

Police Mutual World Wellbeing Week

Your overall wellbeing is fundamental to how fulfilled your life feels. Positive wellbeing improves your resilience and will help you overcome difficulties and life's challenges. A parent's wellbeing will have an effect on their child's. So ensuring you look after your wellbeing is vital.

Now in its second year, World Wellbeing Week is an ideal time to think about your overall wellbeing, comprising of all aspects of life, including, social, physical, emotional, financial and community wellbeing.

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 you may be finding having to self-isolate or practise social distancing difficult.

There are obvious ways to digitally connect through WhatsApp, Skype and Facebook and by using online platforms to still see friends and family. Or you could even just make phone call. It doesn't matter which method you choose as long as you make the connection and keep your relationships alive.



Physical

A few hours of gentle exercise a week will release endorphins that make you feel energised. This could be as simple as a walk, a run, a cycle ride, dancing or even some gardening. In simple terms exercising makes you feel good.

Our physical and mental health are undeniably linked, so it's important to stay active. At the moment the government are advising that we can still go out to exercise. Just remember to practice social distancing.

Many yoga, dance and fitness classes are now being run online, you could even go to a 'virtual class' with your friends. This has the added benefit of keeping connected with people. Maybe spend this time learning about a new form of exercise, like Pilates or dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.





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.

Here are some tips of getting a good night sleep:

- **Cut out the caffeine earlier:** try to avoid tea, coffee and fizzy drinks after 2pm to get a better night's sleep.
- **Switch off the screens:** the blue light emitted from these suppresses the secretion of melatonin (a sleep-inducing hormone) so switch off 2 hours before bed, try reading a book instead.
- **Set the right temperature:** this is between 15°C – 19°C, according to [Sleep.org](https://www.sleep.org)
- **Remove all distractions:** blackout blinds will block out light pollution from the street and wax earplugs can remove most outside noise.

Emotional

The current situation can make us feel quite anxious and stressed, and it's easy to allow our thoughts to spiral. Physical exercise helps to take our minds off these thoughts. But it's important to keep mentally fit as well.

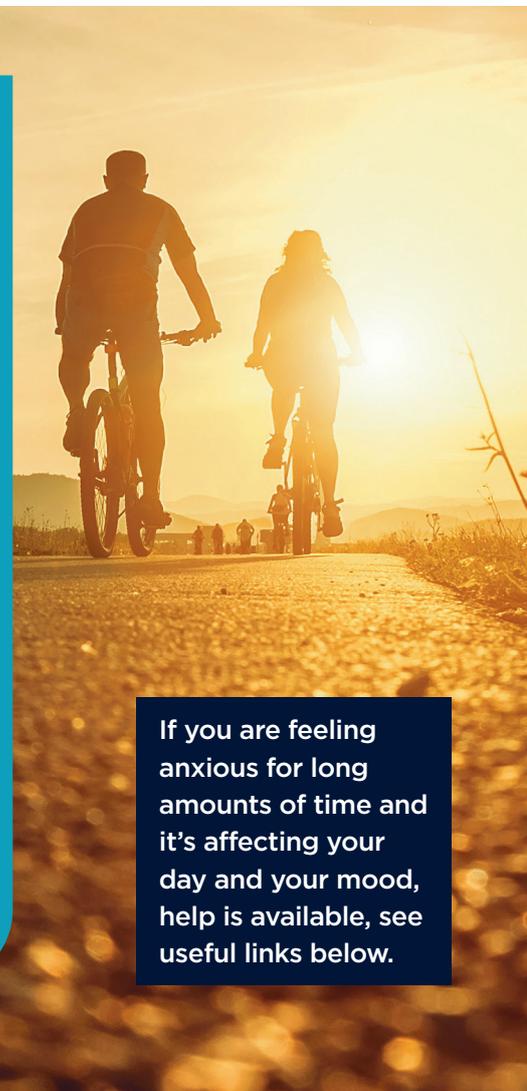
We might feel fine, but everyday stress can creep up on us. If underlying stress isn't taken care of, it can lead to mental and physical health issues.

There are some small steps that you can take (that make a big difference):

- **Declutter your space: tidy home – tidy mind, this small act can make us feel more in control and less stressed.**
- **Be mindful of your surroundings: use [mindfulness](#) techniques to focus on the present. This can relieve stress, helping you to feel grateful instead.**
- **Talk to someone: whether it's a friend, family member or a professional, it's important to talk about how you are feeling.**

Research shows that learning new skills can improve your mental wellbeing. It may also improve your self-confidence and help you connect with others.

