

HOW TO STAY HAPPY & HEALTHY AT HOME

The coronavirus (COVID-19) outbreak means life has changed for us all. We have all had to adjust to new ways of living and working. Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

The pandemic makes the importance of health and

wellbeing clear. Try to eat healthily, drink enough water and exercise regularly. Avoid smoking or taking drugs, and try not to drink too much alcohol. This newsletter will give you information about staying healthy and looking after yourself and your loved ones during the pandemic. Please remember to follow the latest official guidance on social distancing to keep everyone safe.

PHYSICAL ACTIVITY

- ✓ Be as active as you can
- ✓ Stand up every 20 minutes
- ✓ Walk often
- ✓ Try a virtual exercise class



SIT LESS, STAND OFTEN, MOVE MORE

- ✓ Reducing the time you are sitting is important
- ✓ Play hide and seek around the house
- ✓ Progress to some gentle, frequent walks around the house, or garden if you have one.



ACTIVE CHALLENGES

Set you and your family simple daily targets.

- ✓ Stand up together every 20 minutes
- ✓ Go for a walk of 1,000 steps around the house or garden every day and take stairs if you have them.
- ✓ Try a 'standathon'. Who can stand up for the longest?
- ✓ Playing board or computer games? Make standing up part of the game (like when you throw a six).
- ✓ Make tidying up an Active Movement.
- ✓ Let your child be in charge of being active for the day.



get out of the house

GET FIT FOR FREE



The principle behind these activities are to really encourage inactive residents to be physically active in the outdoors in a safe, enjoyable and affordable way. Particularly after the lockdown period, residents may have found they are needing to exercise more than ever. There has also been evidence to suggest that being overweight/obese puts an individual more at risk of complications if Covid-19 is contracted. [Brent Outdoor Gyms](#)



LOOK AFTER YOUR MENTAL HEALTH

During these unprecedented times, it is important to learn or remind ourselves of the importance of our mental health and 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 – Use social media safely or alternatively use the phone to keep in touch with friends and family

Be active – Do some workouts at home or go outside to exercise, for example a run, walk, or cycle in your local area. Remember to follow [government guidance on social distancing](#).

Take notice – Have quiet reflection time or write down your thoughts in a journal. Pay attention to your local surroundings and see what new things you can find when you go outside.

Keep learning – Take on a dance challenge with the family, learn a language, new skill or an instrument. Check out the council's [e-Library](#) to discover your perfect read.

Give – Volunteer to help a neighbour, donate to a local charity or put some household products in the food bank bin next time you go shopping.

Create – Cook or bake something new with your children or family, start and finish a puzzle, draw, take pictures, write a poem or a song.

Try doing one of these 'ways' every day.

CONNECT

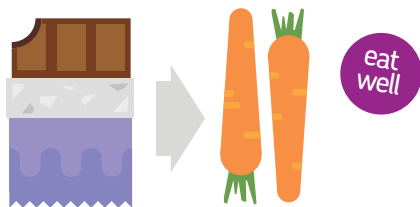
BE ACTIVE

TAKE NOTICE

KEEP LEARNING

GIVE

CREATE



HEALTHY EATING

Active Swaps

Make simple changes by setting yourself some active swap days.

- ✓ Swap sugary drinks for water.
- ✓ Swap chocolate for fruit.
- ✓ Swap white bread for brown.
- ✓ Swap a snack for a walk or exercise.
- ✓ Swap cereal for boiled eggs.
- ✓ Create a fresh food day.

And remember that standing up or a walk after a big meal is good for your digestion.

I Can Eat a Rainbow

Eating a variety of foods will help you get essential nutrients and by doing so, you'll naturally embrace a broad colour palette. Fruits and vegetables are particularly colourful, so a rainbow plate can help you towards your **5-a-day**. Plus, you're more likely to enjoy eating an attractive meal.

[More ideas/info](#)

[Download a rainbow chart here](#)



ALCOHOL

Are you worried about your own or a loved one's alcohol use during lockdown? Why not visit New Beginnings' Alcohol Test website [Alcohol checker](#)

It contains lots of health information and advice about alcohol use.

You can also take our alcohol test, which will help you understand the impact of your drinking and signpost you to further support from our free and confidential service if you need it.

The Alcohol Test is best viewed and completed using the latest versions of Chrome, Safari, Firefox or Opera.

Alternatively get in touch with our expert team directly on **0300 303 4611** or info.brent@wdp.org.uk.

For further information on sensible drinking visit [NHS Alcohol support](#)



British Red Cross



BRITISH RED CROSS COVID-19 SUPPORT

If you're feeling lonely or worried, or are concerned about someone else who is, the British Red Cross can provide support.

Call their free and confidential coronavirus support line on **0808 196 3651** to chat to a friendly volunteer, who can help you with practical information, advice and emotional support. The phone line is open daily from 10am - 6pm.

GET CONNECTED TO MENTAL HEALTH SERVICES IN BRENT

Worried or anxious? Suffered a bereavement of a loved one during the pandemic? Perhaps you've become unemployed, or maybe you would just like someone to talk to.

The Brent Mental Health Network Partnership has created a new booklet providing a comprehensive list of services to meet the full range of needs of local people – from children through to older aged people.

[Read and download the Mental Health Services Directory.](#)



IS YOUR PARTNER, OR A FAMILY MEMBER, MAKING HOME FEEL UNSAFE?

We are all being asked to stay at home to protect our communities. But we know that for some people, home won't feel like a safe place. Domestic abuse takes many forms, and doesn't always mean being hit or physically hurt.

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 454898** Monday to Friday 10am to 6pm or email brent.admin@advancecharity.org.uk

You can also get support from the 24-hour National Domestic Abuse Helpline on **0808 2000 247**.

In an emergency, always call **999**.

OTHER USEFUL RESOURCES

[Brent Council Health Advice](#)

[The NHS Health at Home pages](#)

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

SHOUT is a 24/7 UK crisis text service available for times when people feel they need immediate support. Text 'SHOUT' to '85258'. The service is designed to help individuals to think more clearly and to take their next steps to feeling better.

[Brent Mind](#)

[BEAT](#) Eating Disorder Charity

[CRUSE](#) Bereavement Charity

[Samaritans](#) is a charity aimed at providing emotional support to anyone in emotional distress or struggling to cope. You can get in touch about anything that's troubling you, no matter how large or small the issue feels. Call **116 123** (anytime, 24hrs a day).

Find more support about Staying Happy and Healthy at Home [here](#) and [here](#).

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. [Download Brent Coronavirus Information leaflet](#)

PROTECT YOURSELF AND OTHERS

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

brent.gov.uk

