

Police Mutual Wellbeing and Workouts

Your overall wellbeing is fundamental to how fulfilled you feel and comprises of all aspects of life, including, financial, social, emotional and physical wellbeing. Positive wellbeing improves your resilience and will help you overcome difficulties and life's challenges.

Financial

If you do have money worries, they can cause stress, relationships problems, people to lose homes and families to break down.

People from all walks of life can end up in debt for many different reasons, divorce, redundancy, ill health, bereavement. It's not always easy to talk about money worries but if you're struggling financially it's important to take action.

As the pandemic continues to take its toll on life and the economy you may be worried about the financial impact on you personally. The government has put measures in place to help ease financial pressures at this time, but if you are still concerned, read our latest coronavirus and money guide [here](#).



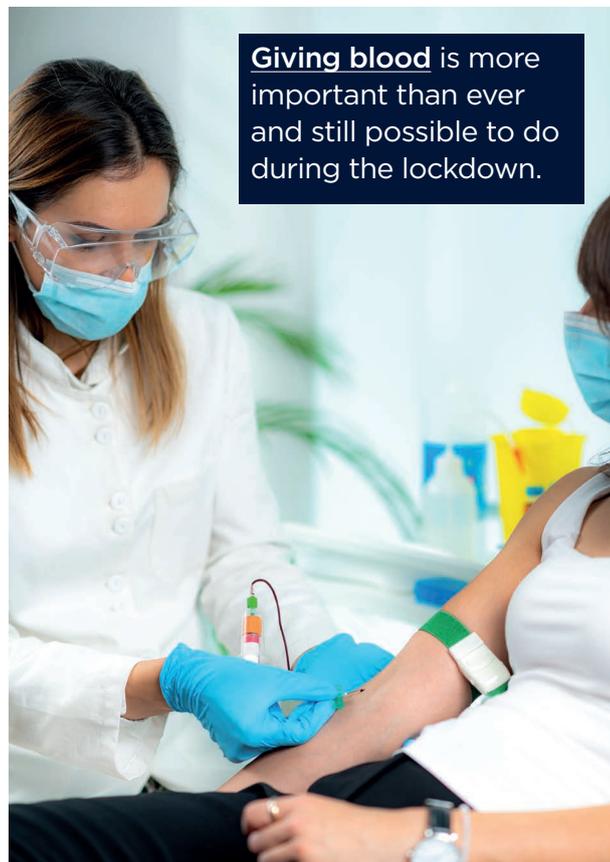
Staying in control of your day-to-day finances will help you ensure you have enough money to meet your needs which will lead to long term security and financial freedom to make choices that allow you to enjoy life.

Social

Connecting with the people around you, your family, friends, colleagues and neighbours are key to your overall wellbeing. These relationships will support and enrich you.

This is particularly important and challenging during this crisis, we are social creatures; so not being able to spend time with family and friends is difficult. There are obvious ways to digitally connect through WhatsApp, Skype, Zoom and other online platforms to enable you still to see friends and family. Or you could even make an old-fashioned telephone call. It doesn't matter which method you choose as long as you make the connection and keep your relationships alive.

Giving to others is a great way to boost our wellbeing. We know that it gives us a sense of purpose and creates feelings of positivity which are particularly important at times like this. There are ways that you can help others while still following the guidelines. Sign up to one of the local Mutual Aid groups, donate food to a foodbank or use an app like Nextdoor to connect to your local community. Think about people you know who are self-isolating and alone at home. Give them a call for a chat and offer to do their shopping.



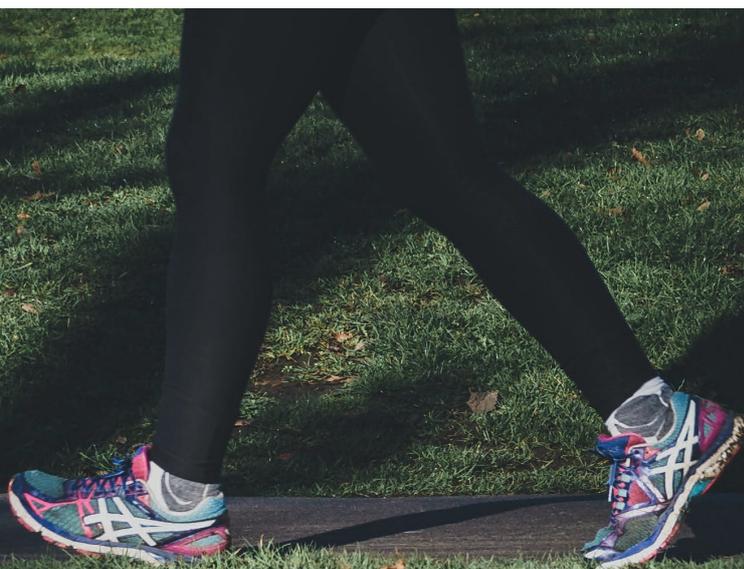
Giving blood is more important than ever and still possible to do during the lockdown.

Emotional

The current situation may make you feel quite low, anxious, stressed and worried about your own health and those close to you, and this is understandable. Taking care of your mental health is as important as taking care of your physical health. So, during the pandemic it's more important than ever that you take care of your mind as well as your body.

It may be hard but we all still need to live in the best way we can during these unusual times and get used to the 'new normal'. This may be creating your own routine of things you enjoy doing, like walking, cycling, bingeing on Netflix, helping others in the community or learning a new skill, it doesn't really matter what it is as long as you feel like you are achieving something and spending time looking after your overall wellbeing.

