

## Your health and wellbeing during social isolation

At Pilgrims, we recognise what a challenging and worrying time this is for our patients, their families and carers. Although we are not able to see our community patients in the many ways we usually do, we are trying to ensure we can support as many of you as possible by regular phone contact.

The Occupational Therapy team understand the importance of maintaining your health and wellbeing. Here are some basic tips to help you look after your mental and emotional wellbeing as well as your physical health:

**Establish a daily routine.** Routines provide structure and purpose.

**Balance your weekly routine** so you have a good mix of work (activities that have to be done), rest and leisure.

**Think about which regular activities that are most important to you.** What are the important elements to these? Can you adapt them to carry out in the home? For example, instead of a class, following an online strength and balance routine.

**Set daily goals to provide purpose and a sense of achievement.** This might include working through that list of the things you keep meaning to do but never get round to?

**Identify the triggers that make you feel low and look for ways to reduce or manage them.** Talk with family, friends and neighbours to help them understand how you feel and how they can help. Can they talk you through using apps on your mobile phone, for instance?

**Take care of yourself.** Eat and drink as well as you are able with plenty of fruit, vegetables and water. Ask whoever does your shopping for you to buy things that are easy to cook for days you may not feel as able. If you are struggling to manage to shop for yourself, please contact the Pilgrims Wellbeing team who can advise you on community resources.

**Avoid staying still for too long.** Exercise and regular movement will maintain fitness and strength. Have a look at the seated exercise video on our website and keep looking for new ones in the coming weeks from our physiotherapy team. <https://youtu.be/vtkkEA3YOnE>

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### Ashford

Hythe Road, Willesborough,  
Ashford, Kent TN24 ONE

Call: 01233 504100

### Canterbury

56 London Road, Canterbury,  
Kent CT2 8JA

Call: 01227 459700/812612

### Thanet

Ramsgate Road,  
Margate, Kent CT9 4AD

Call: 01843 233920

**Have a good sleep routine.** If you are struggling, try avoiding tea and coffee in the late afternoon and evening, take a bath, using blackout curtains, listening to gentle music or deep breathing exercises. Look out for an article with more details on sleep hygiene on the Pilgrims website in the near future.

**Keep in touch.** Arrange to speak to someone most days on the phone, through social media or over the garden fence.

The Pilgrim's Wellbeing Team are here to support you if you need additional support or someone to talk to.

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