

# Tips for your wellbeing

**Be kind to yourself**

**Recognise what you can control and what you can't**

**Create a daily plan so you can structure your day**

**Keep a gratitude diary**

**Allocate time for yourself**

**Switching off from your electronics**

**Turn off the news**

**Drink water**

**Do a 10-minute meditation each day**

**Follow good sleeping habits**

**Exercise**

**Connect with family and friends**

**Set yourself SMART goals to work towards**

**Spend time on your hobbies or start a new one**

**Do acts of kindness**

**Ask for help**

# Fill your time with things that make you happy

## Activities

- Pamper yourself – feeling good outside makes us feel good inside
- Cinema night
- Game night
- Virtual bake off
- Start or join an online book or film club
- [Exercise](#)
- Stay in regular touch with friends or family
- Cleaning our environment makes us feel better
- Make your favourite food
- Study and reflect on your religious and spiritual beliefs
- [Virtual museum tours](#)
- [Online music concerts](#)
- [BBC Radio 1 Big Weekend 2020 festival](#)
- [Manchester International Festival 2017](#)
- [Theatre shows online](#)
- [Pizza making kit](#)
- [Chocolate making kit](#)
- [Pottery kit](#)
- [Writing fiction free course](#)
- [Learn a new language with Duolingo](#)
- [Read a heart-warming book](#)
- Listen to feel-good music – [Playlist by Samaritans on Spotify #TheBigListen](#)

## Try new apps

- Our recommendations:
- Headspace – guided meditations
- Calm – meditations and sleep stories
- Insight timer – meditation, mindfulness and sleep
- Rain rain – soothing sounds
- Happiful – wellbeing magazine app
- Daylio – mood tracker
- Mood Tools – tool box for low moods
- Couch to 5K – running for beginners
- MyFitnessPal – food tracker
- Money Dashboard - money management
- Happy colour – colour by numbers

## Listen to Podcasts

- Our recommendations:
- The Adam Buxton comedy Podcast
- Deliciously Ella wellbeing and health
- Grounded with Louis Theroux
- Train Happy Podcast healthy living

## Watch TedTalks

- Our recommendations:
- [The Power of Vulnerability](#)
- [Inside the Mind of a Master Procrastinator](#)
- [What Makes a Good Life?](#)
- [How to Make Stress Your Friend](#)
- [The Surprising Science of Happiness](#)
- [Caroline Casey: Looking past limits](#)

## Watch uplifting TV

- Our recommendations:
- Eat Pray Love
- About time
- Hook
- Harry Potter
- The princess bride
- The parent trap
- The secret life of Walter Mitty
- The Peanut Butter Falcon
- The fifth element
- Juno
- Bridesmaids
- The Proposal
- The Great British Bake Off
- The Masked singer
- The Wheel
- The Voice
- Mock the week
- Brooklyn 99
- Queer Eye
- The Office
- Modern Family
- Bridgerton

# Reach out for support

## Financial support available:

- [Government Coronavirus \(COVID-19\) Work and financial support](#)
- [Working from home tax relief](#)
- [Test and Trace Support Payment scheme](#)
- [See if you are eligible for Universal credit](#)
- [Moneysaving Expert's guide](#)
- [Money Advice Service](#) or call 0800 138 7777 Mon-Fri 8am-6pm

## Food support services:

- [Access a foodbank](#)
- [Emergency food parcel](#)
- [Join a Your Local Pantry scheme](#)
- Join [The Bread and Butter Thing](#), contact for more information about membership

## Online support groups:

- [Togetherall Stockport](#): 24/7 anonymous online support for anyone in Stockport aged 16+

### Facebook groups:

- [Mental health matters Manchester support group](#)
- [Depression and Anxiety Mental Health Support Group](#)
- [Covid-19 Coronavirus Mental Health, Anxiety and Support Group](#)
- [Covid 19 support group](#)
- [Covid19 Support Group for Survivors and their families](#)

## Other support services:

- **[Stockport Council Coronavirus Helpline](#)**: Call 0161 217 6046 Mon to Thurs 9am to 5pm, Fri 9am to 4:30pm.
- **[Silvercloud](#)**: Online therapy for Greater Manchester residents aged 18 and over with online programmes that can help ease stress levels, improve sleep or build resilience.
- **[Living Life to the Full](#)**: Online courses and resources covering low mood, stress and resilience.
- **[SelfHelp](#)**: Peer support, eTherapy and talking therapies
- **[Healthy Minds Stockport](#)**: support and treatment for those who are experiencing symptoms such as difficulty sleeping, low mood / depression, stress, worry or anxiety, feelings of hopelessness or panic attacks.
- **[Kooth](#)**: Online counselling and emotional wellbeing support for young people aged 11-18.
- **[Every Mind Matters](#)**: NHS advice and tips on looking after your mental health.
- **[Hub of Hope](#)**: Find local services of support
- **[Domestic Abuse](#)**: If you are experiencing domestic abuse call: Stockport Without Abuse 0161 477 4294. MASSH (multi agency safeguarding & support hub) 0161 217 6028. Stockport Adult Social Care 0161 217 6029.

- **[Alcohol and drugs](#)**: START Team Help you access alcohol and /or drug support/treatment. Call 0161 474 3141 or email [START@stockport.gov.uk](mailto:START@stockport.gov.uk)
- **[Gambling](#)**: Advice and support for anyone affected by problem gambling. [GamCare / Be gamble aware](#) National Gambling Helpline. Available 24/7 0808 8020 133.
- **[Eating disorders](#)**: [Beat resources and support services](#)
- **[Sexual health services](#)**
- **[Homelessness](#)**: For advice and support [contact H3](#)
- **[Bereavement](#)**: [Greater Manchester Bereavement Service Support](#) and information for anyone bereaved. Call 0161 983 0902. Mon to Fri 9am to 5pm, Wed 9am to 8pm.
- **[Suicide](#)**: [Shining a Light on Suicide Greater Manchester website](#) with resources and support for anyone concerned about suicide. Call **Samaritans 116 123**. Text **SHOUT to 85258**.

## URGENT HELP:

- Samaritans - call **116 123**. Available 24/7.
- Shout - 24/7 text service Chat with trained crisis volunteers by text message. Simply text **SHOUT to 85258**
- Dial **999** – in a life-threatening emergency.

**Whatever you are going through, you are not alone**