

Royal London Hospital for Integrated Medicine

A Guide to Coping During the Covid-19 Lockdown Period: Important Steps, Simple Tools, and Helpful Resources

"We all deserve to come through this period in our lives, not only physically well, but also emotionally strong. When my future self looks back at my "lockdown self", I want to know and feel that I did everything that I could to be in a stronger, better place. My future me deserves it."

A Member of the Public
March 2020

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1 Introduction

On 23rd March 2020, the UK Government passed strict measures to stem the spread of the Coronavirus Covid-19 Pandemic. These included a 'lockdown' where citizens should now stay at home apart from essential travel. These measures are to protect you, and others from Covid-19, and to limit the strain on the National Health Service.

Understandably, this is a challenging time for everyone. Whilst concerns related to your physical wellbeing are a key priority at this moment in time, there are other concerns that relate to your emotional and social wellbeing that are equally as valid and important to acknowledge and to consider. During this lockdown period, it is vital that you take the necessary steps to address these concerns, to continue to maintain your emotional and social wellbeing, and your physical health. It is hoped that the information in the guide will serve as a useful tool that supports you in this cause. As stated on the front page of this guide by a member of the public, you deserve to do everything you can, with support and guidance where possible, to overcome the challenges of this unique time. In doing so, it's hoped that you look back at this period in time, and at yourself, realising that you are resilient, resourceful, and kind. It is important to note that this guide is a starting point to build from – no resource will encompass all the information and tools that you may and will need; please see this guide as a being a launch pad to developing your resilient and resourceful self.

2 The Fundamentals: Routine, Opportunity, Structure Connection and Variety (ROSCOV)

During the lockdown period, there are five fundamental principles that you need to apply to each and every day of the week, and this includes the weekend. These principles are aimed not only at those that are self-isolating alone, but also for those that are isolating with others e.g. family or friends. The five principles are **R**outine, **O**ppportunity **S**tructure, **C**onnection, and

Variety (**ROSCOV**).

Routine

It is important that you maintain a simple and helpful routine for each day of the week. A routine forms the basis to build your day from and has an important role on influencing your mood and outlook. A supportive daily routine also prevents unhelpful behaviours and habits forming, and that unwanted sense of slipping backwards.

A helpful daily routine includes the following:

- Rising from bed at the same time each day
- Changing from night clothes to day clothes at a set-time
- Having meals at regular times
- Indoor and outdoor activities e.g. shopping, stretches, exercise at roughly the same time/day of week
- Wind down one hour before bed, helping to put your day to rest

Opportunity

You may think that being at home, and being unable to engage in external activities that you previously have enjoyed, would mean that this period of the lockdown will be difficult and that you would need to scrape through it. Another way to think about this time is that it is a rare opportunity for you to focus on you. You will continue to grow, and you now can choose certain aspects of your growth, which oddly enough, this time affords you.

Structure

Before the lockdown measures, it is likely that you would have had your day structured by the timeframes of:

- morning
- afternoon
- evening and
- bed-time

As well as for specific activities, for example;

- Breakfast
- Work
- Socialising
- Reading
- Watching TV
- Social media etc.

This “structuring” of your day is as necessary now, as it was before the lockdown measures.

You naturally know that to give each day structure is vital. Without structure, there is an increased risk of time being lost, and of you experiencing that sense that “each day rolls into another”. It is therefore hugely important to help yourself build in those activities, tasks and key moments that you enjoy, and have growth from.

A helpful starting point for ideas and suggestions on how best to structure your day would be the example ‘Weekly Schedule’ in Section three of the guide. It is also helpful to set aside some time to reflect on the following questions:

- How might I split my day/hours up?
- What do I want and need to include in my day?
- Am I engaging too much in 1 or 2 activities each day?
- Am I not including enough of a specific activity that would be helpful for me?
- Am I too rigid with structuring my day and could I be a little bit more flexible?

Connection

Whether you enjoy spending time alone, or you are someone who thrives on social connections, it is important that you remain in connection with someone on a regular basis, and that you remain up to date with the current lockdown situation in the UK.

