



LOCKDOWN  
CONTINUATION  
GUIDE

# DAILY Lockdown ROUTINE



HAVING A REGULAR ROUTINE CAN HELP YOU:

- LOWER STRESS LEVELS
- FORM GOOD DAILY HABITS
- TAKE BETTER CARE OF YOUR HEALTH
- HELP YOU FEEL MORE PRODUCTIVE
- HELP YOU FEEL MORE FOCUSED

Even if you don't typically thrive on a strict schedule, having a routine can be helpful in times of unpredictability, uncertainty, and stress. Implementing a structure to your day can give you a sense of control. It can also improve your focus, organisation, and productivity. Having a routine is about more than just your day-to-day responsibilities and your work—don't forget to make time for self-care.

DAY	MORNING	SELF-CARE	AFTERNOON	SELF-CARE	EVENING
<i>Monday</i>					
<i>Tuesday</i>					
<i>Wednesday</i>					
<i>Thursday</i>					
<i>Friday</i>					
<i>Saturday</i>					
<i>Sunday</i>					



GOAL SETTING DOES NOT HAVE TO BE BORING. THERE ARE MANY BENEFITS AND ADVANTAGES TO ALWAYS HAVING A SET OF GOALS TO LOOK AT. SETTING GOALS HELPS US WITH A NEW POSITIVE OUTLOOK. IT HELPS TO GUIDE YOUR FOCUS AND HELPS LIFT YOUR SPIRITS WITH A SENSE OF ACHIEVEMENT

- ♥ *Goals give you direction*
- ♥ *Goals give you a way to track progress*
- ♥ *Goals are motivating*
- ♥ *Goals help you get over mental blocks*
- ♥ *Goals help you work out what you really want*

When getting in the habit of setting yourself goals, try not to set an unrealistic deadline to achieve these targets by. Setting an unrealistic goal or deadline, can make us feel disheartened when things do not always go to plan (as sometimes things don't!). Try thinking of smaller, longer term goals or habits, for example, calling a friend once a week, or taking 10 minutes a day for myself, walking an extra 5 minutes a day etc.

You can be more specific with aims and goals if there are specific ones that do require a deadline, for example, learning a new drawing technique before dad's birthday so I can draw him a card in time using this new style.

## **MY GOALS:**

### **GOAL 1:**

### **GOAL 2:**

### **GOAL 3:**



# LOVE YOURSELF

## *20 Simple ways to love yourself*

1. LIGHT A CANDLE
2. READ A NEW BOOK
3. DIY FACE MASK
4. GO FOR A WALK OUTSIDE
5. BINGE WATCH YOUR FAVOURITE SHOW
6. TAKE A BUBBLE BATH
7. COOK A HEALTHY MEAL
8. LISTEN TO MUSIC
9. BUY YOURSELF SOME FLOWERS
10. WRITE A JOURNAL
11. PRINT OFF PICTURES
12. ORGANISE AND REARRANGE
13. DO A CRAFT PROJECT
14. MEDITATE / PRAY
15. WRITE OUT YOUR GOALS
16. MAKE A CUP OF TEA
17. WATCH A SUNRISE OR SUNSET
18. STRETCH / DO YOGA
19. PAINT YOUR NAILS AND PAMPER
20. WRITE YOURSELF A HAPPY NOTE



# 'Loving ourselves' Bingo

HERE'S A FUN GAME TO PLAY ...

- ♥ Using the blank templates on the next page, you and a family member(s) and/or friend (s) have a table each and each player has to Fill the boxes with qualities and traits they like about themselves. Having to think of self-positives is a good way to start to recognise the things we love about ourselves
- ♥ Maybe take it in turns for the other player(s) to give two or three things they love about you to add to your board, This is a good boost to our self-esteem
- ♥ Once you have completed filling out the words, the game of bingo begins! Put all of the words from everyone's boards in a pot, cup, bowl etc (or, if you're technical, you can enter them in an online word generator.
- ♥ Pick words out at random and see who is the first to get a line (vertically and horizontally), and a full house! Going through our choices and seeing what things we have in common with people around us is a fun and positive way for us to start giving ourselves the recognition we deserve!

## 'Loving Ourselves' BINGO

Kind	Friendly	Caring	Honest
Loyal	Patient	Creative	Reliable
Polite	Helpful	Cheerful	Good listener
Supportive	Organised	Brave	Sociable

# 'Loving Ourselves' BINGO


# 'Loving Ourselves' BINGO


# Let's get

# PHYSICAL



## Catch



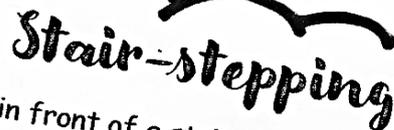
You can play catch on your own or with someone else. If you are inside, choose something to throw and catch that is soft, like a beanbag or rolled-up pair of socks, so it won't damage anything if dropped. You can throw up in the air, and catch with both hands, or from one hand to the other. Throw as many times as you can without dropping and then try and beat your record. If playing with others, pretend it's a hot potato and throw it back as quickly as you can. If playing outside, a bouncy ball can be thrown against a wall and caught when it bounces back.

