LOOKING AFTER WELLBEING

more information at: **ptfc.co.uk**

Everyone at Partick Thistle Football club hopes that supporters, young and old, and their family are staying safe and well during this coronavirus outbreak.

In these uncertain times, it is important for us to focus on maintaining our mental health alongside our physical health. Here are a few things to consider.

BE CAUTIOUS

There is a huge amount of information available, which may not be as accurate as official guidance. Be cautious about what other sources of information you use.

FOLLOW OFFICIAL GUIDANCE

Keep up to date via the UK & Scottish Government website:

https://www.gov.uk/coronavirus

https://www.gov.scot/coronavirus-covid-19/

BE TARGETED

Try to set a daily time limit on following the news.
If you can, make this at the same time every day
e.g 10 minutes at 9am

MAINTAIN A REGULAR ROUTINE

- Maintain familiar routines in daily life as much as possible including sleep and wake times.
- You may need to create new routines, especially if children must stay at home.
- Think about how you will spend time by yourself at home, for example, plan activities to do on different days or habits you want to start or keep up.
- Set a daily to do list to encourage structure

STAY CONNECTED

- Maintaining connections is hugely important for mental wellbeing
- Try and achieve this via phone, text, WhatsApp and video calls (e.g Zoom)
- Support those around you - this has mental wellbeing benefits for them and you

EAT WELL AND BOOST IMMUNITY

- Eat a well balanced diet that includes all major food groups
- Boost your natural intake of vitamins and minerals by eating a wide range of fruit and vegetables
- Do not start any crash diets during this period
- Consider consuming a probiotic drink daily (Yakult or Actimel)
- Keep well hydrated, keep your water bottle clean and do not share with others
- Keep your hands clean by washing them regularly with soap and water
- Make sure you get enough good quality sleep
- Make sure you do not increase your normal caffeine intake as this may affect the quality of your sleep

STAY ACTIVE

- Stay as active as you can and aim for 10,000 steps per day if possible
- For your daily exercise it remains safe to exercise in open spaces away from others (2 metres) and in groups of no more than 2 people
- Using resources like paths for all can provide local options for walking routes
- If you are self-isolating and do not have symptoms set a daily activity target for yourself
- Share exercise plans and goals with others. Be creative with indoor exercise
- Engage in activities you enjoy and find relaxing
- Yoga and Pilates are good forms of exercise for physical and psychological health
- The NHS has created a 10 minute workout that can be performed at home
- If you have been diagnosed with coronavirus or have symptoms consistent with it (new persistent cough and/or fever) then you should do no exercise for 10 days minimum or longer if you continue to feel unwell.

SOME UNCERTAINTY AND DISTRESS IS NORMAL

A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Keeping connected with others and seeking updates from credible sources will help with this.

IF YOU FEEL LIKE YOUR MENTAL WELLBEING IS WORSENING

If you feel like you are struggling to stay connected or that you feel more low or anxious, you are not alone – others will be feeling the same way.
Self help resources that may be helpful:

- Headspace and Calm - meditation and mindfulness apps
- Tackle your feelings is an interactive website based self help for low mood and anxiety symptoms
- Big Health provides free access to apps: sleepio (sleep disturbance) and daylight (worry and anxiety)
- Big White Wall offers safe and anonymous 24 hour support
- SAMH has useful information on maintaining mental wellbeing
- Young Scot This is a difficult time for young people too

If these measures do not help and you feel that your mental health is worsening or is a concern to you or others:

- Tell someone how you are feeling
- Contact your GP practice (0800 - 1800 week days) Out of hours – NHS 24 on **111** (1800 - 0800 weekdays and 24 hours at weekends)
- Breathing Space provide a free confidential phone and web based service. Call free on **0800 33 35 37** (open Mon to Thurs 1800 to 0200, 24 hours over the weekend. Online chat also available)
- Shout offers confidential 24/7 crisis text support for times when you need immediate assistance. Text “Shout” to **85248**.
- Samaritans provide 24 hour emotional support. Call free on **116 123** (open 24/7)

MAINTAIN PERSPECTIVE

Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected. Keep in mind that this will not last forever, it will come to an end. In the meantime, follow the advice being given and stay safe!

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