At times like this where everyone is playing their part to help each other and the NHS from experiencing further strain, you can continue to help further by:

- Staying connected on a frequent and regular basis with a friend, family member, or a charitable / NHS volunteer who is keen to help. Please read the 'Tools and Resources' in Section 5 and the NHS & Government Links and Numbers in Section 6, for further ideas.
- Remaining updated on the latest guidance and advice from the NHS and Government. Again, please read Section 5 for useful links and telephone numbers. It is important that you structure and limit this information in your daily schedule and routine, so that you do not spend excessive amounts of time thinking about the pandemic throughout your day. Please see the "Boundary" subsection in Section 5.

Variety

It is widely known and accepted that "variety is the spice of life", and this certainly holds true during this lockdown period. Understandably, the following thoughts may cross your mind: "what's the point? I'm going to get bored soon anyway." There perhaps is a small seed of truth here. However, this seed will grow larger should you continue to only plan and engage in the same activities and tasks each and every day without any change (...familiarity breeds contempt), and should you choose not to do anything about it. Therefore, variety is key to preventing boredom, increasing motivation, and maintaining self-growth.

To increase variety in your daily structure, the following approaches may be helpful:

- Read the Tools and Resources in Section 5 for further ideas and suggestions.
- Change it up - think about a task or activity which you can alter and still engage with it and gain from it.
- Be curious and creative. A taste and passion may emerge when we are open to trying something for the first time.
- Learn from others about what you can do differently.

3 Weekly Schedule

It is highly recommended that you construct a rough weekly timetable or schedule as a reminder for your daily activities and tasks and as a self-motivating visual tool during the lockdown period. Below you can see an example of a weekly schedule developed during and for the lockdown period.

Jason is a patient at UCLH, just like you. This is his weekly schedule, which he has placed in a position in his home where he can see it most of the time. You can see that his schedule meets all the “ROSCOV” principles: routine, opportunity, structure, connection and variety. Importantly, Jason has reflected on how he would like to think and feel about himself, having coped well and come through this unique and challenging time. His three key words of Strong, Productive and Growing, are values that guide him and serve as key reminders of how he intends to be each day of the week.

When constructing your weekly schedule:

- Keep in mind the five fundamental ROSCOV principles
- Reflect on how you would like to think and feel about you, having coped well and come through this unique and challenging time. What three descriptors / values come to mind? Write these on your weekly schedule.
- Place your Schedule in a place in your home, which you can see easily each day.
- Remember to create a new schedule every couple of weeks, or as required.

STRONGER PRODUCTIVE GROWING

Schedule

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
8-11AM	Breakfast Shower Yoga	Breakfast Shower Stretches	Breakfast Shower Plants	Breakfast Shower Video Art	Breakfast Shower Yoga	Breakfast Shower Plants	Breakfast Shower Shopping
11-2PM	Clean/Chores Lunch	Online Spanish Class Lunch	Call neighbours Lunch	Meditation Lunch	Spare time Lunch	Online Spanish Class Lunch	Chill/spare time Lunch
2-5PM	Brisk walk Answer calls	Spare time/ Plan week & Food	Zoom with mates	Spare Time	Research Activities Meditation	Online Art Class	Bake from Michelle's cookbook
5-8PM	Watch live Covid update Dinner	Watch live Covid update Walk in the Park	Watch live Covid update Dinner	Watch live Covid update Jog in the Park	Watch live Covid update Exercise at home	Watch live Covid update Houseparty with fam	Watch live Covid update Dinner
8-11PM	Movie Bed	Dinner Read Bed	Dinner Netflix Series Bed	Dinner Movie Bed	Dinner Question Time Bed	Dinner Netflix Series Bed	Board Game Arena with fam Bed

4 A Human Response

Since the onset of the Coronavirus Covid-19 Pandemic, we have all noticed varying responses across the entire globe. There have been those that have minimised the threat of the current situation, whilst others have experienced heightened levels of distress and fear. In response to the latter, you most likely will have noted the widely publicised safety-seeking behaviour of buying excessive amounts of specific products e.g. toilet paper, pasta, etc. These differing and somewhat unusual responses are simply human responses to a very unusual and threatening global situation. There is no right or wrong response here; however, there are three human responses which we all need to acknowledge, prepare for, and engage with accordingly.