## Dance

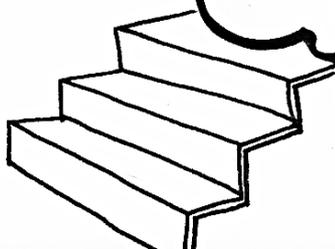


How long is it since you've had a dance to your favourite tunes? And you can dance standing up, sitting down and lying down. So, find yourself some music (on your phone, the radio, a CD player...) turn it up loud, let your hair down and start to shape some moves ...

## Stair-stepping



Stand in front of a staircase or a step, and step up with your right foot, then your left. Then step back down with your right then your left. Repeat as many times as you are able for 60 seconds. Then repeat the exercise starting with the left leg, so you step up with your left leg first, then your right, and back down with your left then right.



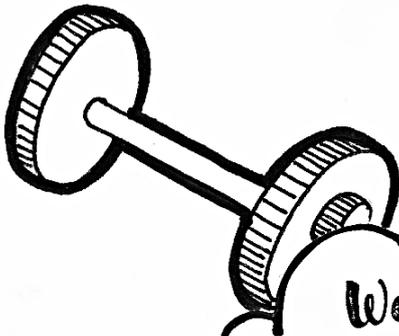
Let's get

# PHYSICAL



## Walk

Going for a walk is easy and can be done indoors or outside. If you are inside, plan your route to take in as many rooms as possible. Use your imagination to picture yourself on an adventure - maybe you're on an expedition to deliver vital supplies, maybe you're trekking through the jungle or across a desert or perhaps exploring a city. Outside, you can venture further - try setting yourself a target to walk a little further each time you go out. Notice (and try and identify) the different plants, trees and birds you see around you, test yourself by guessing how many steps it will take you to reach the next lamp-post for example.



## Weight-lifting

This exercise can be done standing up or sitting down. Hold 2 evenly-weighted objects (like cans of beans or small plastic bottles) one in each hand. Start with your hands down by your sides with your palms facing away from you. Keeping your elbows by your side, slowly bring the objects up to your shoulders then slowly extend your arms up above your head. Then reverse the action until your hands are back by your side. Repeat this 5 - 10 times, then have a break. You can repeat this series of lifts up to 10 times!



# A good night's sleep

We've all been there. Your alarm goes off after a sleepless night and you drag yourself out of bed like a bear with a sore head. A bad night's sleep can leave you feeling tired, irritable and unable to concentrate and longing for the moment you can crawl back under your duvet.

On the other hand, nine hours of sleeping like a log can see you springing out of bed feeling bright-eyed, bushy-tailed and ready to take on anything the day might throw at you. But when you've got a lot on your mind, getting a good night's sleep can be easier said than done.

If you've got a lot on your mind and are struggling with your emotions, going over things in your head can often keep you awake at night. If you're up all night worrying, you might begin to see a change in your mood and a lack of sleep can leave you feeling low. This could then cause you to feel anxious and create more negative thoughts about not sleeping.

A few tips for a good night's sleep could be:

- Stick to a sleep schedule - try to make a regular bed time and try your best to stick to this. We all know routine helps babies and children fall asleep at a certain time...this applies to adults as well. We are creatures of habit and a routine allows our minds and bodies to programme itself to naturally fall asleep and wake up at certain times. Try to be rigid about going to bed at a certain time!
- Take time to relax - whether it's a warm bath, reading a book, listening to music
- Create a restful environment: lavender pillow spray and aromatherapy oils are a great way to create tranquillity. Darkness in a room, or turning the lights down helps us to feel sleepy
- Include physical activity in your daily routine - this is great for sleep, as well as your health generally! People spend time making sure they eat healthily and exercise, which is great, but they forget a good night's sleep is the third side of the triangle!
- Free our worries - some people find writing a to-do list before bed can help free your mind from worrying about all of the things you need to do tomorrow
- Don't clock watch - worrying about getting enough sleep can stop us from sleeping! The best way to deal with that is to remind yourself that resting in bed and thinking about nice thoughts is more productive than tossing and turning, looking at the clock every 10 minutes....if you can't stop looking, try turning it around and putting it on the other side of the room!
- Avoid too many liquids before bed- getting up to go to the loo can interrupt the quality of our sleep cycle and you may not reach that vital deep sleep

*Sitting still- Take 10 minutes a day for YOU. 10 minutes without any interruption from your mobile phone, computer, television. At times, we are saturated with these additional factors that 'switch off' time can be a rare occasion. Sometimes this can contribute to us feeling overwhelmed, scattered, anxious and drained. That's why taking 10 minutes of alone time can contribute to reducing these feelings and help either start or end your day on a positive and calming note. SO, get settled, find a quiet space you can relax, free of devices and start to breathe deeply. Allow your mind to be free and wander wherever you'd like! When the 10 minutes is at an end, congratulate yourself: you've managed some 'me' time void of any external influences and factors.*

# Sleep TRACKER

SLEEP TRACKER – TRY USING SOME OF THE TIPS FOR A GOOD NIGHT'S SLEEP AND SEE HOW THIS AFFECTS THE QUALITY OF OUR NIGHT'S SLEEP. COLOUR IN EACH DAY WITH EITHER GREEN, BLUE, YELLOW OR ORANGE

