

# Health at Home



TALK & LISTEN.  
BE THERE.  
FEEL CONNECTED



DO WHAT YOU CAN.  
ENJOY WHAT YOU DO.  
MOVE YOUR MOOD



EMBRACE NEW  
EXPERIENCES. SEE  
OPPORTUNITIES.  
SURPRISE YOURSELF



YOUR TIME.  
YOUR WORDS.  
YOUR PRESENCE



REMEMBER THE  
SIMPLE THINGS THAT  
GIVE JOY

Looking after your mental health in times of isolation or quarantine is incredibly important. We have put together this useful flyer with links, hints and tips on the "5 ways to wellbeing" which are simple things that you can do every day to support your mental wellbeing.

For a larger range of stay at home resources and support, including virtual tours of zoos and museums, and other areas of health go to:

[www.publichealthslough.co.uk/campaigns/health-at-home](http://www.publichealthslough.co.uk/campaigns/health-at-home)

If you need more support call the One Slough Community response on 01753 944198

## 1 Connect

**Connecting with people can make you and others feel good**

- Connect virtually with family and friends, try Whatsapp video, Zoom or Skype
- Various faith communities have their own Facebook groups, contact your local one for information
- Family Lives help support families 0808 800 2222
- Young Minds help younger people 0808 802 5544
- Slough Wellbeing cloud offers drugs and alcohol support 01753 692548
- Kooth provides counselling support to Slough children (Via their website)
- Talking Therapies provides support to Slough Adults 0300 365 2000
- Aged over 60 then call the AgeUK telephone befriending service 0800 434 6105

## 2 Be Active

**Keeping active makes you feel good and improves for physical and mental wellbeing**

- One of the most important "5 ways"
- Physically stand up or move your upper body at minimum every 20minutes
- Try one of the "Active Slough" virtual classes, streamed live through their Facebook page
- Speak to Apnavirsa for some great ideas 07598533 336
- Try one of the Joe Wick workouts at 9am every week day
- Download the "Active 10" app for ways you can be active in short bouts
- Download one of our "top tips" guides available on our Health at Home page
- Climbing stairs, sporadically throughout the day, is a great exercise "snack" and can improve overall fitness

## 3 Keep learning

**Learning new things is a good way to meet new people (Remotely) and boost your self confidence**

- Read a book that you've not heard about before
- Read one of the NHS guides on managing anxiety and stress (Available online at NHS choices)
- Try cooking something new, from scratch
- Try learning a new language or useful phrases
- Start an online course. Try BBC bitesize, OpenUniversity, Reed or Future Learn
- Try an eBook, eAudiobook or eMagazine, all available through the Slough libraries service at Slough.gov.uk

## 4 Give

**Giving makes everyone feel special - give someone your time or just say thanks**

- Make a homemade card and send it to a family member for no reason
- Start de-cluttering and make a pile of things for charity
- Clap for carers every Thursday at 8pm
- Give your time to support the local community by calling a vulnerable older adult with GoodGym 0203 432 3920 or [www.goodgym.org/slough](http://www.goodgym.org/slough)
- Donate to the Slough foodbank 01753 550 3030 or [office@slough.foodbank.org.uk](mailto:office@slough.foodbank.org.uk)

## 5 Take notice

**Really take notice of your own feelings and of the things and people around you**

- Paint or draw something you've seen today
- Keep a gratitude journal - 3 things each day that you're grateful for
- Join the stone painting/finding/hiding craze-search 'Love on the rocks' on Facebook to find out more and display one in your window
- Remotely speak to a neighbour, a friend or family member, share your feelings and see how they are
- Why not plant something new, an indoor or outdoor plant, and watch how it grows

For more information contact us on  
[publichealthslough@slough.gov.uk](mailto:publichealthslough@slough.gov.uk)