1. Demotivation – Despite your best efforts, your weekly schedule, and your willingness from the outset to implement the ROSCOV principles, it is likely you will experience moments, periods of time, and even the odd day of feeling demotivated and perhaps even a sense of hopelessness. This is understandable, and again a human response to a challenging situation. It is important that you prepare for times like this by, for example, giving yourself a little space and time to sit with these feelings. A helpful approach following this, would be to have a buddy to speak to, to help encourage you to take some gentle steps to increase your motivation to continue to look after yourself physically and emotionally during the lockdown period. Again, please note, that experiencing emotion of frustration, lack of motivation, and hopelessness is understandable – it is how you prepare for and handle this that is key.
2. Gratitude – Acknowledging each day the things for which we are grateful for has a profound impact on wellbeing, acting as a buffer to maintain positive mood and outlook. Taking time each day to recall 5 things that you are grateful for is an important step in being kind and in caring for yourself during this challenging time.

For example:

- Phone call with my aunt
- 3 meals I have each day
- The funny videos my niece sends me
- The kindness of my neighbours
- The feelings of being warm and secure

3. Kindness – Giving to others, acts of kindness, whether this be a brief text message to an isolated neighbour or a volunteering role to drop medicines off to a local resident, all have a significant beneficial effects both psychological and socially for both the receiver and the giver. In helping others, you increasingly feel connected to each other and part of a whole body/system, and this process of kindness helps to sooth the distress others may be experiencing, and your own distress.

5 List of Tools & Resources

The list is arranged alphabetical rather than grouped by subject matter.

Activity

<https://www.theguardian.com/us-news/2020/mar/21/coronavirus-11-best-cultural-activities>

Anxiety & Worry

<http://www.freemindfulness.org/covid19>

<https://www.bacp.co.uk/news/news-from-bacp/2020/23-march-anxiety-and-coronavirus-tips-and-strategies-to-help-you-cope/>

<https://www.calm.com/>

Breathing

Diaphragmatic Breathing or abdominal breathing is how we breathe when relaxed. Breathing deliberately in this way can help calm body and mind. It can be practiced anywhere and at almost any time all you need to do is to remember.

A video: <https://www.youtube.com/watch?v=kgTL5G1iblo>

Breathing Zone: An app to help slow down breathing rate to an optimum relaxing rate

The Simple Relaxation technique (5 minutes)

Observing the body breathing, loosening and letting go of some of the tension in neck and shoulders and jaw, then focusing and stilling the mind whilst observing the breath.

<https://soundcloud.com/user-664961829/simple-relaxation-technique/s-njKpm>

Is there a right way to worry about coronavirus? And other mental health tips:

<https://www.theguardian.com/us-news/2020/mar/19/coronavirus-anxiety-mental-health-wellbeing>

Steps to reduce worries (night and day)

When lying in bed at night you may have noticed worries coming to mind. This can prevent you from going to sleep and may increase feelings of tension. The following steps have been found to be useful in helping to reduce worries at night (this can also be used during the day):

- It's helpful to set aside 20 minutes in the early evening when you can begin to address any worries or concerns you may have.

- Firstly, write down your worries. It is often the case that we experience worries that are not currently solvable. For example having worrying thoughts of “not being able to meet your friend next weekend.” Why this is unsolvable, is because we cannot do anything about it right now. So, it’s helpful to sort out the worries into solvable and unsolvable. For those that are solvable, perhaps come up with a plan of action for the worries, which might include re-allocating time to do think about the worry.
- If new worries occur to you at night acknowledge these as thoughts and defer thinking about them until the next day i.e. do not engage with these thoughts and place your attention on something else. If they are unsolvable, it’s helpful to remind yourself of this, and that you cannot do anything about it at the current time.

Boundaries: what, where, when, and how?

It’s important that you limit the time you spend thinking, listening and watching various sources about information on the Coronavirus Pandemic. In your daily routine that you develop during this lockdown period, it’s important that you structure in a set amount of time, each day, to engage with information about the pandemic, and to only engage with this during this time. For example, some may choose to boundary this to watching the evening news or watching the live government broadcasts at around 5pm. By applying a daily boundary to information on Coronavirus Pandemic, the remaining time throughout the day is less likely to be “contaminated” by thoughts of the current situation and enabling you to focus and engage more with other activities. You may also find it helpful to have times to look at social media and emails etc., otherwise you can be continually interrupted by phones or other devices.