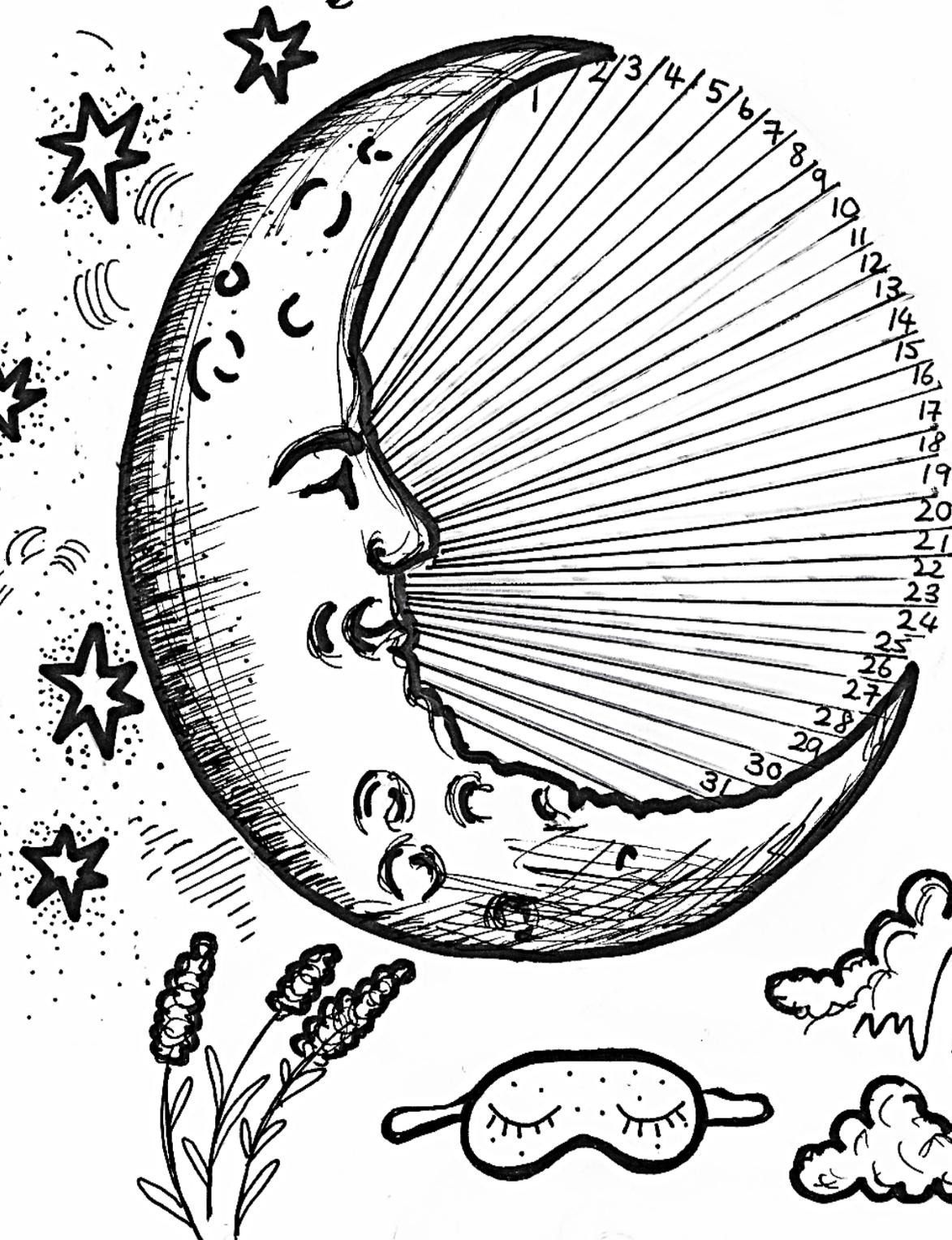
Green = great

Blue = good

Yellow = okay

Orange = terrible

THIS WAY, YOU CAN SEE HOW DIFFERENT THINGS AFFECT THE WAY WE SLEEP AND YOU CAN NOTICE PATTERNS OF THINGS THAT WORK, OR DO NOT WORK AS MUCH TO FORM OUR PERFECT ROUTINE!



# arts and Crafts

*Craft ideas - here are some ideas to have fun with...some of the crafts can be created with kitchen cupboard items too!*

**SALT PAINTING** – Create patterns on Paper using PVA glue. Cover the glue with table salt. When it is dry, shake off the remaining salt. Using paints or food colouring, paint the salt trails and watch the colours spread into the salt.

**CUP / CIRCLE PAINTING** - using a cup and some black paint or food colouring, dip the rim in the paint and print circles all over the paper. The circles should overlap and do not have to follow a pattern. Once dry, using coloured pencils, paints (or even food colouring!), colouring in all of the different patterns that the circles have formed

**THE BORED JAR** – A very fun and simple craft that will help with those times of feeling slightly bored. Cut up little pieces of paper to write down fun little activities on the pieces of paper (*for example, play a game of cards, watch an episode of friends, paint nails etc*)... Put all of the pieces of paper in an empty jar or container and when you, or a family member next feel bored, go an pick an activity at random from the bored jar...problem solved!

