

Resources for Self-Isolation and Social Distancing

Changes to daily life due to COVID-19

Daily life has changed significantly since mid-March with the introduction of social distancing and self-isolation measures to prevent the transmission of Coronavirus (COVID-19).

Why we've put this pack together

We recognise that the changes to daily life affect everyone, and we have put together a pack of free resources, self-care suggestions, and support services to have to hand during this unusual time.

If you're working from home, or just spending more time at home than you're used to, it might be helpful to keep a routine and include a variety of activities in your daily life. We hope this pack will provide a few ideas of things to try!

All words that appear like [this](#) are weblinks.

About GamCare

GamCare is the leading national provider of free information, advice and support for anyone affected by problem gambling.

You will find more information about all of our services on the back page of this pack.

*Stay home, stay safe
from all of us at GamCare*



INSIDE THIS ISSUE

Coronavirus information.....	2
Try some new apps.....	2
Fitness and exercise ideas.....	3
Thinking about a new career?.....	3
Quick crossword	4
Five Ways to Wellbeing	5
Managing Coronavirus anxiety.....	5
Tips for working from home.....	6
Charities and support services.....	7
GamCare services.....	8



COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads.

Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.



Coronavirus

The Government has issued guidance on keeping people safe through social distancing and self-isolation. For more information, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you, or someone in your household, displays a high temperature or a continuous dry cough, visit [nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/)

Stay home, stay safe.

GOT A SMARTPHONE? TRY THESE APPS

Fancy trying some new guided meditations or mindfulness exercises? [Headspace](#) are offering some free meditations, sleep and movement exercises through their popular website and [app](#). Other apps to look at are [Calm](#), and [Insight Timer](#) which has over 30,000 free meditations, talks and courses.

[Action for Happiness](#) has extended the 5 Ways to Wellbeing (see p.5) into 10 Keys for Happier Living. They also have an [app](#) which gives ideas and actions you can do to make life happier for you and those around you.



Watching more movies during 'lockdown'? Then [RunPee](#) is the app for you! It tells you a good time to nip to the loo (or make a cuppa) during a film without missing much. It also tells you whether there are any extra scenes in the credits, so you don't have to sit through it all.

Having trouble getting through to customer services and fed up sitting on hold? [WeQ4U](#) is a free app that sits on hold for you, then puts you through to any 01,02, 03 and 08 number *without* queueing.

GAMBLING THERAPY

The [Gambling Therapy app](#) has been designed by residential treatment provider [Gordon Moody Association](#) to help anyone who is struggling with problem gambling.



The app providing easy to access information and straightforward tools, including :

- A self-assessment questionnaire
- Text-based live support
- Mindfulness exercises and self-help resources
- A directory of support organisations
- Crisis support information
- Links to blocking software
- Access to online forums

To download the app, visit Google Play or the App Store, or use your phone camera to scan the QR code.



EXERCISE AND FITNESS IDEAS

Want to look like Thor?

[Centr](#) is a personalised fitness and wellbeing platform from Chris Hemsworth that offers a free 6-week trial. Most workouts are HIIT-focused and require little to no gym equipment, ideal while gyms are closed.

Yoga is great for helping reduce stress.

[Yoga with Adriene](#) provides free, daily yoga classes for kids and adults on YouTube, plus a large library of past classes to work your way through.

Finding yourself stuck on the couch? Why not use your one daily exercise to build your fitness. [Couch to 5K](#) is a free, nine-week running programme from the NHS for complete beginners. Build up from a 5-minute walk to a 5k

[Endeavour](#) offers

structure and routine while in social isolation with an online roadmap that combines food, movement and mindset coaching. Now offering an extended 8-week free trial, for “the everyday man who wants more from life”.



[Auro](#) motivational audio fitness app provides hundreds of workouts, personalised for you based on your fitness level and goals.

Classes are on-demand, or can be downloaded in advance.

Get a free 30-day trial, and 50% discount for all NHS staff.

Don't want to sign up?

Try their free weekly workouts on [Facebook Live](#) on Tuesdays at 6pm or check out past workouts on their [YouTube](#) channel.