Children

Talking to children about Coronavirus:

<https://www.mentalhealth.org.uk/coronavirus/talking-to-children>

The World Book Online has just made their collection of over 3,000 eBooks and audiobooks available for free for children to access at home. There are books suitable for all ages:

<https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjp1cw%3D%3D>

<https://www.batod.org.uk/wp-content/uploads/2020/03/Yoopies-coronavirus.pdf>

<http://www.robbiddulph.com/draw-with-rob>

The Sensory Toolbox includes a range of meditation apps. Some are serious apps, others are fun mediation apps, and some are games and mindful colouring apps: <https://thesensorytoolbox.com/mindfulness-app-for-kids/>

Creativity & Personal Growth

Online Art Classes

<https://artyfactory.com/>

<https://www.drawspace.com/>

<https://how-to-draw-cartoons-online.com/>

<https://www.howtodrawit.com/>

http://www.toadhollowstudio.com/wp_blog/online-drawing-lessons-videos-exercises/

<http://media.academyart.edu/freeclass/index.html>

Cooking

<https://www.instructables.com/class/Cooking-Class/>

Puzzles

<https://www.puzzler.com/online-puzzles/>

<https://www.jigsawplanet.com/>

Language

<https://www.duolingo.com> Duo lingo app

Distress and Extreme Anxiety

Crisis Counsellor

Text HOME to 741741 to connect

Samaritans

If you need urgent help in the UK and Ireland, Samaritans can be contacted on 116 123 or email jo@samaritans.org or jo@samaritans

Domestic Violence and Abuse

The freephone, 24-hour National Domestic Abuse Helpline 0808 2000 247

<https://www.advicenow.org.uk/tags/domestic-violence>

<https://www.refuge.org.uk/>

<https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>

Exercise

<http://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/novel-coronavirus-2019-ncov-technical-guidance/stay-physically-active-during-self-quarantine>

Avoid sitting for long periods of time. For example, get up every half hour, maybe do a lap around the house or a room, make a drink or if you have stairs, go up or down them.

Gentle lying stretches can be done in bed on waking and before sleeping, to reduce stiffness and warm up the body:

https://gateway.physiotools.com/print/P.aspx?PrintDataId=d71fc3550d8f48c_9EB48CA4

Chair based stretches can be done regularly and are easy to do if you have mobility/balance problems:

https://gateway.physiotools.com/Print/P.aspx?PrintDataId=0d8c0660e75f4ae_FBB2D126&PtVer=201901

Use your phone/Fitbit to track steps and time spent being active. Try to maintain consistency and balance. You want to find a level of activity/exercise you can do consistently without extra fatigue or pain. If you have been given target steps from a physiotherapist, try to meet the target 5 days out of 7.

Online exercise classes are available on YouTube and NHS websites. Engage and adapt according to your current baseline and what you feel comfortable with and build gradually.

Combine exercise with other activity e.g. march on the spot during adverts when watching TV or during a phone call.

Active computer games e.g. Wii fit, Xbox, Just Dance on PlayStation 4 can be used to have fun and interact with others. Know your limitations and set a time limit so that you do not overdo it, it's easy to get carried away! You could start in five minute intervals and gradually increase the

length of time weekly as you feel comfortable. If you have joint pain and instability avoid jumping, twisting or high impact movements.

Go outside once a day (check UK Government COVID-19 Guidelines) - if you have green spaces you could practice mindful walking. Remember to stay 2 metres away from other people. You could download a walking meditation guide to listen to as you walk available:

<https://www.mindful.org/daily-mindful-walking-practice/>

Gardening, housework and DIY can be performed in short bouts 10-20 minutes throughout the day.

Schedule periods of rest and relaxation throughout the day. You can view these periods as recharging your batteries so that you can be active during the day. Some people find 30 minutes three times a day useful.

Finance

Many individuals, businesses and family households will have financial concerns at this time. It is important to remember that you are not alone, and there may be support available: <https://www.gov.uk/coronavirus>

General Practitioner

Your GP remains your main point of contact regarding your ongoing and future health needs and concerns. Please be mindful that GP consultations during the lockdown period are likely to be either telephone or online consultations. Please be mindful when engaging with GP services during this time, as they will most likely be overstretched caring for an increased number of patients. Your patience and understanding will be grateful appreciated.