**HOME MADE BIRD FEEDERS** – check out this recipe to make home made bird feeders...spring is on it's way so this will be a great treat for all the new baby birds - [www.daisiesandpie.co.uk/how-to-make-fat-balls-for-birds/](http://www.daisiesandpie.co.uk/how-to-make-fat-balls-for-birds/)



Hello! we would love you to take part in our Community art Project 'take my hand'. The art work will aim to give joy and hope to all that see it, during these difficult times. The final piece will be included in our exhibition of artwork created during the Pandemic.



Thank you for being amazing, creative and wonderful You!

Nicky & Maria

### INSTRUCTIONS



Fill in the hand with any design, colours, patterns, shapes, pictures, words, that you would like to use! These can be drawn, printed, cut out & stuck on, Painted, coloured in...or all of the above!!



... it will also be published in the artwork book we are creating ♥

please scan finished designs & email them to:

artwork@Catharticcic.com

or post back to: Cathartic C.I.C.



Office 68  
Wenta business centre  
Colne way  
Watford  
Hertfordshire  
WD24 7ND



# "take my hand..."

Collaborative Community art Project

# Recipes



## Salt Dough recipe

### Mix together:

- ♥ 2 cups of plain flour
- ♥ 1 cup of salt
- ♥ Up to 1 cup of water

(Add the water slowly as you may need less)

Knead the mixture into a dough (You can't go wrong - if it's too sticky, just add more flour)

Roll out onto a floured surface and cut into shapes

(If you're making decorations, remember to make a small hole for threading through ribbon/string when it's been baked)

Put finished pieces into oven and bake at 120°C (Gas Mark 1) for 2 to 3 hours until hard

Once baked, you can paint, colour, decoupage etc, to finish off your fantastic creation



## Frozen banana lollies

### Ingredients

- 2 bananas
- 4 large strawberries
- 100g natural yogurt
- 200g dark chocolate
- 1 tbsp hundreds and thousands

### You will also need:

- 4 wooden lolly sticks



### Method

- Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks.
- Thread a strawberry onto each lolly stick first, then push on the pieces of banana.
- When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.
- Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.
- Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.
- The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.

# BRAIN TEASERS

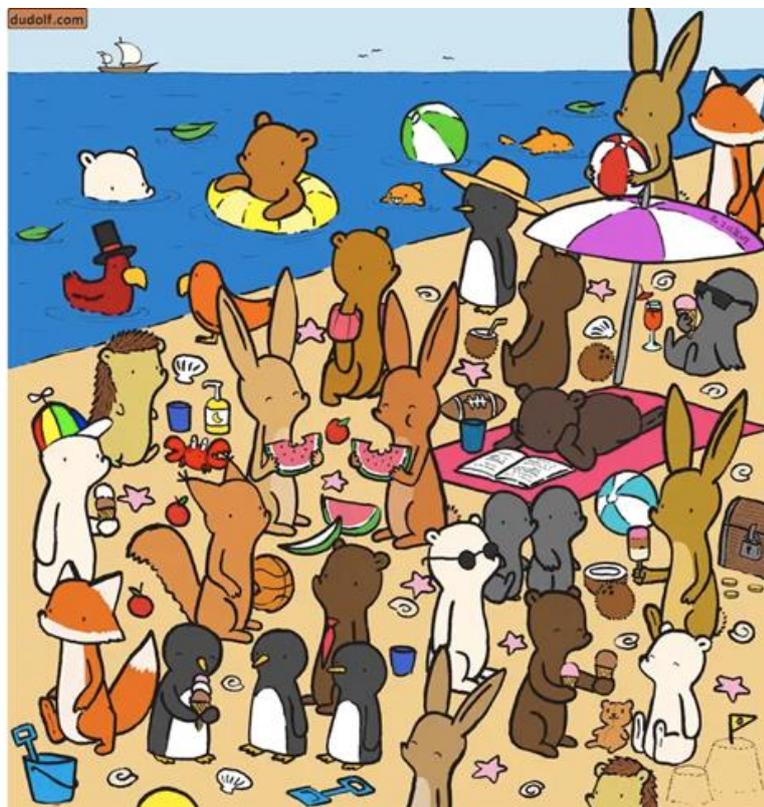
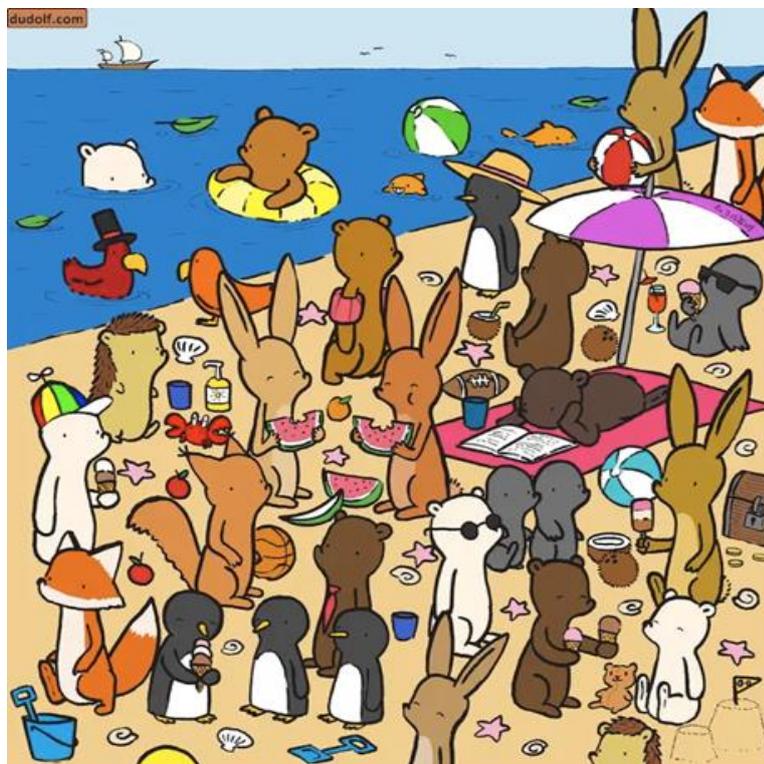
## Guess the movie!