[Joe Wicks, The Body Coach](#)

is offering free, live PE lessons on YouTube, from 9.00 to 9.30am Monday to Friday

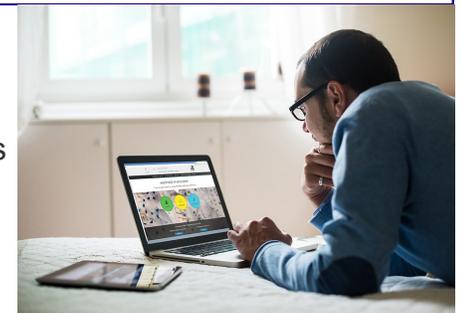
[Strava](#) is a free app that turns your phone into a sophisticated running and cycling computer. Start Strava before an activity and you can track your favourite performance stats.

THINKING ABOUT A NEW CAREER?

If (like me) you're stuck on the question: “*What do I REALLY want to do?*” then the following prompts from [Amazing If](#) might be useful:

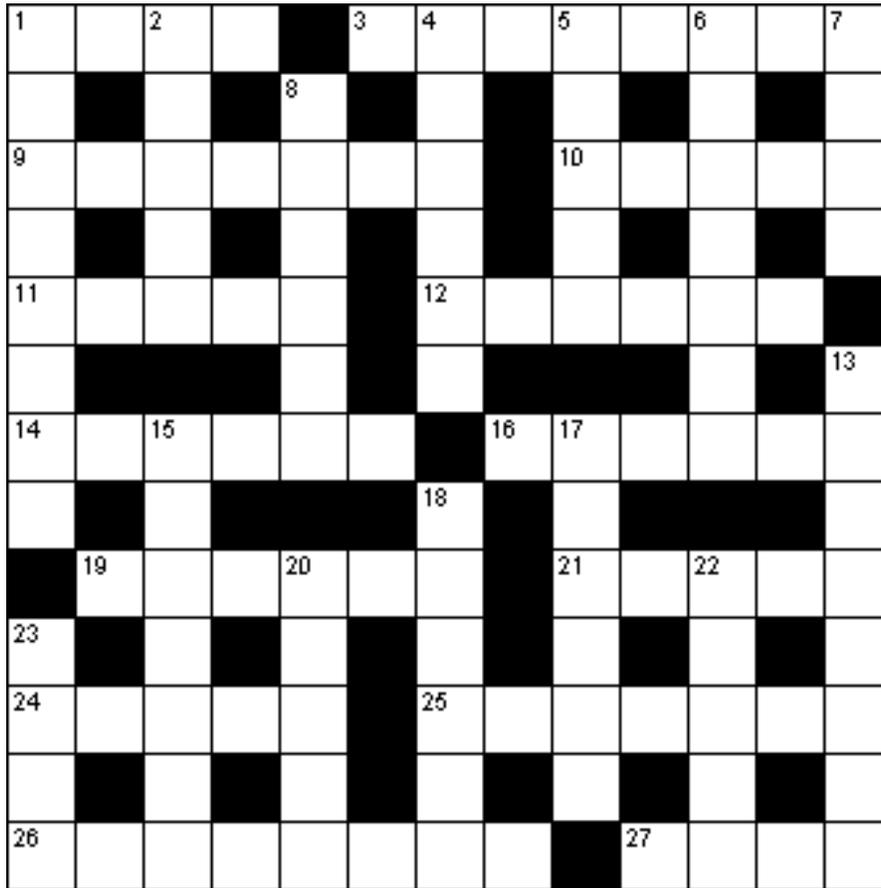
- 1. What would you do if time/money/experience were no object?** This is important. Be honest with yourself. What makes your heart beat faster?
- 2. When were you happiest at work?** What strengths were you getting to use? What was the environment like? Who were you working with?
- 3. What do you want to be known for?** Knowing the impact we want to have and the impression we want to make can be a really useful way of identifying our values and ambitions. e.g. “*I want to be known as someone who creates opportunities for business growth*”.

Your answers to these questions could help you identify your deeper needs at work. Now look at lots of possibilities and how they map against your answers. This could help you find your happy career!



QUICK CROSSWORD

...time for a cup of tea!



