

Hello.

We know that this will be difficult time for you to be in hospital, and perhaps even more so while visitors can't come to see you. This might already have been a tough time for you, coping with being unwell and away from home. Perhaps you were already worried or anxious about coronavirus and how it might affect you or people you care about. Being separated from loved ones can be very upsetting, and feeling anxious or angry is very understandable.

This might feel very difficult or stressful, and so it is important that we all take extra care of our well-being during this time. We all cope with difficulties in different ways, and it is important that you do things that feel right or supportive for you. Over the page are some ideas that could be helpful. Some may seem obvious, but it is also important to recognise the ways you are already taking care of yourself.

Please speak to someone about the things that you are concerned or upset about, if you want to. They might not be able to fix the difficulties you are facing, but sharing our worries with someone can help us to feel less alone.

Please take care and know that you are being thought of by others.

With good wishes

5 Top tips for supporting well-being

- | | | | | |
|--|---|--|---|--|
| <p>1</p> <p>Connect</p> | <p>2</p> <p>Acknowledging feelings</p> | <p>3</p> <p>Be kind to yourself</p> | <p>4</p> <p>Share your worries or concerns</p> | <p>5</p> <p>Notice pleasant things</p> |
| <p>Keep in touch with friends or loved ones in ways you can, such as by phone.</p> | <p>Acknowledge how you feel without judging. Being hard on ourselves usually makes us feel worse.</p> | <p>Show yourself the same kindness you would to a good friend.</p> | <p>Talk to a member of staff that you feel comfortable with. It can help us to feel less alone.</p> | <p>It can be hard but, try to notice what is ok or pleasant about this moment.</p> |

Wellbeing
your - mind - matters

Coronavirus and supporting your well-being during a hospital admission

- **Connect:** Keep in touch with your loved ones in whatever other ways you can. You can speak to a member of staff if needed to support this.
- **Acknowledge feelings:** Gently acknowledge how you are feeling and what is on your mind, trying not to be judgemental. We are often hard on ourselves which makes us feel worse, not better.
- **Be kind to yourself:** Show yourself the same kindness you would show a good friend.
- **Notice pleasant things:** It can be hard but, **try to notice what is ok or pleasant** about this moment, perhaps you can notice what you feel grateful for.
- **Ground yourself using the body:** Sit or lie quietly and feel the weight of your body on the bed and the weight going down. Don't force yourself to relax, just be supported by the ground and sense what it is like to let go and just be in the here and now.
- **Ground yourself using the breath:** If it is safe and comfortable for you, notice your breathing. Perhaps imagine bringing kindness in to your body on the in-breath.
- **Try safe place imagery:** Think about a place where you feel safe or calm, and notice what this feels like in your body - pay attention to any feelings of calm or peace.
- **Spiritual practice:** If you have a spiritual practice or faith then prayer or meditation can be an important way of offering care and support to others or yourself. You could ask to speak to a chaplain if this would be helpful. They may not be able to see you face to face but they will provide support in any way they can. This may be by phone
- **Share your worries or concerns:** Talk to a member of staff that you feel comfortable with. They might be not able to fix things, but it can help us to feel less alone.
- **Enjoyable activities:** If you are well enough, try to do things that occupy you, like reading a book, doing a crossword or watching a film or programme that you enjoy.
- **Limit how much you read media:** It might be helpful to stay in touch with what is going on in the outside world, but doing this too often can make us feel more anxious.
- **Try using an app:** Apps can help with meditation or sleep e.g. Calm, Headspace, Happify, Mind Shift, Insight Timer, Self-help for Anxiety Management and Smiling Mind. More apps to support mental well-being and sleep can be found here: www.nhs.uk/apps-library/category/mental-health
- Look for good sources of information about how to support your well-being if you have access to the web: www.bradfordhospitals.nhs.uk/psychology