Below is a list of well-known movies...the only difference is we have replaced the words in the title with alternative synonym's. A good example is this, Filthy Bopping = Dirty Dancing (1987). Have a go and have a laugh! Answers will be at the end of this section:

1. The Ravenousness Matches
2. Perish Rigid
3. Infant Motorist
4. Awe Lady
5. The Beaming
6. Unkind Woman
7. Killing on the Align Rapid
8. A Crease in Moment
9. Iced
10. Attractiveness and The Animal
11. The Aristocrat of the circle
12. Snowflake Colourless and the Heptad of Gnomes
13. Speedy and Enraged
14. Abolisher
15. The Wildcat Monarch
16. Mouths
17. Mash Novel
18. Martial Arts child
19. Madman
20. The Noise of Notes
21. Assignment Unmanageable
22. Celestial Odyssey
23. Absent with the Squall
24. The Deity Pop
25. Murder William
26. Plaything Narrative
27. Absent Lady
28. Vanished with the breeze

## Spot the difference!

SEE IF YOU CAN IDENTIFY 7 DIFFERENCES!





# Scattergories – The most awesome word game!

**Set Up:** Choose a list from the selection below and make sure that everyone has a copy of the SAME list. A letter must be picked for all players to use.

**Game Play:** A timer will be set for three minutes. In the time allotted, each player must attempt to think of and write down, in the first column on the pad, a word or term that fits each of the 12 categories and starts with the chosen letter. Any number of words in the answer is allowed, as long as the first word starts with the correct letter. For example, with a category of "vegetable" and a letter of "C", words such as "cauliflower", "carrot" and "collard greens" are acceptable, but "broccoli" is not (wrong initial letter), nor is "citrus" (wrong category). All players stop writing when the timer is finished.

**Scoring-** Following the list, players, in turn, reads their answer for each category. Players score **zero points** if another player has listed the **same answer** and one point for an answer no other player has given.

LIST 1

1	FAMOUS ACTORS
2	TOOLS (ANY)
3	THINGS YOU BUY AT A SUPERMARKET
4	BREAKFAST ITEMS
5	HOBBIES
6	DOUBLE LETTER WORDS
7	THINGS THAT ARE ROUND
8	BOYS NAMES
9	OUTSIDE JOBS
10	GAMES (ANY)
11	WEBSITES (ANY)
12	TYPES OF FLOWERS

LIST 2

1	PICNIC ITEMS
2	ZOO ANIMALS
3	TV PRESENTERS
4	TYPES OF SPORTS
5	DRINKS (ANY)
6	3 LETTER WORDS
7	GIFTS FOR MUM
8	ITEMS IN A SHED
9	PRIZES YOU CAN WIN
10	ANIMALS THAT HAVE A TAIL
11	VEGETABLES
12	THINGS YOU CAN SHOUT

LIST 3

1	FEMALE SINGERS
2	ANIMALS (ANY)
3	CLOTHING ITEMS
4	FICTIONAL CHARACTERS
5	COUNTRIES
6	SONGS (ANY)
7	SPICES & HERBS
8	THINGS FOUND AT THE PARK
9	TOYS (ANY)
10	THINGS THAT MAKE YOU CRY
11	NAMES (ANY)
12	BAKING INGREDIENTS

LIST 4

1	GIFTS FOR DAD
2	COLOURS
3	CARTOON CHARACTERS
4	WORDS ENDING IN T
5	BIRDS
6	DIFFERENT TYPES OF JOBS
7	THINGS YOU CAN BAKE
8	SANDWICH FILLERS
9	MENU ITEMS
10	ITEMS IN A WARDROBE
11	OUTDOOR ACTIVITIES
12	ITEMS IN A CATALOGUE

LIST 5

1	COSTUMES (ANY)
2	REPTILES AND AMPHIBIANS
3	HOUSEHOLD JOBS
4	THINGS PEOPLE CAN BE ALLERGIC TO
5	PLACES IN THE WORLD
6	DIET FOODS
7	THINGS THAT CAN KILL YOU
8	THINGS YOU TAKE ON A ROAD TRIP
9	ACTORS
10	FACE PAINTING DESIGNS
11	SNACKS
12	GIRLS NAMES

