

How Police Mutual is supporting you during the coronavirus pandemic.

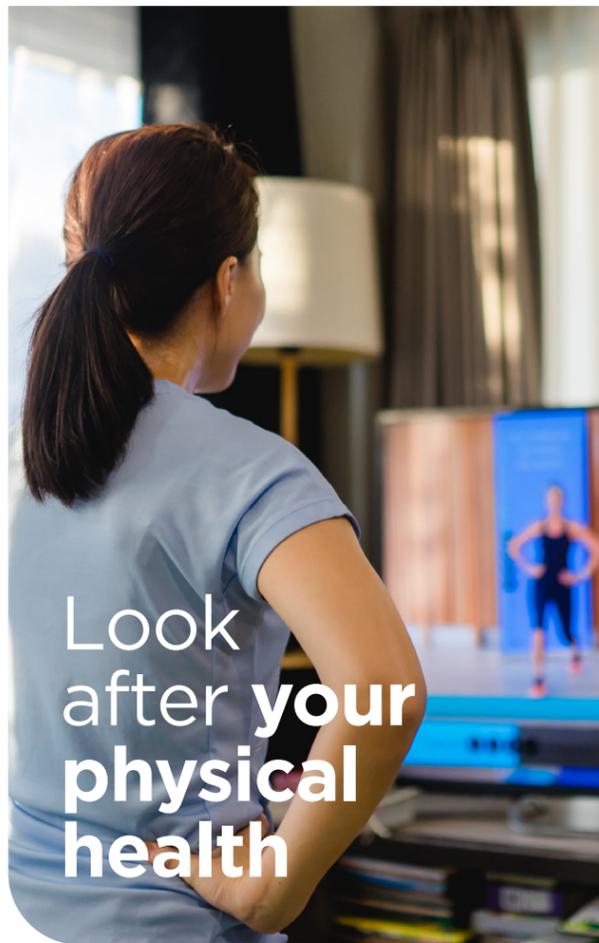
During this pandemic you will see lots of information on the web and social media and you may be unsure on what is the best advice. We have put together a list of trusted organisations where you can get the most up to date national guidance on coronavirus.

We are naturally doing everything we can to ensure the safety and wellbeing of our colleagues and, at the same time, focusing on maintaining the service we provide to you, our Members and customers. For more information on how we will be supporting you directly click [here](#).

Stay up to date

Whilst its important to keep up to date with the latest news on coronavirus, it can be overwhelming, so in order to manage any feelings of anxiety consider only checking the news and social media once a day.

For the latest news use the link below:
[Gov.uk](#)



Look after your physical health

Whilst we are under lock down it is extremely important to look after your health during this difficult time.

Research shows that being sedentary is bad for your health, so ensure you keep active at home. Exercise helps both your physical and mental health, if you can go outside, go for a regular walk or do some online exercise classes.

Think about what you're eating and where possible eat a balanced diet. Whilst food supplies may be limited, think ahead and plan your meals.

Limit your alcohol intake. In uncertain times like these it can be tempting to reach for a bottle to cope with the boredom and uncertainty but alcohol impacts your immunity and reduces your bodies ability to fight off disease.

For more advice and information about coronavirus and your health, use the links below:
[NHS](#)
[Public Health England](#)
[World Health Organisation](#)

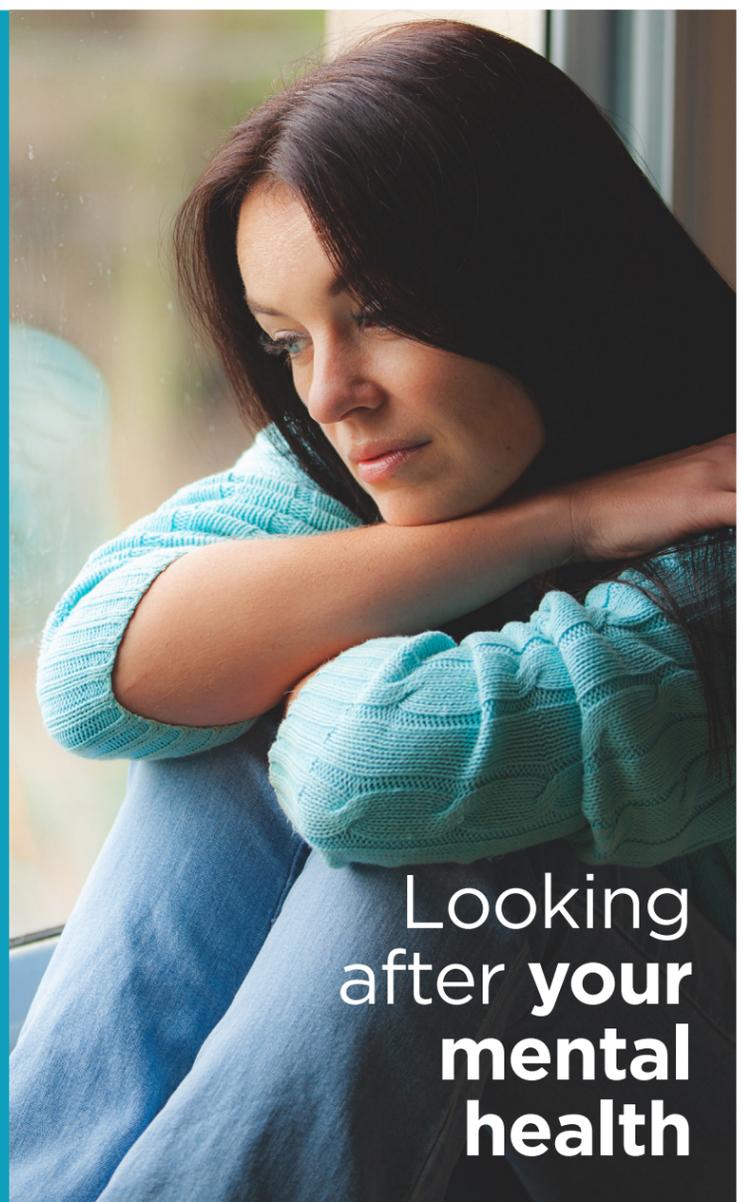
The coronavirus outbreak is having an impact on everyones lives. During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you.

