

## Living with uncertainty – the Coronavirus pandemic and you

We are all a bit scared of the coronavirus, but did you know corona means the glow of the sun or a crown? Here's some things that can help us see what's happening in a different light:

### MEDICATION

Take prescribed medication regularly. Watch for internet scare stories about meds.

### DIABETES

Get right on top of control. Keep fit. Beware snacking/drinking. Type 2 diabetes- try to maintain an ideal weight, and get physically fitter.

### TAKE THE OPPORTUNITY

Play with children together/skype. Pass on a joke.

### KEEP CONNECTED

Internet. Phone / video call. Make it regular. Re-discover old friends. Make new ones! Keep in touch with elderly relatives.

### ADD STRUCTURE TO YOUR DAY

Morning - regular time to get up. Work/job. House and garden. Time for family/friends. Time for you.

### HELP SOMEBODY OUT

Does a neighbour need anything? Check on older people/self-isolating. Gardening? Washing?

### RECHARGE THE BATTERIES

Get a good nights sleep. Leave your phone and iPad / screens outside the bedroom.

### MAKE THE MOST OF THINGS

Sit by an open window and let the sun in. Listen to music. Eat more of the good stuff. Consider Vitamin D supplements.

### WATCH YOUR ALCOHOL

Sensible drinking. A glass of wine has the same calories as a chocolate bar.

### DON'T BELIEVE EVERYTHING YOU HEAR

Too much social media? Cut down on the news.

### CHECK YOUR BLOOD PRESSURE

Hypertension? Eat healthily. Avoid salt. Get fitter. Keep an eye on your BP. Take meds regularly.

### SLOW DOWN AND BE MINDFUL

Mindfulness. Staying mentally fit.

### WATCH YOUR HANDS

Break the cycle of mouth touching. Fold your arms. Sit on your hands. Play a game - shout out if someone's hands go near their face.

### LIVING WITH UNCERTAINTY

Exams, jobs, courses, money? There will be a solution even if we don't know what it is yet.

### PROTECT YOUR LUNGS

Quit or cut smoking. Take prescribed asthma medication. Try and build fitness.

### USE YOUR TIME

What do you want to do? Decorate a room? Read about history? Learn a skill?

### BUILD UP YOUR FITNESS

Get outside. Enjoy the sun. Walk with others - keep the 2 metre rule.

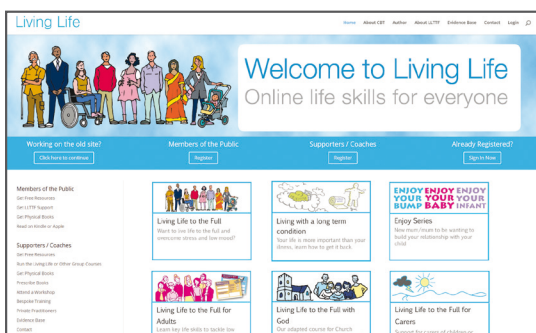
## Looking after your physical well being

### If you develop symptoms.

If you develop a constant new cough, or a temperature more than 37.8, then you should go online to NHS 111 to get further advice. If you live alone you will need to self isolate for 1 week. If you feel that you are getting worse check 111 online again. If you live in a household, the entire household will need to self-isolate for 14 days.

## Looking after your mental well being

Here's where to get more help: [www.llttf.com](http://www.llttf.com)



### Other resources available:



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