LIST 6

1	CRISPS FLAVOURS
2	THINGS FOUND AT DISNEYLAND
3	SCHOOL SUPPLIES
4	COMIC BOOK HEROES
5	THINGS YOU CAN REPLACE
6	CRAFTS YOU CAN MAKE
7	THINGS YOU FIND IN A CITY
8	THINGS THAT ARE DONE AT A PLACE OF WORK
9	HOLIDAY ACTIVITIES
10	ACTIVITIES TO PASS TIME
11	PLACES IN THE UK
12	ANIMALS



**Restaurant night** – TRY CREATING A RESTAURANT NIGHT, MAKING A MENU (FOOD AND DRINKS), DECORATING THE TABLE WITH CANDLES, PUTTING SOME MUSIC ON AND MAKING THE TIME TO SIT DOWN AS A FAMILY FOR THE ENTIRE MEAL. THIS IS PRECIOUS TIME TO CATCH UP, CHAT AND HAVE A LAUGH. YOU CAN HAVE FUN DECIDING WHAT YOUR HOUSE RESTAURANT IS CALLED AND THE TYPE OF FOOD AND DRINK IT OFFERS.

**Games night** – CREATE A LIST OF THE GAMES YOU WOULD LIKE TO PLAY SET A NIGHT ESPECIALLY TO PLAY THEM. THIS IS GREAT TIME AWAY FROM OUR MOBILE PHONES AND BRINGS US TOGETHER (EVEN IF WE ARE APART). YOU CAN PLAY GAMES VIA ZOOM WITH OTHERS.

**Kitchen disco** – BRING THE DISCO INTO THE HOME. PUT ON THE MUSIC AND DANCE!!!! IT IS GREAT FUN FOR ALL AGES AND A CHANCE TO 'LET YOUR HAIR DOWN'.

**Awards nights** – CREATE AN AWARDS NIGHT WITH FRIENDS AND FAMILY, WHERE LOCKDOWN AWARDS ARE PRESENTED TO EVERYONE. YOU CAN CHOOSE FUNNY CATEGORIES, SENTIMENTAL ONES AND KIND CATEGORIES!

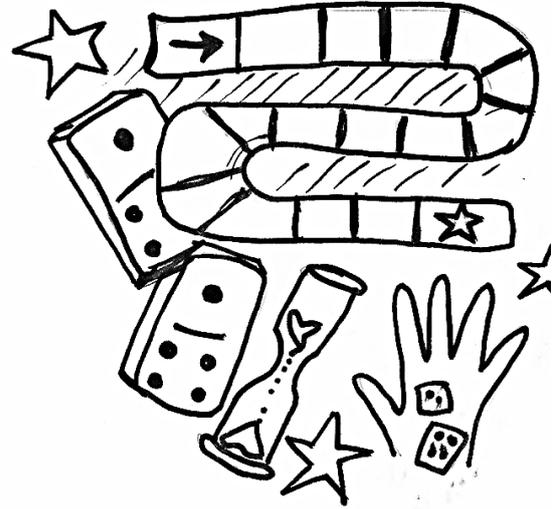
**Coffee and breakfast dates** – SET UP A TIME TO HAVE A COFFEE OR BREAKFAST WITH A FRIEND OVER ZOOM! BOTH MAKE YOUR COFFEE AND OR BREAKFAST AT THE SAME TIME AND YOU CAN EAT AND DRINK WITH ONE ANOTHER.. THIS WILL HELP FEEL LIKE YOU ARE BOTH TOGETHER, YOU CAN EVEN DO A TOAST TO THE CAMERA



**Escape room** – LOCKPAPERSCISSORS (TYPE INTO GOOGLE) HAVE PRINTABLE ESCAPE ROOMS THAT YOU CAN ENJOY WITH THE FAMILY OR FRIENDS.

## **Indoor camping** –

IF YOU HAVE A TENT, SET IT UP INDOORS AND CAMP OUT! IF YOU DON'T HAVE A TENT, YOU CAN BUILD ONE WITH BED SHEETS, CUSHIONS, PILLOWS AND DUVETS!



## **Night at the movies** –

PICK A FILM AND PICK A NIGHT, MAKE SOME MOVIE TICKETS, GET THE POPCORN IN AND ENJOY A NIGHT AT THE MOVIES!

## **Night at the theatre** –

SINCE THE LOCKDOWN STARTED, YOU CAN GET RECORDED THEATRE SHOWS VIA YOUTUBE. RECORDER SHOWS INCLUDE THE PHANTOM OF THE OPERA AND HAMILTON, MAKE SOME THEATRE TICKETS AND GET THE ICE CREAM IN AND ENJOY A NIGHT AT THE THEATRE!

**Themed dinners** – TRY TAKING A THEME AND RUNNING WITH IT! MEXICAN, ITALIAN, FRENCH, JAPANESE ETC... MAKE SOME FOOD, MAKE SOME DECORATIONS AND EVEN DRESS UP!





*During lockdown, not being able to have our usual social interaction can really take its toll on us all. It may be worth creating a weekly social diary that you can fill with different activities, phone calls and zoom meetings, so you can ensure you still socialise as much as you can but also it is something for you to look forward to throughout the week*

DAY	MORNING	AFTERNOON	EVENING
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



Finding your Brave can build your confidence, self-esteem and make you feel good about yourself. Life often throws challenges our way.

Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We might think of 'finding your brave' as something that is visible, but things are much more complicated than this. Some of the people who experience the most complex challenges find their brave every day, but their bravery may be invisible to the rest of the world.

Finding your brave might mean just getting up every day. Finding your brave could be trying to face the thing that you most fear, yet still it defeats you. It might mean not getting to school, work, out of the house. It might mean not being able to hold it all together throughout a whole day when everyone else around you seems to be able to get it right. It might mean not being able to cope with yet another seemingly minor medical procedure. It might mean getting to work, school, out and about- seemingly just like everyone else - on time.

Finding your brave might mean dealing with thoughts and memories inside your head but still being overwhelmed by them. It might mean presenting a face to the world that hides everything that is going on inside.

So when we, come into contact with people we should spare a moment to recognise how much they might have had to do to present a brave face to the world, and what might be going on inside.

We should know that, for some, finding their brave face might be their biggest challenge yet and they might feel anything but brave.

### Think about what bravery feels like

We can show bravery in all sorts of ways. Being brave can mean facing a situation when you're unsure about something, and having a go anyway. But being brave isn't always easy, and sometimes your emotions, such as feeling worried or afraid, might get in the way of feeling brave. However, that doesn't mean that you aren't being brave.

It's important to remember that we're all different, and what is brave to one person, might not be as challenging for another. To understand what it feels like to be brave, have a think about a situation you have been in when you were worried or afraid but found your courage:

- What feelings did you have when you were faced with this difficult situation (e.g. worried about getting something wrong, or that people will laugh at you, etc)?
- How did you overcome these feelings?
- How did you feel after doing something brave?

### Face your fears and try something new

Bravery comes in all shapes and sizes. Sometimes decisions you make require you to take small brave steps. While other decisions may feel like a

big brave leap. Being out of your comfort zone can feel scary, and it often feels like an easier decision to not push yourself. Trying something new takes courage, but your bravery is often rewarded. You will have new experiences, discover hidden skills and talents, and learn lots about yourself.

Write down or draw a picture of a new skill you'd like to learn or activity you could try. Talk about how you feel about doing this and what brave steps you will put in place to help you feel comfortable about trying

### Ask for help if you need to

Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

Being brave can be about getting support for big things that are happening in your life, as much as it is about getting help with the little things that happen every day. Bravery can also be about saying no, and sharing your worries.

Write a list of the people around you that you can ask for help. People are brave in different ways - you could ask your family and friends what they do to be brave. They might have some really good tips to try.