Everyone reacts differently to events and changes in the way that we think, feel and behave vary between different people and over time. It's important that you take care of your mind as well as your body.

Tips to help if you're worried about coronavirus:

- Keep a routine
- Maintain social contact by text, Skype or phone
- Avoid family arguments
- Plan ahead
- Don't watch too much news
- Manage your fears

To access support use the links below:
[Samaritans](#)
[Mind](#)
[Anxiety UK](#)
[Police Mutual Care Line](#)



Looking after your mental health

Other useful resources:

[How to look after your mental health during the Coronavirus outbreak](#)
[Covid-19 guidance for the public on mental health and wellbeing](#)

[Coping with stress](#)
[Helping children cope with stress](#)
[Mental wellbeing whilst staying at home](#)



Staying positive and happy

During this time, its important to stay positive and happy.

Some ways you can do this are:

- Savour the small moments
- Strengthen your connections with family and friends by contacting them by phone, text or Skype
- Look for the good in others
- Stay active - within government guidelines
- Try mindfulness
- Make a list of the things you've not had time to do in and around the house and tick these off as you do them

For more tips on ways to look after ourselves and others as we face this global crisis click [here](#):

Action for Happiness

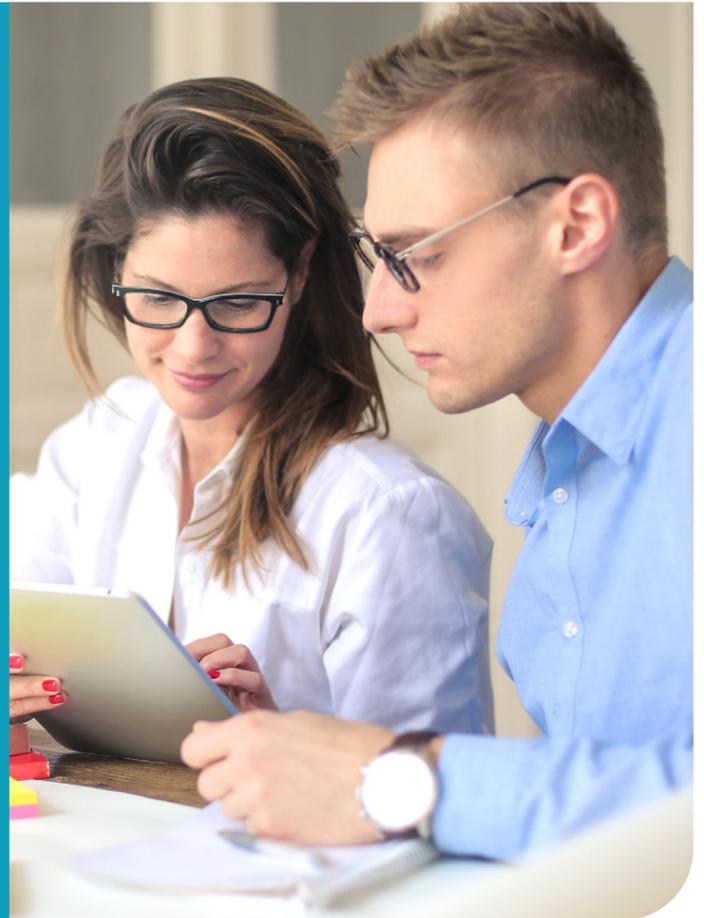
Looking after your finances

As the outbreak continues to take its toll on life and the economy you may be worrying about what the financial impact is for you or your family members.

For tips on keeping your finances in check during this time, see our guide [here](#).

For more advice and information, look on the websites below:

Which
Money Advice Service
Money Saving Expert
Payplan



Guidance for the Police family

As frontline officers and staff, you are playing a critical role in the response to this crisis, it is therefore even more important for you to say fit and well.

For more police specific guidance, take a look at the links below:

Oscar Kilo Coronavirus Hub
Police Federation
Guidance to First Responders



We're here to help:
Visit policemutual.co.uk
Call 01543 441 630