Across

- 1 Deep open cut (4)
- 3 Copied (8)
- 9 Irritated (7)
- 10 Danger (5)
- 11 Carrying weapons (5)
- 12 Going by air (6)
- 14 Derided (6)
- 16 Tossed (6)
- 19 Vehicle for travelling over snow (6)
- 21 Male relative (5)
- 24 Audacity (5)
- 25 Common wild duck (7)
- 26 Calculate roughly (8)
- 27 Self-satisfied (4)

Down

- 1 French policeman (8)
- 2 Water vapour (5)
- 4 Alter (6)
- 5 Squiffy (5)
- 6 Capital of Ontario (7)
- 7 Uninteresting (4)
- 8 Solemn promise (6)
- 13 Grounded (anag) (8)
- 15 The guilty one (7)
- 17 Every sixty minutes (6)
- 18 Recluse (6)
- 20 Cherished desire (5)
- 22 Demand as a right (5)
- 23 Leg joint (4)

FIVE WAYS TO WELLBEING

The Five Ways to Wellbeing are a set of evidence-based activities that can help us maintain good mental health and wellbeing. We might have to be a bit more creative to maintain all five different types of activity while social distancing or while in social isolation, but it also gives us lots of opportunity to try new things!

Connect...

...with the people around you... with family, friends, colleagues and neighbours... at home, work, or in your local community. Think of these as the cornerstones of your life and invest time in them.

Be active...

...go for a walk or a run... step outside... cycle... play a game... garden... dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of fitness.

Take notice...

...be curious... catch sight of the beautiful... remark on the unusual... notice the changing seasons... savour the moment, whatever you are doing. Be aware of the world around you and what you are feeling.

Keep learning...

...try something new... rediscover an old interest... offer to do something new at work... discover a new skill. Set a challenge you will enjoy achieving. Learning new things is fun and will increase your confidence.

Give...

...do something nice for a friend or a stranger... thank someone... smile... volunteer ... look out as well as in. Seeing your own happiness connected to the wider community can be incredibly rewarding.

MANAGING CORONA VIRUS (COVID-19) ANXIETY

- ♥ For You
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care
 - Focus on your mental health

BlessingManifesting

- For Kids
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
 - Create a routine & structure

- For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
 - Create a daily self-care routine
 - Keep yourself busy: games, books, movies
 - Focus on new relaxation techniques

“ These are not normal times so don't have normal expectations of yourself.

Don't beat yourself up over how you work from home or home-school.

We are in the middle of a global crisis.

Allow yourself to just exist rather than achieve.”

- Matt Haig -

HOW TO WORK FROM HOME

A MadeSimple™ Infographic



GET READY FOR WORK AT YOUR USUAL TIME

Your commute will obviously be shorter but it's good to get up, get ready and have breakfast at your regular time. This gives structure to your working week.

FACT: The number of UK home workers has grown by 1.3 million since 1998 (that's a 2.8% increase).



Working from home can put a barrier between you and colleagues/employees so make an effort to connect by praising great work.

FACT: Being specific with feedback beyond 'well done' is beneficial as it shows you've appreciated a piece of work in detail.



RECOGNISE OTHERS

Listening to music is fine but turn off your TV and radio (you may also want to turn off phone notifications). This will prevent annoying distractions and help you stay 'in the zone'.

FACT: A study published by science journal Elsevier showed noise is an 'ambient stressor' in relation to job satisfaction.



When you're free from distractions you can focus, but take breaks throughout the day to avoid burnout and remain consistent.

FACT: No breaks can lead to headaches and blurriness known as 'computer vision syndrome'. Rupa suggest resting your eyes for 15 minutes every 2 hours.

TAKE A BREAK



KEEP QUIET



CONSIDER PRODUCTIVITY APPS

Apps such as RescueTime make it simpler to track what you do when working and block distracting websites for set periods of time.

FACT: Gaming constitutes 12% of app usage, ditch these apps for better productivity.

Some people find that they are more productive at home because they work longer hours. Try to be flexible with your time.

FACT: An ACAS study found 48% of people increased their working hours when homeworking.



AVOID TOO MUCH CAFFEINE

Try not to drink too much caffeine. This can reduce concentration and make it harder to be productive.

FACT: Too much coffee can lead to dehydration, decreased concentration and increased stress.



DO A LITTLE EXTRA WHEN YOU CAN



Plan tasks you're going to do for the day in advance or give yourself a set goal each day.

FACT: Morning is great for structuring your day. Workplace expert Lynn Taylor says 'your morning often sets the tone and your attitude for the day'.

STRUCTURE PROPERLY



SHUT THE DOOR

Designate a specific part of your house to work during working hours and let everyone know you're not to be disrupted.

FACT: The average attention span is dropping, from 12 seconds in 2000 to 8 seconds in 2015. So avoiding distraction is even more important.

