

# Support your Mental health during COVID19

## Support for your mental health during COVID-19. These are tough times.

We know that coping with mental health can be difficult at the best of times, but the added pressure and uncertainty of a global virus outbreak is likely to contribute massively to anxiety and stress levels

These events would test anybody's mental health, even if you've never experienced issues with mental wellbeing at all before. Let's face it you are people people so how do you cope **when being on the front line is taken away from you**, not to mention the financial implications.

The Licensed Trade Charity stands strong in this sea of uncertainty, offering support to licensed trade people. In real terms that would mean anyone that works or has worked in bars, pubs, nightclubs, and breweries etc.

Our website and helpline aims to support anyone who's feeling anxious or worried about the outbreak, as well as those who are finding it hard to cope with staying at home, avoiding public places, and/or having to self-isolate.

We may not be able to keep up with everything as it is moving so fast, but we are reviewing and researching the latest updates regarding benefits and any extraordinary payments that the Government maybe considering offering during this difficult time.

Updates will be published on our COVID-19 web page:

<https://www.licensedtradecharity.org.uk/coronavirus-advice/>

## Tips to make yourself feel a bit better.

- Stay in touch with others via social media, email or over the phone. Do this especially with positive people in your life.
- Facetime
- Skype
- Facebook Messenger
- WhatsApp
- Houseparty
- Create a daily route that prioritises looking after yourself (set aside regular time for exercise and relaxation).
- Take care of your health and make sure you are able to access the prescription medicines you may be taking – consult your local pharmacy on how to set up a regular delivery.
- Keep your mind stimulated by practising or starting a new hobby you can do indoors.

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- Try doing something creative, such as drawing, writing, or even colouring in.
- Listen to your favourite music or learn something new.
- Distract yourself with games and puzzles. According to Mind, people say playing games and doing puzzles helps when they are in a crisis, because it distracts you even if it is for 5 – 10 minutes.
- Set up a pub quiz via video conferencing or try to remotely set up a pub style event with your mates.
- When you are allowed to have your daily walk take a picture of something you have spotted and set a challenge for someone else to do the same. Wildlife, largest tree, good sunset or sunrise. “As they say pictures paint a thousand words”

### If you are still finding things tough

If you are finding things tough call our free 24/7 helpline on **0808 801 0550**.

We have two sets of teams who are waiting to support you...

**Trained counsellors** who can give you on the spot emotional support, or if you wish 6 sessions of telephone counselling. Many people in the trade (who were happy to share their stories) have told us this has made a real positive difference to them.

**Practical Advisors** they are trained up to CAB level and can provide advice on housing, debt, employment rights, it is always good to speak to someone that is removed from the issue and they know their stuff.

**They will listen** without judging; your call will be confidential and they will work with you to try to achieve a positive outcome. If you prefer you can email: **support@ltcharity.org.uk**.

Or visit our website: **www.licensedtradecharity.org.uk**. It's full of useful information about the kind of issues we know people who work in the licensed trade face.

We also have a 2-minute film which outlines our support.

There are also other sources of information:

- Mental Health Foundation - [mentalhealth.org.uk](http://mentalhealth.org.uk)
- Mind - [mind.org.uk](http://mind.org.uk)
- Anxiety UK - [anxietyuk.org.uk](http://anxietyuk.org.uk)

### Look after your mental wellbeing

**Positive mental attitude** We appreciate this is easier said than done, however worry and anxiety can make your body produce larger-than-normal amounts of a stress hormone called cortisol and that is not a good thing.

As soon as you catch worrying thoughts enter your head, tell yourself out loud to 'stop'. Then try to think about something that makes you smile, or watch a funny film or TV programme, call a friend

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who makes you laugh, read an uplifting book or play some inspiring music.

**Avoid misleading information** There's a lot of speculation being spread about the virus, especially online. But try where possible to get your information from trusted sources, and limit how often you look at it. This could help you feel more in control and less likely to worry. We strongly recommend using government sources:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

**Get active** Remember to get some fresh air once a day (remember 2 meters apart matters)

**Work out - but inside** Sticking with an exercise routine will not only keep you busy but it's recommended by the NHS that regular exercise dramatically improves mental health.

Online workouts in your home are easily accessible. Some useful resources include:

- [NHS Live Well](#)
- [Work out with Joe Wicks](#)
- [Couch to 5k](#)

**Make time to relax** There are a number of things you can do to bring down your stress levels quickly. This includes a few minutes of deep breathing or if you have more time you could try doing a visualization exercise, where you picture yourself in a place where you feel really relaxed.

We also recommend the following resources for more ideas on how to reduce stress:

- [Mind relaxation exercises](#)
- [Mental Health Foundation's website.](#)

**Eat well** What you eat can have a direct effect on your physical and mental wellbeing,

*Find out more about a balanced diet in our help sheet [Your guide to healthy eating.](#)*

**Get a good night's sleep** Lack of sleep can affect both your physical and mental wellbeing, so try to do whatever you can to make sure you're getting the sleep you need.

If you're not sleeping well at the moment there are lots more tips that may be useful in our help sheet: [How to sleep well: A guide for adults.](#)

***The Licensed Trade Charity are here for you 24/7, if you're finding it difficult to cope, we can help you, please contact 0808 801 0550 – we're here for confidential, free of charge advice.***

## Contact us

If you are experiencing any of the issues covered in this factsheet, in the first instance call our free helpline on **0808 801 0550**.

Our Advisors will listen without judging and will work with you as best they can to achieve a positive outcome. If you prefer you can email: [helpline@ltcharity.org.uk](mailto:helpline@ltcharity.org.uk) Visit our website: [www.licensedtradecharity.org.uk](http://www.licensedtradecharity.org.uk) It's full of useful information about the kind of issues we know people who work in the licensed trade face.