General Wellbeing

<https://www.theguardian.com/us-news/2020/mar/19/coronavirus-anxiety-mental-health-wellbeing>

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://sites.google.com/view/resourcesforwellbeing/home>

<https://www.ageuk.org.uk/information-advice/coronavirus/staying-safe-and-well-at-home/your-wellbeing/>

<https://www.bacp.co.uk/news/news-from-bacp/2020/13-march-coronavirus-self-isolation-how-to-look-after-your-mental-health-and-wellbeing-if-you-re-self-isolating/>

Goals

Having and setting goals for the near and distant future is important. You may find it helpful to consider including some of the following depending on your circumstances and what is important to you.

Think about what you want to engage in and ‘achieve’ in the following areas:

- Work/career
- Intimate relationships
- Parenting
- Education/learning (personal growth, friends/social life, health/physical self-care, family relationships (other than marriage or parenting))
- Spirituality
- Community life/environment/nature
- Recreation/leisure.

Try to make your short-term (this month), medium term (within six months), and finally the longer-term (a year or longer) achievable or SMART i.e. Specific, Realistic, Achievable, Realistic and Timed. We are all going to need to be creative and adapt the ways we approach things in this extraordinary time.

Helping others

Kind acts help you and others. You can learn more about this here:

<https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness>

<https://www.london.gov.uk/what-we-do/volunteering/coronavirus-covid-19-volunteering>

<https://covidmutualaid.org>

Living well with others

<https://www.relate.org.uk/relationship-help/covid-19-advice-and-information>

Loneliness

“Quarantine Chat” App: This new app may help some people who are experiencing loneliness while in isolation during the Covid19 outbreak

Covid Mutual Aid UK is a group of volunteers supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK

<https://covidmutualaid.org>

<https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>

<https://www.ageuk.org.uk/scotland/latest-news/2020/march/tackling-loneliness-during-covid-19-outbreak/>

Meditation

For those new to mediation it is advisable to start small using resources with short meditations and build gradually over time.

Mobile Apps: Headspace & Calm

<https://www.theawakenetwork.com/free-online-meditation-resources-for-the-time-of-social-distancing/>

<http://www.freemindfulness.org/covid19>

Mental Health Resources

<https://www.mentalhealth.org.uk/coronavirus>

Nutrition

Breaking the cycle of over-eating when you're at home:

https://drive.google.com/file/d/1_9rZRvCPDHXRAT6L1h1tbgvZ5vzs64-R/view?usp=sharing

Eating well on a budget:

<https://www.sleekgeek.co.za/2020/03/the-sleekgeek-guide-to-eating-healthily-on-a-budget/>

Eat well for less:

<https://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/>

Nutrition on lockdown:

<https://thesportsedit.com/blogs/news/complete-guide-to-lockdown-nutrition>

Self-Help Books

We recommend that if you feel drawn to one of the books below then take your time over it, taking time to actually do the recommended exercises and apply what you are learning to your life. Working through a self-help book is a form of therapy, it is called 'bibliotherapy' and many of the books below have been evaluated and shown to bring about positive changes.

Below are a few books that we have found useful. There are many more, some of which you can find by clicking on <https://reading-well.org.uk/books/books-on-prescription/mental-health>

Overcoming Series of Self-Help Books

<https://overcoming.co.uk/>

Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical, covering topics from Anxiety to Anger, to Relationship Problems.

Mind Over Mood: change the way you feel by changing the way you think

By Dennis Greenberger and Christine A. Padesky

Excellent book introducing Cognitive Behavioural Therapy that one can work through and apply to one's own life and experience. It in particular addresses managing anxiety and low mood with examples and exercises one can engage in. The exercises help one understand the power of thought, how to 'change your mind' and how doing things differently can make improve mood and resilience.

Full Catastrophe Living

by Jon Kabat Zinn

Classic text on mindfulness meditation by the pioneer who introduced Mindfulness Meditation into healthcare and the west.

Mindfulness: A practical guide to finding peace in a frantic world

By Mark Williams and Danny Penman

This is an accessible and relatively short book which introduces short meditations on a course known as mindfulness based cognitive therapy. It's a great introduction to those who wish to either learn or revisit and strengthen mindfulness practice - it comes with a CD

Training Our Minds in, with and for Compassion. An Introduction to Concepts and Compassion-Focused Exercises

By Paul Gilbert

<http://wtm.thebreathproject.org/wp-content/uploads/2016/03/COMPASSION-HANDOUT.pdf>

This is a free PDF, which goes through the theory, introducing concepts from evolutionary psychology and other areas. It then describes exercises one can practice to build compassion towards oneself and others.

