Team Members Covid-19 Well Being-Plan

We know that this is a scary time for you. Hearing the word, Coronavirus, Covid-19, and Pandemic. What does it all mean? Why can’t we go out, why can’t I see my friends, why is Riverwood closed. For some of you this will be making you anxious and stressed. I have created a blank table for you to write down all things that are making you feel like this. I have also created an example table to give you some idea of how others are feeling. You can add other things, it’s your table. Before you start your plan it may be useful to have a think about the causes of stress and anxiety. You can ask your parents or carers to help you. You can also log on to our Greenwich Mencap facebook page and talk to Riverwood staff and tell them how you’re feeling

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| **What is causing my anxiety and stress** | **What can I do to make things better** | **What is available to help me do this** | **When can I take these actions**  |
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| **What is causing my anxiety and stress**  | **What can I do to make things better** | **What is available to help me do this** |
| Everyone on tele are talking about the Coronavirus | Reduce the time you watch the news | Talk to friends on Facebook. |
| I can’t stop worrying | Talk about your feelingsPractice meditationDo some exerciseListen to music Watch Television | Talk to your family friends. Sit quietly, relax and try and think of nice thingsCreate your own exercise routine. Ask your family to do it with youGo online NHS <https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/> Try, Chris Hemsworth (six week free trial) [www.centr.com/join-us](http://www.centr.com/join-us)Play your CD’sWatch music videosDiscover music apps such as <https://open.spotify.com/>[www.tunein.com/radio/music/](http://www.tunein.com/radio/music/)[www.globalplayer.com/](http://www.globalplayer.com/)The singing hour (Monday morning webinar) Watch your favourite programme or DVD |
| I feel lonely | Talk to family and friends | Talk to your family and friends via;FacebookFacetimeSkype |
| I can’t sleep | Develop a routine before bed | Gentle exercise Take a bath Have a mug of hot chocolate/chamomile tea Stop using electronic tablets/phones an hour before |
| I need to go out | Go outside | Go out in the garden if you have oneSit on the balcony if you live in a flat and have oneGo to the park for a walk once a day |