



Service User and Carer Involvement Communication

No. 2 - Physical Health

07/04/2020

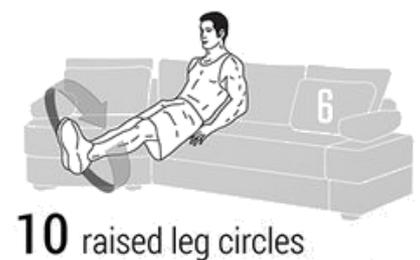
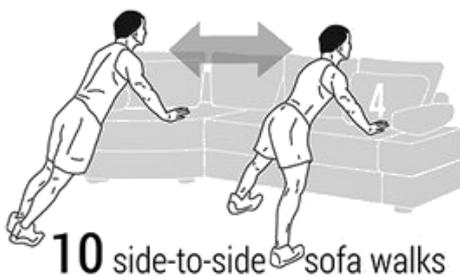
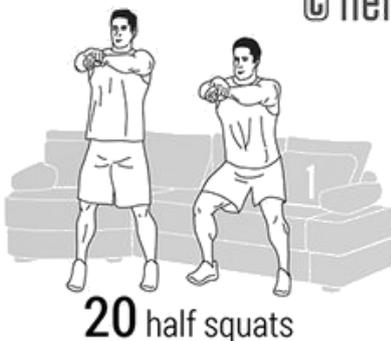
Your **physical health** is important and can have a big impact on how you feel emotionally and mentally. At times like this, it can become easy to forget and neglect our physical health which in turn can make us feel worse and have a knock-on effect on our mental health and well-being.

In this update we have provided some information, links to resources and tips on looking after your physical health during social isolation.

If you would like to opt-out of our communications then please feel free to let Involvement know by contacting us on **07971 387 634** or emailing involvement@cntw.nhs.uk.

The Sofa Workout

Repeat 3 times | up to 2min rest between sets
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Indoor Exercise

There are a number of videos and resources available online to assist people in exercising at home during social distancing.

ONE YOU

One You provides tips, tools, support and help you improve your health right away.

One You have a number of 10-minute workouts that can be accessed online. These workouts include cardio, strengthening and cool down stretching.



www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos

active Northumberland

Active Northumberland have developed a series of workouts which can be accessed for FREE at home.

Many of the free workouts are suitable for over 50's and aim to encourage you to stay active, relieve the boredom many may be experiencing with prolonged periods at home, whilst helping to boost your mood and feel less isolated.



Home Workout - 18 minute
DANCERCISE



Home workout - 38 minute
PILATES



Home Workout for older
people - 20 minute class



Home workout - 20 minute
gentle conditioning circuit

www.activenorthumberland.org.uk



P.E. WITH JOE can be watched every morning at 9am live on YouTube.

Although aimed at children, adults can join in too. The workouts are fun, free and you don't need any equipment to join in. You can find the channel by pressing the 'control' key and link [here](#) or by searching for **The Body Coach TV** in YouTube.



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Outdoor Exercise

People must stay at home as much as they can to reduce the spread of the virus. But you can still go outside for very limited purposes, one of these being one form of exercise per day. This could be for a run, walk or cycle. This can be done alone or with other members of your household however you should still keep to the recommended 2 meters distance from others as outlined in the [social distancing guidance](#).

At this time Government advice is that you stay local and use open spaces near your home where possible and not to travel unnecessarily.

Sleep Hygiene

Having a good quality sleep can make a huge difference to how we feel both mentally and physically. It's therefore important we try to get enough. Feeling anxious or worried can sometimes make it more difficult to get a good night's sleep, and for many the current situation with COVID-19 may be adding to this.

To maintain good quality sleep, try and maintain regular sleep patterns and keep to good sleep hygiene practices such as avoiding screens before bed, cutting back on caffeine and creating a restful environment.

The Every Mind Matters sleep page provides practical advice on how to improve your sleep. Further information can be found online at:

www.nhs.uk/oneyou/every-mind-matters/sleep

every mind
matters



Keep regular sleep hours

Going to bed when you feel tired and getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.



Confront sleeplessness

If you are lying awake unable to sleep, do not force it. Get up and do something relaxing for a bit, and return to bed when feeling sleepier.



Create a restful environment

Dark, quiet and cool environments generally make it easier to fall asleep and stay asleep.



Write down your worries

If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.



Move more, sleep better

Being active can help you sleep better. Remember to avoid vigorous activity near bedtime if it affects your sleep.



Put down the pick-me-ups

Caffeine and alcohol can stop you falling asleep. Try to cut down on alcohol and avoid caffeine close to bedtime.



COVID Symptom Tracker

The COVID Symptom Tracker App provides a way for everyone to contribute to research to better understand symptoms and spread of COVID-19 and to help explain why some people develop mild illness, whilst others become critically unwell.

The App gathers personal data but is compliant with GDPR. Only anonymous data will be shared with the NHS, data modellers and researchers. We would encourage everyone to sign up, spend about 1 minute per day updating your data and supporting the developing knowledge that will help us tackle this virus. You can download the app by going to:

covid.joinzoe.com



Resilience



We have been made aware of a very positive video circulating on social media created by The Social Co. It's an uplifting video about resilience and offers a much needed brighter perspective on what is happening and the future. The video can be viewed [here](#).

Communication

CNTW have added a new section to the Trust website setting out further information and advice relating to Coronavirus (COVID-19). The page will be frequently updated as the situation with COVID-19 continues to develop. For more information visit:

www.cntw.nhs.uk/coronavirus

Our Trust communications department want to hear from you and to share your positive stories in this difficult time. If you've got a good story about how CNTW are responding to COVID-19, please share it using [#NHSCovidHeroes](#) and tag us - we're Twitter, Instagram, Facebook and LinkedIn too!



@CNTWNHS



@CNTW.NHS



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