

Getting back to me

Its time to think about how to get you back to feeling more like you

1. A good way to make your day better is to think about things you would like to do. You might think it is too hard to do new things at the moment but the NHS has some tips [here](#) to help with any worries [Every Mind Matters](#).

2. Maybe the thing you would like to do is something that has helped you feel good in the past. If you are having thoughts that are stopping you from doing what you want, you may feel better if you speak about them with someone.

3. If you feel less able to be active, then you could think about ways to build up your strength. Moving more will help with your strength, health and your mood. Ask someone to do something with you or join a group to help you get started. Tell your GP or carer about any worries or changes in your health.

The Age UK Healthy Living [Guide](#) can be printed and has advice for being more active.

4. The government shares corona virus [news](#) to help you make choices that keep you safe.

You could also plan ahead and speak with friends or family before meeting.

5. Some people are feeling more lonely now, but talking to others can help. You should stay in touch with family and friends to keep you up to date.

You don't have to know someone to have a nice chat. You could speak with a friendly Age UK volunteer on the phone 0800 434 6105 and the [website](#) has more ideas for making social links.

It can be very hard to talk about your feelings following the loss of a loved one and grief can be overwhelming. It takes time but talking often helps and it is OK to show your emotions.

Volunteers at [Cruse](#) are trained to support people through grief if you want to speak with someone who isn't family or friend. Telephone 0808 808 1677

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If you feel that your mood is low and you have stopped doing things or talking to people, you must contact your GP or find urgent help [here](#).

The NHS has a helpful service, IAPT (Increased Access to Psychological Therapies). Everyone can speak to this service for help with finding the support they need. Your GP help but you can also contact your [local IAPT team](#).

6. Make time to think about what you enjoy.

Mindfulness could help you to focus your thinking, calm anxious feelings and find the helpful thoughts.

There are some mindfulness tips on the Mind [website](#).

7. There are lots of reasons that the time in lockdown was hard, but if there is something that was good, (more time to talk with family and friends, walks, books for example) try to keep up with it.

8. If there seems to be nothing good, maybe you could learn something new?

Learning can:

- boost self-confidence and pride
- help you to build a sense of purpose
- help you to connect with others

9. Seeing routine in your day to day will help plan where you could make changes but also see that your needs are being met.

10. You can feel good for thinking about your needs and how to meet them. Keep coming back to this.

Here are some useful contacts for you in your area: