

At this time of national crisis at times we are all likely to react differently with a range of feelings, sometimes we may feel overwhelmed. Creating some **Direction** with daily goals will help us cope with our **Emotions**. Keeping in contact with important **Relationships** and **Awareness** of how much negative news we watch balancing this with appreciation of what we have will help. **Exercise** boosts our immune system and helps our sleep. Having a go and **Trying Out** creative ways of coping, where possible writing it down also helps build our **Resilience** toolkit. There are new ways we can **Give** and be part of something bigger helping us with our values and our sense of **Meaning**. Remembering how we have coped in the past, being compassionate with ourselves and others and **Acceptance** of our mutual strengths and weaknesses can build an improved community around us.

These Ten Keys to Happier Living are evidence-based ways which can lead to **if we put them into regular practice**. This is hard but small steps and daily practice help. Be kind to yourself. Try making the Ten keys - GREAT DREAM part of your life

www.actionforhappiness.org Is an international charity supporting people to put these 10 keys into practice in their daily lives, the website has a lot of links to resources, calendars, books, courses, an app and www.youtube.com/user/actionforhappiness has a collection of talks from international experts

The enclosed is a menu not a prescription try putting something into practice today start with 1-2 changes that will help you feel better and stay well

My Wellbeing Action Plan

Giving: Do things for others – Give someone a call, keep in touch with a vulnerable neighbour

- <http://www.voluntaryimpact.org.uk/volunteering/>, or call 01604 637522
- <https://covidmutualaid.org/> Local organising to support the most vulnerable in our communities
- <https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/volunteer-to-help-those-in-need-coronavirus.aspx> Individuals of community groups Volunteer to help those in need – Coronavirus
- **If as a vulnerable individual** you need practical support and have no friends or family to help Call 0300 126 1000 and select Option 5 or customerservices@northamptonshire.gov.uk
- <https://www.northamptonshire.gov.uk/coronavirus-updates/Pages/request-help-and-support-coronavirus.aspx>

Relating: Connect with people – keep in touch with people who matter to you

- There are loads of ways of keeping in touch even when separated- it is good to see each other using FaceTime, Skype, WhatsApp. Why not arrange to meet-up for a coffee and chat- using one of these platforms.
- To have virtual group meet-ups try ZOOM or Microsoft Teams – both free APPs available
- If communication is hard, try writing it down as a letter as a way of preparing what to say to someone

Exercising: Take care of your body – Eat and Sleep well too

- <https://www.northamptonshiresport.org/stay-active-at-home>
- Check your sleep hygiene: <https://www.sleepfoundation.org/articles/sleep-hygiene>
- <http://www.firstforwellbeing.co.uk> Tel: 0300 1265000 for more information for help with smoking, diet and alcohol services
- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> Joe Wicks Bodycoach all ages.

Awareness: Live life mindfully

- Breathing exercises & relaxation techniques e.g. breathe in on 7 and out on 11
- Online mindfulness <http://palousemindfulness.com/>
- Explore the 'Mindfulness: Finding peace in a frantic world resources at: <http://franticworld.com>

Trying Out: Keep learning new things

- Adult education - Learn2b have a range of free wellbeing courses. See <https://www3.northamptonshire.gov.uk/councilservices/children-families-education/adult-learning/community-learning/Pages/learn2b.aspx> or telephone: 01604 368023 or email: Learn2b@northamptonshire.gov.uk
- Read yourself well – Many self-help books/audio books are available from local libraries
- Make time to do creative activities

Direction: Have goals to look forward to

- Plan to do things today that help you feel/remain well
- Keep a diary - what are you learning, what is helping you feel better?
- Turn worries into challenges and set goals to solve them.

Resilience: Find ways to bounce back

- Talking therapies can help us develop skills, especially to help our thinking and healthy behaviour Self-refer to Changing Minds IAPT Service: <https://www.nhft.nhs.uk/iapt> or call: 0300 999 1616
- Access computerised cognitive behaviour therapy. See: www.livinglifetothefull.com

Emotions: Look for what's good

- Be comfortable with who you are <https://www.actionforhappiness.org/10-keys-to-happier-living/be-comfortable-with-who-you-are/details>
- Feeling Good App: www.foundationforpositivementalhealth.com Free access code: username= coboost password = positive

Acceptance: Be comfortable with who you are

- Develop your self-compassion <https://self-compassion.org/>
- Personal strengths <http://www.viacharacter.org/www/Character-Strengths-Survey>

Meaning: Be part of something bigger

- Victor Frankl "Someone who has a reason for why can survive almost any how"
- Go to the website and take the Action for Happiness pledge. <https://www.actionforhappiness.org/take-action/take-the-action-for-happiness-pledge>
- Be part of something bigger in your own neighbourhood

<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>

Develop your personal safety plan. <https://www.stayingsafe.net/home> has details to help you keep yourself safe. Consider a few key things you can **plan for when things are not going so well:** Identify your red flags (early warning signs) if you are starting to spiral downwards

If I really can't cope I will: Think about who you can call for support and what distractions and calming activities will help you to get through the day or through the next few hours.

Possible supports, distractions and calming activities for when I really can't cope.....

Talk to: NHS 111, Samaritans on 116 123 or Crisis Telephone 03003301011

Useful Contacts

	Telephone	Website
Adult Social Care	0300 126 1000	https://www3.northamptonshire.gov.uk/councilservices/adult-social-care/Pages/default.aspx
Age UK	01604 611200	https://www.ageuk.org.uk/northamptonshire/

Ask Norman – Local Mental Health support for young people		http://www.asknormen.co.uk
Carers Northampton	01933 677907	https://www.northamptonshire-carers.org/
Changing Minds IAPT Northampton	0300 999 1616	https://www.nhft.nhs.uk/iapt There is a wide range of online support including webinars as well as 1:1 talking therapies
Citizens Advice Bureau	03444 111 444	http://www.cencab.org.uk/
Integrated Response Hub (includes Crisis Telephone Response)	03003301011	Adult mental health services are accessed through this telephone line and self referral is preferred
Mental Health Navigation Team	01604 658813	Or contact via 'Mind' as below
Crisis Café Monday and Tuesday 5pm-midnight Saturday 2pm-midnight	01604 634310	https://www.nhft.nhs.uk/crisis-cafe/venue/crisis-cafe-northampton-410/ Anchor House @ Northampton Mind, 6/7 Regent Square, Northampton, NN1 2NQ
CRUSE (Bereavement)	07772 428532	https://www.cruse.org.uk/get-help/local-services/east-midlands/northamptonshire
Debt Line	0808 808 4000	https://www.nationaldebtline.org/
Domestic Abuse - Northampton	0300 0120154	https://ndas.co/
GP Out of Hours	111	
Lowdown Counselling	01604 634385	http://thelowdown.info/
Manna House Counselling Service	01604 633304	www.mannahouse.org.uk
Mental Health Northants Collaboration		www.mhnc.uk
Mind	01604 634310	https://www.northamptonmind.org.uk/
Money Saving Expert –Mental Health and Debt resource		http://www.moneysavingexpert.com/credit-cards/mental-health-guide?utm_sou
Relate Relationship Counsellors	01604 634400	http://relatenorthants.org.uk/
Samaritans	116 123	
Substance to Solutions (S2S)	0808 169 8512	https://www.changegrowlive.org/content/northamptonshire-integrated-recovery-service-northampton
Total Voice – Advocacy	01604 592702	https://www.voiceability.org/services/northamptonshire/
Young Minds	0808 802 5544 (Parent helpline)	https://youngminds.org.uk/ https://www.headmeds.org.uk/