

HOW TO STAY HAPPY & HEALTHY AT HOME

During these unprecedented times, it is potentially even more important to learn or remind ourselves of the importance of our mental health & wellbeing.

The Five Ways to Wellbeing are a set of five evidence based actions individuals can incorporate into their lives that are known to increase a sense of wellbeing: **Connect, Be Active, Take Notice, Keep Learning and Give.**

In Brent we have added the action of **Create** as we recognise the importance of the arts in mental wellbeing. Therefore, we refer to the model as the Five Plus One Ways to Wellbeing.

Combining all Five Plus One actions will provide a rounded contribution to feeling good and functioning well.

CONNECT

Stay in touch with friends and family. Find a way that works for you, it might be by post, over the phone, social media or a video chat.

If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

Speak with someone you trust. If you are feeling anxious about coronavirus or staying at home more than usual, you may find it helpful to talk about these worries with someone you trust, especially if they are in a similar situation.

If you feel that you do not have anyone that you can talk to please contact The Gateway, www.brentgateway.org
020 3948 0600 info@brentgateway.org



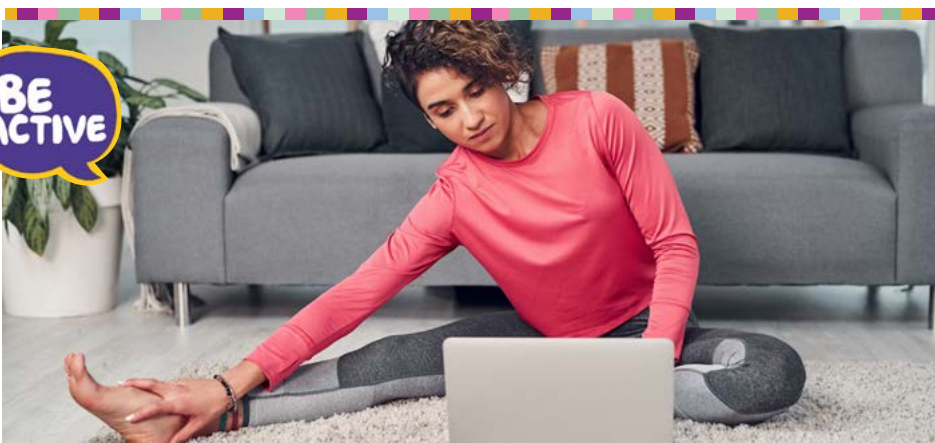
TAKE NOTICE

Bringing nature into your everyday life can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.

Take notice of everything around you while you are out walking, cycling or jogging during your 1 hour of exercise. Explore your area of residence – you might find something that you never knew was there!!

Taking notice is also about mindfulness, meditations, and **being present in the moment.**

Free audios: www.freemindfulness.org



BE ACTIVE

Build physical activity into your daily routine, if possible. Exercising at home can be simple and there are options for most ages and abilities, such as:

- cleaning your home
- dancing to music
- going up and down stairs
- online exercise workouts that you can follow
- sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help

Joe Wicks - The Body Coach

[Joe Wicks PE workout](https://www.fitnessblender.com)

www.fitnessblender.com

Seated exercises

Strength and flex exercises you can do at home:

[strengthandflexexerciseplan](#)

[NHSfitnessstudio](#)

Children need 60 minutes of physical activity every day. Take your children outside for a walk every day to get fresh air and to absorb the sunlight to reduce Vitamin D deficiency.

It is possible to get the positive effects of nature while staying indoors at home. You could try the following:

- Spend time with the windows open to let in fresh air.
- Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.
- Look after your sleep: Good-quality sleep makes a big difference to how you feel mentally and physically, so **it's important to get enough**
- [Mental wellbeing audio guides](#)

KEEP LEARNING



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Learning new skills can be useful, and it can also positively affect our mental wellbeing. Learning can boost self-confidence and self-esteem, help build a sense of purpose, and help us connect with others.

There are lots of different things you could try – learn how to play a musical instrument, learn a new language, find out about your family ancestry.

Join Brent Library – the library app has an extended range of videos including how to cook certain dishes and access to online courses: [Brent Library](#)

Lots of free resources available:

[FutureLearn](#)

[OpenLearn](#)

CREATE



CREATE

Individual experiences of the arts can lead to recovery from illness, injury or addiction, to the prevention of disease or infirmity. Equally, arts engagement contributes to the attainment and maintenance of wellbeing in healthy people or those experiencing ill health and their carers.

Make something, so you can see the progress that you have made.

- DIY
- Knitting / Sewing

- Ironing
- Writing (songs, poetry, a blog)
- Painting / drawing / puzzles
- Gardening / flower arranging
- Baking
- Photography
- [Puzzles for adults](#)
- [Kids puzzles and games](#)



OTHER USEFUL RESOURCES

The NHS-approved digital mental wellbeing service [Good Thinking](#)

[Every Mind Matters page on anxiety](#)

If you are struggling with your mental health and you want to speak to someone, the following organisations might be useful

[Samaritans](#) or call **116 123** (anytime)

[Brent Talking Therapies](#)

[Young Minds](#) - Children & young people mental health charity

[Brent MIND](#)

[Anxiety UK](#)

[CALM](#) - Campaign Against Living Miserably

[BEAT](#) - Eating Disorder Charity

[Cruse](#) - Bereavement Charity

[every mind matters](#)

Domestic violence

[Advance](#) is an independent, client-led charity for all of those living in Brent who have experienced domestic abuse (male and female, including teenagers) and their children. Call **07398 454 898** Monday to Friday 10am to 6pm or email brent.admin@advancecharity.org.uk

[24-hour National Domestic Abuse Helpline](#) on **0808 2000 247**.



GIVE

Small acts of kindness towards other people, such as volunteering in your local community, can give you a sense of purpose and make you feel happier and satisfied about life.

Helping others and working with them can build feelings of self-worth.

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections

- Do something nice for a friend, or a stranger
- Thank someone
- Smile
- Look out, as well as in
- Volunteer your time / Join a community group

Call CVS Brent on: **020 3011 1690** or Email info@cvsbrent.org.uk so they can connect you

In response to the Covid-19 pandemic, volunteer-led community action groups have been set up to help those who are affected by the coronavirus outbreak. We can help with [delivering groceries, keeping in contact and providing support](#).

[Brent Covid-19 Mutual Aid](#)

[Queens Park Mutual Aid](#)

Willesden Green - [Willy G Volunteers WhatsApp Group](#)

For details on how Brent council are dealing with the pandemic and what support you can receive, please visit www.brent.gov.uk/coronavirus
Need urgent support? Call our helpline for support on **020 8937 1234** open 9am to 5pm, Monday to Friday or email coronavirus@brent.gov.uk

If you are a self-isolating vulnerable adult with urgent social care concerns such as washing, feeding and dressing yourself and you don't have support from family, friends or the community, we can help. Call **020 8937 6589**

PROTECT YOURSELF AND OTHERS

Sign up to receive the **YourBrent** e-newsletter for the latest coronavirus advice

brent.gov.uk