There are loads of skills you can learn online. Crafts such as knitting and crochet, drawing and painting all help you to be more focused on the moment. This has been shown to help with our mental wellbeing.



If you are feeling anxious for long amounts of time and it's affecting your day and your mood, help is available, see useful links below.

Financial

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.

As the outbreak continues to take its toll on life and the economy you may be worried what the financial impact will be for you personally. The government is putting lots of measures in place to help ease financial pressures at this time, but you may still be concerned about how this directly affects you, these worries may include:

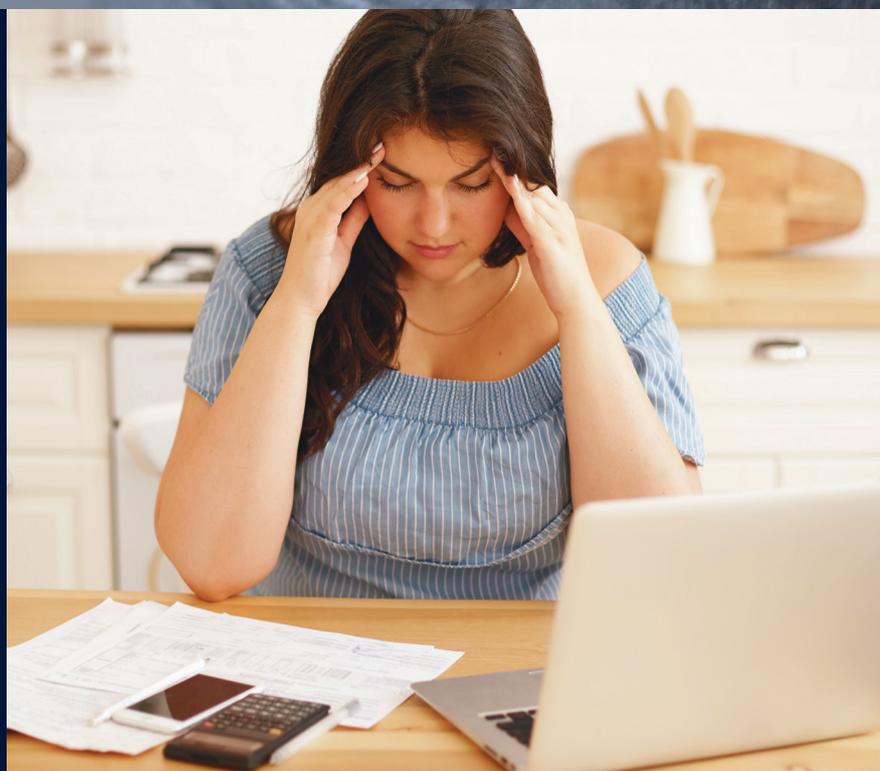
- What are your rights if you become ill and can't work, or for family members who are self-employed or their employer is no longer open for business, for the latest employment and financial advice [click here](#).
- You may have general financial concerns, [read here](#) for more information with these issues.
- Other worries may involve travel insurance and holiday cancellation, speak to your insurer or check the website of the holiday provider or booking agent.



It's not always easy to talk about money worries but if you're struggling financially it's important to take action. If you're worrying about money there are things that you can do to get your finances back on track, read our [Let's Talk Money](#) guides [here](#).

If you do have money worries, it may lead to stress, depression, it may cause relationships to end and people to lose homes.

People from all walks of life can end up in debt for many different reasons, divorce, redundancy, ill health, bereavement.





Community

Giving to others is a great way to boost your wellbeing. We know that it can give a sense of purpose and create feelings of positivity which are particularly important at times like this. So you may not be able to go out and volunteer at a community project but think about other ways you can give.

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.

For more information relating to your wellbeing and the support that is available you may find the links below useful.

Useful links:

[NHS](#)

[Samaritans](#)

[Mind](#)

[AnxietyUK](#)

[Police Mutual
Care Line](#)

[Managing Debt](#)

[Gov.uk](#)

[World Health
Organisation](#)

[Which](#)

[Money Advice
Service](#)

[Money Saving
Expert](#)

Whatever you do, stay safe and stay connected.

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