For more information on looking after your mental health during the pandemic click [here](#) to access our guide.



Physical

Exercise can help to build your self-esteem as well as reduce anxiety and improve your mood. When you exercise, your brains release endorphins which help to make us feel energised, happier and less stressed. This could be as simple as a walk, dancing around the kitchen or even some gardening.

Our physical and mental health are undeniably linked, so it's important to stay active.

To stay healthy, adults should try to be active every day and aim to achieve at least 150 minutes of physical activity each week or 10,000 steps per day through a variety of activities. If you would like to improve your fitness level then you may need to increase this amount and also include some stretching and strengthening exercises into your routine. For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster and feel warmer.

If you are concerned about your health in any way always consult your doctor before starting exercise.

Regular exercise can boost your sense of wellbeing as well as your physical health.

You don't need to be at the gym seven days a week to improve your mood. Here are some ideas to help you incorporate workouts into your daily life:

Don't do it alone - If you're committed to doing exercise with a friend, you're less likely to back out. Many yoga, dance and fitness classes are now being run online, so you could attend a 'virtual class' with your friends. This has the added benefit of keeping connected with people. Maybe spend some time learning a new form of exercise, like Pilates or belly dancing.

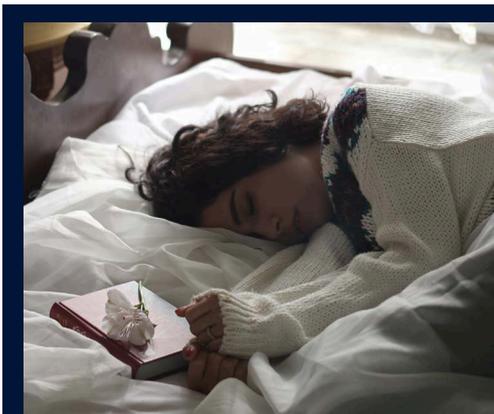


Enjoy it - Most importantly, you need to discover a physical activity you enjoy and that suits your level of mobility and fitness. If the exercise you choose is enjoyable you are more likely to stick with it. This could be an online HIIT class or yoga, it could be virtual cycling in the spare bedroom, a walk in the local countryside or gardening in the back garden. There are so many different ways of exercising you just need to find the one that works for the time you have and that you enjoy.

Go outdoors - Fresh air, natural light and exercise combined are great for our mental health. Whatever the weather it's great to get outside, it may be for a quick stroll around the block or a longer walk with the dog. You could also invite a friend for a social distanced walk for a catch up.

Set yourself a challenge - Give yourself a goal to work towards, start small and get bigger as you get more confident and fitter. This could just be to go for a walk every day and could then evolve to walk 10 miles a week or 1,000 miles a year. You could even try the NHS couch to 5k challenge, for more details click [here](#).

Log it - In order to monitor your progress, keep a record of your workouts. This could include the time and distance of your walk, run, ride or workout, but you may also want to include how you feel, in order to track your mood.



It's common knowledge that a good night's sleep makes us feel better.

An average of 8 hours will replenish all of our energy stores. What's more, this downtime helps protect us from infection, providing a shield for our immune system.

During lockdown a lot of people have struggled to sleep and have also been experiencing more dreams including very vivid ones. If you are struggling to sleep, read our guide [here](#).



Whatever you do to look after your wellbeing, stay safe and stay connected.

If you are feeling anxious for long amounts of time and it's affecting your day and your mood, get some help from one of the organisations below:

[NHS](#)

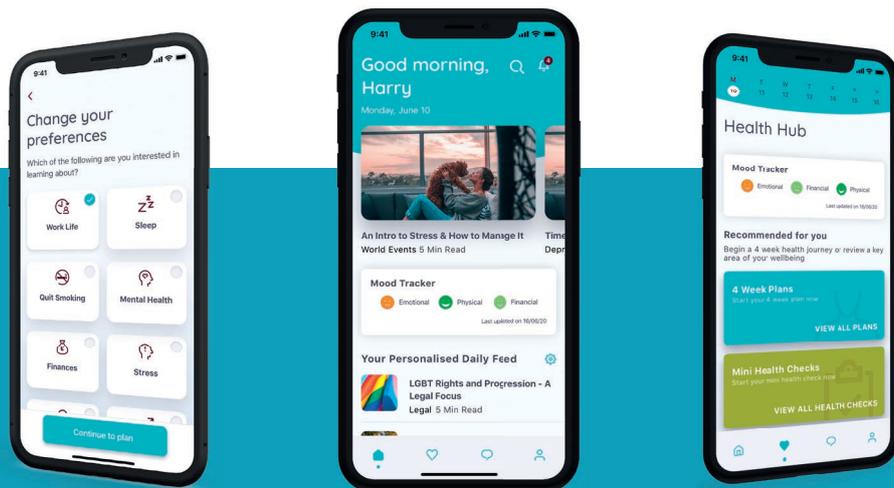
[Samaritans](#)

[Mind](#)

[Anxiety UK](#)

Our **Care Line** Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal: <https://healthassuredeap.co.uk> **Username:** [policemutual](#) **Password:** [careline](#)



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Download the Health Assured App and register today - your code is MHA107477

For more information on how Police Mutual are supporting you during the coronavirus pandemic click [here](#).

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