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THE POMODORO TECHNIQUE



DECIDE ON THE TASK TO BE DONE



SET THE TIMER TO 25 MINUTES



WORK ON THE TASK UNTIL THE TIMER RINGS



TAKE A SHORT 5 MINUTE BREAK



TAKE A 15-30 MINUTE BREAK

The Pomodoro technique is taken from [Natural Factors](http://NaturalFactors.com) website

CHARITIES AND SUPPORT SERVICES

Information about **GamCare** and the services we provide can be found overleaf, and on our [website](#)

For the latest government advice on Coronavirus (COVID-19), visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

For health information and advice, call **111** or visit [nhs.uk](https://www.nhs.uk). In an emergency, always call **999**



Campaign Against Living Miserably (CALM)

runs a helpline for people who are down or have hit a wall for any reason, who need to talk, or find information and support. Call **0800 58 58 58**. Phone and webchat open 5.00pm-midnight, 365 days a year.

Breathing Space is a confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call **0800 83 85 87**. Mon-Thurs 6pm-2am; then continuously from Fri 6pm-6am Mon.

Samaritans Whatever you're going through, a Samaritan will face it with you. Free listening service on **116 123**. 24 hours a day, 365 days a year. You can e-mail jo@samaritans.org or write to Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people. Call **0800 4 70 80 90**. 24 hours a day, 365 days a year.

Shout is a crisis text service available for times when you feel you need immediate support. Text **SHOUT** to **85258** and you will be put in touch with a trained volunteer who will chat to you via text.

Victim Support supports people affected by crime. Services are confidential and free. In England and Wales, call **0808 1689 111**. 24 hours a day, 365 days a year. In Scotland, call **0800 160 1985**. Mon-Fri 8am-8pm.

The Trussell Trust is a nationwide network of foodbanks providing emergency food and support.

Men's Sheds are community spaces for groups of men to connect, converse and create. The activities can help reduce loneliness and isolation, but most importantly, they're fun.

StepChange helps you deal with your debts and get the support you need. Call **0800 138 1111** or chat online. Mon-Fri 9am-5pm, Sat 8am-4pm.

Relate provides relationship support to people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. Find your nearest office via the website.

National Domestic Abuse Helpline for women is open 24-hours online, or freephone **0808 2000 247**.



Men's Advice Line for male domestic abuse survivors. Webchat or freephone **0808 801 0327**. Mon/Wed 9am-8pm; Tues/Thurs/Fri 9am-5pm.

ManKind Initiative runs a free, confidential helpline for male victims of domestic abuse and violence. Call **01823 334244**. Mon-Fri 10am-4pm.

National LGBT+ Domestic Abuse Helpline for people who have experienced hate crime, domestic abuse and sexual violence. Call **0800 999 5428**. Mon/Tues/Fri 10am-5pm; Wed/Thurs 10am-8pm.

GAMCARE FREE TREATMENT SERVICES

GamCare provides a range of treatment options for anyone affected by problem gambling who is over the age of 16 in England, Scotland or Wales. This includes anyone concerned about their own gambling, as well as family members and friends who are affected by a loved one's gambling behaviour (even if the gambler does not wish to seek support yet). **All our treatment is free, flexible and confidential.**

During the Coronavirus (COVID-19) pandemic, GamCare can offer:

- One-to-one online and telephone therapeutic support and treatment
- Group-based Gambling Recovery Courses delivered online for 6-8 weeks
- Guided online treatment modules which can be accessed at your convenience, over a period of 8 weeks, with additional telephone support from a GamCare practitioner



NATIONAL GAMBLING HELPLINE FREEPHONE 0808 8020 133



The National Gambling Helpline provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales.

You can speak with our advisers over the phone or via Live Chat every day of the year, 24 hours a day.

They will listen to what's going on for you, and can talk you through all of the options available to you for support online or over the telephone.

FORUM AND CHAT ROOMS

The **GamCare Forum** is a 24/7 online message board, providing a safe and secure space for you (gamblers or their partners, friends and family) to share experiences, thoughts and feelings about problem gambling.



We also run a **Chatroom** every day at 1pm and 8pm for an hour (Sundays at 8pm for 1.5hrs). We also run a dedicated chatroom for family and friends who are affected by a loved one's gambling on Wednesdays from 7-8pm.

NOT SURE YET IF YOU NEED OUR SUPPORT?

Why not try our **Self-Assessment** to pick up any early signs of risky gambling behaviour. It's free, anonymous, and it only takes a few minutes. You'll get detailed feedback based on your answers and suggestions for other support that is available.

We also have a whole range of free **Self-Help Resources** for anyone who has recognised that gambling may be an issue for them.

