



Six ways to improve your wellbeing

It's OK to not feel OK during challenging times.

Lots of people are feeling anxious about the current situation and may be worried about friends and family in other parts of the world. These are challenging and uncertain times for everyone, but some people are finding it harder than others because of their personal circumstances.

Some of us are feeling confused and uncertain about our future here, and many of us are feeling lonely and finding it difficult being far away from our loved ones. It's normal to feel these things, because none of us are superhuman.

Now more than ever, we want all Londoners regardless of where you were born or what language you speak, to know that you are not alone, and help is available for whatever you are going through.

Feeling worried or stressed is normal but it's really important that we take care of our health and wellbeing as much as possible. This document has been created to try to help people to cope during these challenging times. Whether you are having trouble sleeping, having problems with concentrating, anxious about your health or you are feeling unsafe, help is available.

Here, we hope you will find a selection of things you can do to keep yourself well and some useful ways to get support if you are finding it hard. This is a collaborative work between Doctors of the World UK and Thrive LDN with the support of the Mayor of London.

Remember, you're not alone – we're all in this together. Your GP is there to help with your concerns. If you need advice on accessing health services or support in registering with a GP, call **Doctors of the World helpline:**

0808 1647 686 - freephone,
Monday to Friday 10am to 12 midday.

Our advice and tips >

1. Connect with others... either by phone, text, social media, write a letter or smile at your neighbours.





Many of us will miss seeing family and friends and taking part in our usual activities, remember that this is temporary.

It's important that we stay connected. Get in touch with family and friends to share your thoughts and have a chat.

If you're online, find some tips from our friends at **www.campaigntoendloneliness.org**

2. Stay calm, things will get better.





It's normal to feel anxious and worried about things that feel out of your control.

Try to relax, take deep breaths, this could help lighten negative feelings. If you or someone you trust can go online, visit **www.good-thinking.uk** where you can get free NHS-approved digital tools to help manage anxiety, low mood, sleeping problems and stress. You can also visit: **www.helenbamber.org/coronavirus-resources/mental-health-from-home**.

3. Be kind to yourself, find time to do something you enjoy.





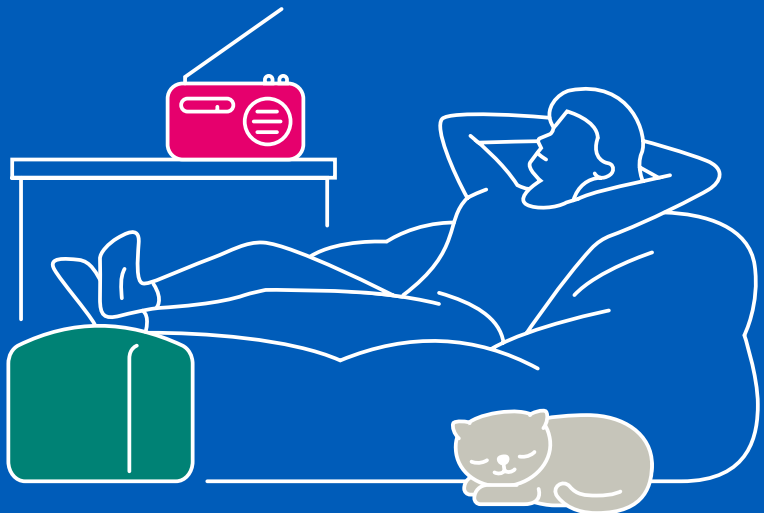
It's OK to treat yourself to the things that make you smile and feel good.

Make yourself a hot drink, watch a film, read a book, or try a crossword. Try volunteering in your local mutual aid group or any other local groups in your area.

Don't be hard on yourself.

It's important to recognise your successes and the things you are grateful for, no matter how small. You could consider keeping a gratitude journal each day where you write two or three of these things every night before you go to bed.

4. Take a break from listening to, watching or reading the news.





It is normal to feel anxious about what is happening in the UK and in your country of origin.

If you are online, you can find the updated guidance from the government and NHS in your language on Doctors of the World website: [**www.doctorsoftheworld.org.uk/coronavirus-information**](http://www.doctorsoftheworld.org.uk/coronavirus-information)

You can also find London-specific information in a range of languages here: [**www.london.gov.uk/coronavirus/covid-19-resources-and-services-your-language**](http://www.london.gov.uk/coronavirus/covid-19-resources-and-services-your-language)

However, reducing the impact of information overload will help you stay well.

Take a break from reading or listening to negative news. Make sure you limit your intake of daily news as too much coverage can make you stressed or anxious.

5. Move around and find different ways of staying active.





Being active reduces stress and helps us sleep better.

If you have access to a garden or it is safe for you to leave your home for exercise, then get some fresh air, go for a walk or a run.

If getting out and moving around is not easy or possible for you, keep moving about indoors as often or as much as you can.

Explore different ways of adding physical movement and activity to your day and find some that work best for you.

6. Help is available if you are not OK.





Things can feel very hard at times. Support is available for whatever you are going through, there is hope and you are not alone. You can contact your GP (family doctor) for support and advice on a wide range of issues including your consumption of alcohol or any other substance. If you don't have a GP, call Doctors of the World who can help you find a GP near where you live: 0808 1647 686 (freephone, Monday to Friday 10am to 12 midday).

If you feel that the issues you need to discuss are urgent, call NHS 111.

However, please be aware that not all help is going to be available in your language unfortunately, but we hope this guide contains a mixture of support services and options to seek advice.

These helplines are free and confidential:

Samaritans: Call 116 123 and Samaritans volunteers will listen to your concerns and worries.

SHOUT: Text Shout for free on 85258 - text service for support with any wellbeing concern.

CRUSE: Call 0808 808 1677 and trained volunteers will offer emotional support and advice to anyone affected by bereavement and loss of a loved one.

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If you feel uncomfortable or unsafe as a result of someone in your household and need support or advice, contact: Solace Women advice line on **0808 802 5565** or email advice@solacewomensaid.org , or contact Respect Men’s advice line on **0808 801 0327** or email info@mensadviceline.org.uk

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If you are a refugee in the UK and require support or advice, you can find local services on www.refugeecouncil.org.uk/get-support/services

If you are an asylum seeker in the UK and require support or advice, call Migrant Help on 0808 8010 503 or visit: www.migranthelpuk.org

About us...

Doctors of the World UK is a medical charity that runs a clinic in East London and advocates on behalf of patients in England for safe and equitable access to health care. Our work focuses on excluded people such as destitute migrants, sex workers and people with no fixed address.

www.doctorsoftheworld.org.uk

Thrive LDN is a partnership between London's NHS, public services, the Mayor of London, councils, and charities to promote better mental health for everyone. We work with a range of partners and people to get London thinking and talking more about mental health and wellbeing in our neighbourhoods, our family and friendship groups and at work.

www.thriveldn.co.uk

The Mayor of London is responsible for making London a better place for everyone who visits, lives or works in the city. During the coronavirus outbreak, it is especially important that we look after our physical and mental wellbeing.

www.london.gov.uk

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