The Compassionate Mind

By Paul Gilbert

The book, similar to the above handout, and provide greater depth of information and strategies on a compassion-focused approach.

The Compassionate Mind Workbook: A step-by-step guide to developing your compassionate self

By Dr Chris Irons and Elaine Beaumont

There is increasing evidence that cultivating compassion for one's self and others can have a profound impact on our physiological, psychological and social processes. In contrast, concerns with inferiority, shame and self-criticism can have very negative impacts on these processes and are associated with poorer physical and mental health.

This workbook is a step-by-step guide to Compassion Focused Therapy, in which the chapters build your understanding of yourself, the skills that give rise to a compassionate mind, and ways to work with whatever difficulties you're struggling with in life. The exercises, prompts and case stories in this book provide an understandable and practical way to develop compassion.

The Mindful Way Workbook: An 8-Week Program to Free Yourself from Depression and Emotional Distress

By Teasdale, Williams and Segal

An 8-week program that can help you overcome depression, anxiety, and stress by simply learning new ways to respond to your own thoughts and feelings. That program is mindfulness-based cognitive therapy (MBCT), and it has been tested and proven effective in clinical trials throughout the world. Now you can get the benefits of MBCT any time, any place, by working through this carefully constructed book. The expert authors introduce specific mindfulness practices to try each week, plus reflection questions, tools for keeping track of progress, and helpful comments from others going through the program. Like a trusted map, this book guides you step by step along the path of change.

Guided meditations are provided on the accompanying MP3 CD and are also available as audio downloads. Note: The MP3 CD can be played on CD players (only those marked "MP3-enabled") as well as on most computers.

The Power of Now

by Eckhart Tolle

This is a short beautifully written book in which 'Eckhart Tolle demonstrates how to live a healthier and happier life by living in the present moment'.

Autogenic Therapy: Self-help for Mind and Body

By Jane Bird and Christine Pinch

This clearly set out book may be helpful for those who have done the 8 week Autogenic Training course, and wish to refresh or strengthen their practice.

Sleep

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

<https://www.sleepio.com/>

<https://www.calm.com/> - Calm app

Social Connectivity

WhatsApp

Facetime

Skype

Board Games Arena <https://en.boardgamearena.com/>

Zoom (video conferencing facility)

Working from home

<https://www.bacp.co.uk/news/news-from-bacp/2020/18-march-coronavirus-looking-after-your-wellbeing-while-working-from-home/>

<https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak/while-working>

<https://www.wired.co.uk/article/working-from-home-relationships>

6 Where and How Can I Get More Resources?

Please do not solely rely on the listed tools and resources in this guide, as your only resource during this lockdown. As previously mentioned, this guide provides the foundations to helping you cope further and be resourceful, and therefore serves as your personal launchpad to overcoming current and potential future challenges during this time.

The following list provides examples of further sources of tools and resources:

- Local & National News Channels
- Local Charities
- Speaking to friends and family
- Social Media sites apps e.g. Facebook, WhatsApp, Zoom,
- Online search engines
- Magazines e.g. Timeout

7 NHS & Government Links and Numbers

NHS 111 Covid-19 Website:
<https://111.nhs.uk/covid-19>

Government Website for Coronavirus:
<https://www.gov.uk/coronavirus>

NHS Volunteering Website:
<https://www.goodsamapp.org/nhs>

9 Acknowledgments

We are grateful to all sources cited in Section 5 of this guide for their tips, tools and resources. The RLHIM psychology team and administrative staff are especially acknowledged for their hard work in producing this essential guide.

10 Pass It On

This guide is for everyone. Please kindly share it with others.

‘Act as if what you do makes a difference. It does.’

William James

11 Contact Details

Head of Psychological Therapies Service
The Royal London Hospital for Integrated Medicine
60 Great Ormond Street
London WC1N 3HR

Tel: 020 3448 2000/8890/8873

Fax: 020 3448 2004

Email: uclh.enquiry.rhim.patients@nhs.net (not for referrals)

Website: www.uclh.nhs.uk/rhim

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We are committed to
delivering top-quality patient
care, excellent education
and world class research

Safety
Kindness
Teamwork
Improving