take time to either write them down or share them with another in your catch up calls. It is vital however that you contain such anxiety by limiting the amount of time you spend on such worries. Permit yourself e.g. 10 minutes of “Worry time” at set times during the day and NEVER during the night. Set a timer to tell you when to stop and if you find yourself worrying in between your permitted “worry sessions”, gently remind yourself that you will have time to worry again later and you deserve time away from such anxieties to build your resilience.
- We are hardwired as human beings to be alert to anxieties in the middle of the night which is why mid-night worries are always far worse than at any other times. It is therefore important to practice good sleep hygiene. If you unable to sleep within 15 minutes of trying to do so, get out of bed and either move to another room or sit somewhere else in your room. Do not look on ‘phones or other devices. Do not drink caffeinated or alcoholic drinks or smoke. If you feel anxious, write down your fears but do not read what you have written until the next day – when you will doubtlessly see how invalid they often are. When you feel sleepy, get back into bed. If you are still unable to sleep, engage in the same routine. Similarly, if you wake in the night with anxieties, this routine is also recommended. We must remember that sleep disturbance is not unusual but worrying about it just makes it worse.
- For those of you with children, this will be a tough time balancing their needs with those imposed by various restrictions. All children go through a developmental stage where they become aware of human vulnerability and anxiety levels may escalate when this is combined with current health fears. Equally children need to be helped to develop skills in managing anxiety and fear; while as adults we may want to make them feel better and avoid distress, we must help them develop tools to manage feelings that can be overwhelming. Books such as *Starving the Anxiety Gremlin* by Kate Collins-Donnelly or the *Young Minds* website has excellent advice on managing such normal feelings.
- Finally, we must all remember this will pass. We may face increasing restrictions over the coming weeks, but keeping safe levels of social contact via the means of connectivity we have at our disposal, alongside managing normal anxiety and low mood at such abnormal times will get us through this and build resilience both as individuals and groups.