



Staying well when social distancing

We've created some top tips to support those who are undertaking social distancing to get through the next few weeks.

The government has now advised that if you have an underlying health condition(s) or if you are aged 70 or older, you should be social distancing for up to 12 weeks. To some people this can seem quite daunting. Not being able to go about your daily routine or undertake the activities you normally do, after a while, could become quite stressful.

We know that during this period it's really important that you look after your mental and emotional wellbeing as well as your physical health.

- 1 Establish a daily routine.** Routines provide structure and purpose.
- 2 Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.
- 3 Think about which regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.
- 4 Set daily goals** to provide purpose and a sense of achievement. This might include working through that list of the things you keep meaning to do but never get round to?
- 5 Identify the triggers that make you feel low** and look for ways to reduce or manage them.
- 6 Talk with family, friends and neighbours** to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?
- 7 Take care of yourself.** Eat and drink healthily with plenty of fruit, vegetables and water to support your immune function and energy levels. For more information see the [British Dietetic Association \(BDA\) website](#).
- 8 Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. If you are working from home, take breaks and eat away from your "desk."
- 9 Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises.
- 10 Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence. [Age UK](#) and [The Silver Line](#) have people to speak to.





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Website links

UK government guidance on social distancing for everyone in the UK:

www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults

BBC Coronavirus: What are social distancing and self-isolation rules?:

www.bbc.co.uk/news/uk-51506729

BDA COVID-19 / Coronavirus – Advice for the General Public:

www.bda.uk.com/resource/covid-19-corona-virus-advice-for-the-general-public.html

Age UK Advice Line: www.ageuk.org.uk/services/age-uk-advice-line/

The Silver Line: www.thesilverline.org.uk

