

## COVID-19 advice for Registrants: How to maintain physical and mental wellbeing

*8 April 2020*

We are living through unprecedented times which are affecting everyone. As a CNHC Registrant you will be used to providing care for others. Although it is always important to care for yourself as well, at the moment it is essential to look after your own wellbeing as well as supporting that of your clients, family members and friends.

This guidance sheet brings together a range of ideas and links to resources that might be helpful.

### Mental health and wellbeing

A wide range of organisations, including the Government, have put together guidance and advice about how to maintain good mental health during the crisis. You can find useful links and resources below:

- **Government guidance:** The Government has provided guidance for people with existing mental health conditions and those who may be noticing issues with mental health at the moment. You can find it [here](#).
- **Mind:** Mental health charity Mind has created guidance to support people to cope during the current crisis. You can find it [here](#).

This guidance includes:

- [Practical advice for staying at home](#)
- [Taking care of your mental health and wellbeing](#)
- [Support for work, benefits and housing](#)
- [Checklist for staying at home](#).
- **Mental Health Foundation:** The Mental Health Foundation has also put together a range of useful information including useful tips for working and staying at home, plus how to nurture relationships and deal with abusive relationships in the home during this period. You can find it [here](#).

- **OCD UK:** OCD UK has provided guidance for anyone who experiences Obsessive Compulsive Disorder (OCD). You can find it [here](#).
- **Anxiety UK Helpline: 03444 775774:** The charity Anxiety UK has extended its helpline to 10pm each evening and over the weekends between 10am - 8pm to offer extra support.

The charity is offering a free subscription to the mindfulness app **Headspace** and provides a range of webinars on how to deal with anxiety during the crisis. You can find details [here](#).

- **Make time to laugh:** Laughter can help to alleviate stress and tension, so take a break from following rolling news and social media. Why not watch or listen to a favourite comedy show?
- **Bereavement:** For those who have lost a loved one during the pandemic, the charity Cruse Bereavement Care have put together specific resources on dealing with grief which you can find [here](#).

## Physical health and wellbeing

Physical health and wellbeing is also important and has an impact on mental health as well. Although we are spending a lot more time indoors, it is possible to maintain and discover new ways of keeping fit and healthy. If you are new to exercising or are taking up a new type of activity, please remember to pace yourself and build up activity levels gradually at first to avoid injuries.

- **NHS Fitness Studio:** The NHS has put together a range of online fitness classes ranging from aerobic exercise, strength and resistance, yoga and Pilates, belly dancing and more. You can find it [here](#).
- **Couch to 5K:** The NHS has also put together a podcast programme to help people take up running – going from nothing to 5km over nine weeks. Government guidance permits going out once a day for exercise, keeping a minimum of 2m from others at all times, so this programme might be helpful. You can find [here](#).

If you do go out for a run, remember to be respectful of others even if you are keeping the correct distance, as people may be anxious about social distancing.

Take unusual routes, avoiding narrow paths or pavements where it is difficult to keep a distance. Be mindful that it's difficult for pedestrians to get out of the way of runners in time, so move to avoid them even if this means you lose some momentum.

- **Online classes:** A lot of fitness teachers are providing virtual classes. If you attended a class previously, contact your teacher to see if they are doing anything online. It is possible to find classes for yoga, Pilates, Zumba, dancing and a wide range of other activities.

## Overall wellbeing and connection

As we stay in our homes it is increasingly important to stay connected to others. As well as fitness we can take part in a wide range of activities that support our overall wellbeing, maintain our interests, and foster a sense of connection. We have included some links to useful resources below:

- **Health Flix: Free online health and wellbeing classes:** Health Flix is an online community of health and wellbeing practitioners who are offering a weekly schedule of online classes including breathing, meditation, yoga, mindfulness, zen and a range of other topics which may be of particular interest to CNHC Registrants. You can find them [here](#).
- **Virtual choirs:** A number of people have set up virtual choirs. Here are two examples you can try, and there will be others which might be local to you:
  - [Great British Home Choir](#): Gareth Malone has created a way for people to sing together from around the UK
  - [The Sofa Singers](#): James Still has created a weekly opportunity to sing from your sofa.
- **Virtual socialising:** If you are able to use a virtual platform such as zoom, Skype, WhatsApp or similar, you can get together with friends and family members to hold a virtual catch-up such as a virtual coffee morning, book club, tea party, lunch or dinner. These are a great way to stay connected with those who are important to you.

- **Telephone contact:** Not everyone wants to or is able to use online resources so remember it's still possible and hugely beneficial to stay in touch by telephone. Calling family and friends on a regular basis can really support feelings of connection and care and bring relief from feelings of isolation and stress. Depending on their preference, some of your clients may appreciate calls from you as a way of staying in touch.
- **Virtual productions:** A number of theatres are broadcasting free events online. Here are two examples, but also check your local venues to see if they are planning anything:
  - [National Theatre online](#): The National Theatre is streaming previously recorded live shows online every Thursday evening (available for 7 days following each showing)
  - [Royal Opera House](#): You can also stream previously recorded live performances of opera and ballet from the Royal Opera House.
- **Virtual culture:** Museums are providing virtual tours during lockdown. For example:
  - [Virtual Museum Tours](#): You can find virtual tours around 12 international museums
  - [Virtual collections British Museum](#): Explore the online collection at the British Museum.

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