



# If you're feeling stressed, worried or sad...

This is a very stressful time and often can make you feel stressed or overwhelmed. Here are some tips that might help:

- **Have a routine** - setting a schedule for yourself, even if you are working from home helps you stay productive. Don't forget to add in time for yourself, whether that's a doing some exercise, having your favourite meal or having a relaxing bath.
- **Designate a workspace** - having a set space for you, your partner or your children to do work helps your mind to separate when it is time to work, and when it is time to relax even when you aren't leaving the house.
- Use some **mindfulness techniques** to calm yourself. Take a moment to stop and breathe, recognise your stressed thoughts and let them go
  - Apps like "Headspace" are useful for meditating and calming the mind
  - Activities like listening to music or colouring help too
  - For more info on mindfulness visit: <https://www.mindful.org/meditation/mindfulness-getting-started/>



# Activities!

- ★ **Go on a 'Nature walk'** - wherever you live, you won't be far from a green space! Take yourself or your family on a walk to discover new sights and sounds. Find a park bench to sit and have lunch. If you have children, collect interesting leaves and things to take home and make some art.
- ★ Visit Sheffield town centre (or just your local area) in the evening and see the christmas lights
- ★ **Try a new recipe!** Swap each others favourite home recipes during a class session or see the "pancake day" slide further down for a new recipe!
- ★ **Pick up a new hobby!** Have you ever tried sewing a new top for yourself? Or learn how to paint your own artwork?



# For more help and advice

For more help or support, here are some places you can contact:

**Samaritans Helpline:** 116 123 (this is a 24 hour helpline)

Visit: <https://www.samaritans.org/how-we-can-help/contact-samaritan/> to email or chat online with one of their volunteers

**Mind:** Call: 0300 123 3393 Text: 86463

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

Open 9am-6pm Monday-Friday

Sheffield food bank list:

<http://www.sheffieldfoodbank.org.uk/food-bank-list/>