

LOOKING AFTER YOUR WELLBEING DURING THE CORONAVIRUS OUTBREAK

Coronavirus (COVID-19) can be scary and can affect your mental and physical health. We want to help you do everything to reduce your risk from Coronavirus, This will mean that you will be spending a lot of time at home and many of our regular social activities will no longer be available to us.

WHAT CHANGES WILL THE ADDICTION SERVICES MAKE?

- If you are on prescribed medication from the drug/alcohol service, we will be reviewing and changing your prescriptions so that you do not have to go to the addictions service or pharmacy as much,
- For most of you, your keyworker will stay in regular touch and offer support by telephone rather than you coming to the service. There will be no groups running for the time being
- We will stop all detoxes
- We will stop taking blood tests and testing for HIV, Hep B and Hep C

WHAT CHANGES WILL AFFECT MY LIFE?

- You may be at greater risk from Coronavirus because of reduced immunity from poor health, drug and alcohol use, or medication for other health conditions
- You may be at risk of increased breathing problems from coronavirus (COVID-19) due to use of drugs such as opioids (heroin, medications), benzodiazepines and pregabalin
- You may find it more difficult to get drugs or alcohol
- You may be tempted to switch to switch to other drugs e.g. fentanyl , which may put you at greater risk

A DIFFERENT TIME IN YOUR LIFE, CHANGE YOUR LIFE

It will help to try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it. It could be an opportunity for you to

- reduce and eventually stop your alcohol use (see the slow down drinking leaflet);
- reduce and stop your drug use (stopping your use on top; switching from injecting to smoking; see harm reduction leaflet)
- Do not be tempted to share medications or switch to other drugs
- Do not share equipment, needles or snorting, stay away for other people

More than Five Ways to Wellbeing In Self isolation

STAY AT HOME and Looking after your wellbeing

The government is now advising us to avoid all but essential social contact. This means

- staying at home – do not meet others to have a drink of alcohol (people's houses or streets) or use drugs (drug dens) or
- If you have to go to buy food or to the pharmacy you must stay 2 meters (a broomstick length) away from other people and return home as soon as possible
- Wash your hands more often than usual, for 20 seconds with soap and hot water (sing 'happy birthday' to yourself twice to make sure you do this for 20 seconds). You should do this whenever you get home or into work, blow your nose, sneeze or cough, eat or handle food. If you can't wash your hands straightaway, use hand sanitiser and then wash them at the next opportunity.

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CREATE A DAILY ROUTINE – use the diary at the end of this document

Create a new daily routine even if you have never done this before, now is the time to learn this skill

- wake and sleep at the same time,
- Each day have a shower, get dressed,
- have breakfast, lunch and dinner at the same time every day
- Use the five ways of wellbeing list below. Do one thing from each area each day

REDUCE YOUR DRUG /ALCOHOL USE

This is a chance to keep a diary of how much alcohol or drugs you use and then gradually reduce it

APPS to help you, try them many are free

We are very pleased to offer you Breaking Free online access

We are pleased to let you know that your access code **CNWL2020** is now live.

For service users to create an account, all they need to do is:

1. Visit www.breakingfreeonline.com
2. Click SIGN UP
3. Use **CNWL2020** to complete the required fields.

Other Apps include



Connect

Try and keep in touch with your friends and family, by telephone, email or social media, phone your Addictions service, or [contact a helpline for emotional support](#).

- telephone helplines:
 - Drinkline provides free advice and support on 0300 123 1110
 - FRANK provides free information and advice on drugs, and information on where to get help, on 0300 123 6600
- social networking apps and web chat facilities
- online help from websites such as
 - [One You Drink Less](#), which offers advice on cutting back on alcohol
 - [FRANK](#), which offers information and advice on drugs and where to get help
 - [Down Your Drink](#), which provides interactive web-based support to help people to drink more safely
- online access to mutual support including:
 - SMART Recovery www.smartrecovery.org.uk
 - Alcoholics Anonymous www.alcoholics-anonymous.org.uk
 - Narcotics Anonymous www.ukna.org
 - Cocaine Anonymous www.ca.org
 - Samaritans <https://www.samaritans.org/how-we-can-help/contact-samaritan/> Free Telephone line 24 hours a day on 116 123
 - SANEline http://www.sane.org.uk/what_we_do/support telephone open every
 - Day of the year from 4.30pm to 10.30pm on 0300 304 7000.

Be Active and Stay healthy

Keep Active

- Even just going out and getting some fresh air, and taking some light physical exercise, like going for a walk early in the morning, always making sure you stay 2 meters away from others
- Try yoga or Pilates at home, look on social media or on-line for ideas
- If you have any gym equipment – use it, set yourself some small goals each day and don't overdo it
- There are lots of exercises programs on line, BBC is doing free classes
- Do Zumba or dance with the music on

Eat Healthy

- Eating healthily – fresh fruit and vegetables – five a day
- Try new recipes
- It is very easy to slip into bad eating habits if you are in self-isolation
- Drink 2 liters of water, about eight glasses a day
- There is a growing amount of evidence showing how food affects our mood and how eating healthily can improve this
- You can protect your feelings of wellbeing by ensuring that your diet provides adequate amounts of brain nutrients such as essential vitamins and minerals

Tips to help you sleep

- Establish a routine – go to bed at the same time each night and get up at the same time every morning, even if you feel tired or sleepy
- Avoid sleeping during the day
- Limit use of stimulants such as caffeine and nicotine before bed – caffeine can take up to 6 hours to leave your system
- Ensure the bedroom is quiet, cool, dark and comfortable
- Avoid using your bed for other activities other than sleep e.g. reading, smoking, listening to the radio, watching TV
- Avoid going to bed too hungry or too full
- Relax before going to bed. Take a hot bath, listening to relaxing music, having a hot milky drink (caffeine-free) or doing a relaxation exercise
- Try to avoid worrying about not getting enough sleep – trying to make yourself to go to sleep just keeps you awake!
- If you have not managed to sleep after half an hour, get up and do something quiet and un-stimulating until you feel sleepy e.g. read a book
- Avoid doing stimulating things before bed such as watching TV.
- Avoid looking at the clock while trying to sleep – this will only make you worry!
- Don't expect too much from your sleep – you may not need as much sleep as you think!

Take notice

Be mindful

- Mindfulness is a mind-body approach to life that helps us to relate differently to experiences. It involves paying attention to our thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices
- Try to practice mindfulness regularly
- Mindfulness meditation can be practiced anywhere at any time
- Research suggests it can reduce the effects of stress, anxiety & related problems such as insomnia, poor concentration and low moods

Don't be too hard on yourself

- Try to keep things in perspective.
- Remember that having a bad day is a universal human experience
- When your inner critic or an outer critic finds faults, try and find truth and exception to what is being said
- If you stumble or feel you have failed, don't beat yourself up
- Act as if you were your own best friend: be kind and supportive
- Take a few minutes each day to appreciate yourself

Give

- Support a friend by calling them
- Make a gift for a friend
- Help an elderly or vulnerable neighbour e.g. buy them shopping and dropping at their door, remember to keep always 2 meters away
- Remember it's a difficult time for everyone, be kind to yourself and others

Keep learning

- Learn something new each day for example – a new word, a new fact
- Learn a new skill e.g. baking, a new recipe, origami, knitting, mend some old clothes, painting, drawing, sewing
- Decorate a room, re-arrange a room,
- Read a book, magazine,
- Download an audible/talking book – there are many free on line
- Learn new ways to use technology
- Write a letter to someone, a journal, a book

These film clips provide some helpful information. Just log onto vimeo on your mobile or computer using

Vimeo: <https://vimeo.com/album/4371395>

Password to access videos is addictions123

Substances and the Brain - links to films (password – *substance*)

1. About the brain, and addiction
<https://vimeo.com/144301496>
2. What Does Tolerance Mean?
<https://vimeo.com/144334495>
3. The Effect of Alcohol
<https://vimeo.com/144302892>
4. Alcohol Detox
<https://vimeo.com/144303094>
5. Alcohol Blackout and Seizures
<https://vimeo.com/144303439>
6. Alcohol, Detox and Medication
<https://vimeo.com/144306941>
7. Delirium Tremens
<https://vimeo.com/144303555>
8. How Long do Withdrawals from Alcohol Last?
<https://vimeo.com/144303706>
9. Alcohol as a Depressant and Dopamine System
<https://vimeo.com/144304119>
10. Medications Used in Alcohol Treatment
<https://vimeo.com/144304772>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							