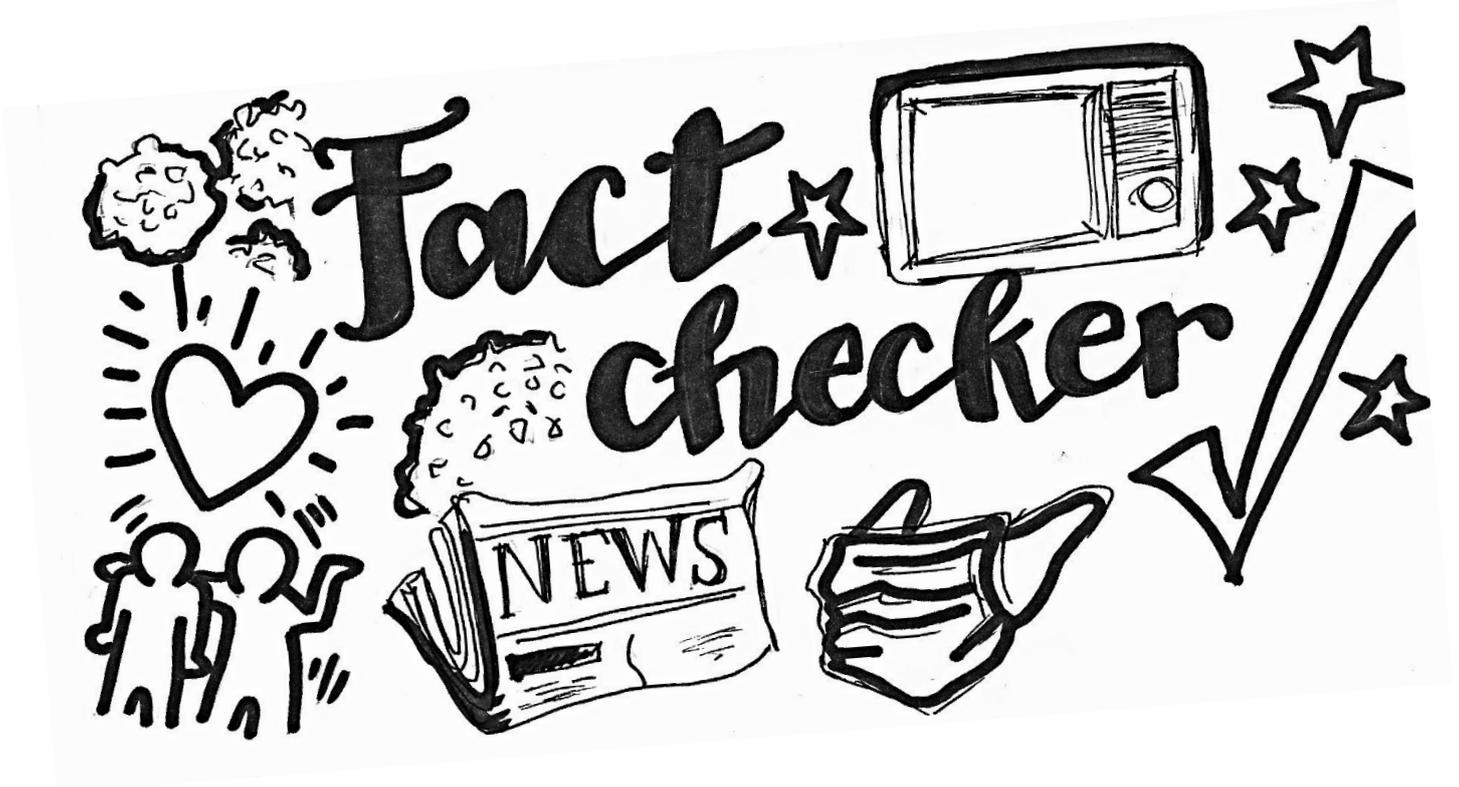


IN A WORLD WHERE WE CAN BE ANYTHING, LET'S BE KIND ... AND WE CAN BEGIN RIGHT NOW BY SPREADING A LITTLE KINDNESS ... SO, OPEN UP THAT JAR OF KINDNESS AND START SPREADING!

HERE ARE SOME SUGGESTIONS:

- Pick up your phone and call someone you haven't spoken to in a while (a friend, a family member or a neighbour)
- Volunteer your time by offering to drop off/pick up shopping for someone you know is unable to get out. Remember to take all necessary precautions to keep yourself safe!
- Write a card or a letter to a friend, family member or neighbour who may be feeling isolated and lonely
- Make social distancing a positive by being creative with video chat – celebrate a birthday, arrange a quiz, watch a film or have dinner together
- Tell a family member or loved one how much they mean to you and how much they are appreciated
- Smile and say hello to people you pass if you're able to get out for exercise. It's more difficult to see smiles now as we are wearing masks, but a smile is infectious ... if you smile at someone, they will smile back! Try smiling from behind a window, take a smiling selfie and post it on, say hello and smile
- When shopping at the supermarket, donate a food item to the food bank (there will be bins at the entrance/exit)
- Send someone a joke or a cute picture. It will let them know you're thinking about them and it might just be the boost they need at a difficult time.
- Make flags with positive messages and plant them for others to read (e.g. on grass verges)





These are challenging and uncertain times for us all, and it is important to have quick access to information that we can rely on. Be very careful not to get sucked into unreliable news, non-reliable sources and scaremongering articles, which are not based on truth and facts. This can be very damaging for our mental wellbeing and can cause harm to our anxiety and fear. We have provided a comprehensive list of some key sources of reliable information on the COVID-19 outbreak.

Change is, they say, the only constant in life. It was first said well over two thousand years ago, and it is certainly true now. At a time when the news agenda and 'meme generation' have become almost entirely driven by COVID-19, information and humour have a very short shelf-life. Where are the best places for us to turn? As with any other issue, there are some excellent sources of information out there, and some truly terrible ones.

**Julie Greenhough** has written an excellent post on the JCS blog, which looks at the information literacy implications of the pandemic: **COVID-19: searching for truth in post truth times**. This post will focus on specific sources of information. This is a time where being able to signpost to established, credible sources is particularly important.

### Starting at the top

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Official sources are the first port of call. These will obviously vary around the world but, in the UK, the top sources of info are the **NHS and the government**.

The NHS has pages for the public and for health professionals, which they are keeping up to date as we learn more about the virus and as things change.

The government has also created a page titled **Coronavirus (COVID-19): UK government response**, which compiles all the government's publications on the topic, as well as a **page of information for the public**. Agree with the policies or not, it is important to know what they are, and government sources also tend to be the **first with up-to-date statistics**. Depending on location, other sites may also be needed, as some of the UK information is (as is so often the way) specific to England:

- **Coronavirus (Covid-19) updates for Northern Ireland**
- **Coronavirus in Scotland**
- **Coronavirus (COVID-19) – Welsh government**

Of course, checking the “last updated” note on any source of info on this issue (official or otherwise) is vital, given that things change on a more than daily basis.

### **Checking the facts**

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In terms of other sources, this is a good time to stick with those you already trust, but when that's not possible, fact-checking organisations come into their own. Most fact-checkers have dedicated pages for COVID-19. Some **examples**:

- **Full Fact: Facts on Coronavirus**
- **BBC Reality Check (at time of writing, doesn't have a specific COVID-19 page with a stable URL)**
- **Snopes Coronavirus Collection: Fact-checking COVID-19**
- **Politifact: Coronavirus**

Of course, we can come back into “do you trust them?” territory. When looking at information from fact-checking sites you are not familiar with, double-check where they are getting their confirmations/rebuttals from. A sign of a good fact check is that they show their work and provide unambiguous links to the evidence they rely on.