

wee changes can make a **big difference** in coping when life seems strange due to COVID 19 Pandemic

Reliable information

Only access information from reliable sources and try and limit how much you watch the news coverage of COVID19 including how much children maybe seeing. There is a lot of misinformation on the web, These are the links its helpful to use. www.gov.uk/coronavirus, www.gov.scot/coronavirus-covid-19/ www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk/

Control what you can

It can feel our lives are no longer under our control, due to so many restrictions. Take time to think about what is in your control and put energy into what you can do, and not waste your energy thinking about what you can't for now.



Find a new hobby or interest

We may be in the house, our mind can still roam, find a new hobby or interest. Reading 6min a day is good for us, why not visit www.glasgowlife.org.uk/libraries/online-library

Stay Healthy

Find new ways to stay healthy indoors, have an indoor disco with the kids, get stuck into the chores you keep meaning to do. Check out Glasgow Club App means you can work out from home, for free. Get a decent night's sleep www.nhs.uk/conditions/insomnia/



Manage the 'What if's'

Its natural to feel anxious at this time. Try and include some relaxation into your day. This only takes 3minutes www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes. Maybe consider studying Mindfulness which is helpful for learning to live in the moment.

Stay connected

We are all different and people will deal with the restrictions differently. Some people may like having time not to be rushing and doing and having space to just be. Other people may find it very difficult as they are always on the go, have something to do. There are still volunteering opportunities; www.volunteerscotland.net/covid-19/actionnetwork.org/forms/glasgow-mutual-aid-covid-19-volunteers-2 Or someone to have a wee chat with Silverline (older people) **T: 0800 4 70 80 90**

Financial concerns

The current situation can cause anxiety around financial issues, there is support available, so please do think about seeking advice e.g. GAIN network Helpline **T: 0808 801 1011** www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/



Relationships

The current restrictions may put a strain on relationships. The Spark Relationship Counselling and Support T: **0808 802 0050**. It's important at this time people feel safe and where people don't feel safe: Domestic abuse and forced Marriage Helpline T: **0800 027 1234**

Practical Support

You may find you need practical support at this time, To find support near you: Glasgow Mutual Aid, T: **0141 280 7025**, www.glasgowhelps.org, Viral kindness Scotland **0800 054 2282**

Parenting

The current restrictions are hard for children and teenagers. Useful link for young people young.scot/campaigns/national/coronavirus also Parent line T: **08000 28 22 33**



Suicide

Sometimes when life feels overwhelming people can think of suicide, if you are having thoughts of suicide, please do speak to someone:

The Samaritans Free Phone T: 116 123.
Shout (an affiliate of crisis text line) Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

Struggling with recovery issues

Its really important when our routines are disrupted, we don't find ourselves using unhelpful coping strategies. These contacts maybe helpful if you are struggling with recovery and need to talk to someone. Alcoholics anonymous T: **0800 9177 650** Gamblers Anonymous Scotland T: **0370 050 8881** NA T: **0300 999 1212**.



Keeping up to date

COPE Scotland is producing a regular what's on, of useful numbers and ideas. www.cope-scotland.org/index.php/latest-blog/what-s-on

Please stay at home, help protect the NHS and save lives
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