MANCHESTER 1824
The University of Manchester

Six ways to wellbeing during lockdown

Taking care of your body and mind is always important, but even more so now, during these challenging times.

Everyone will have good and bad days, and may feel frustrated, anxious or lonely at different times, and it's important to remember that it's OK to feel this way.

Our wellbeing guide, based on the University's six ways to wellbeing, is here to help get you through the low points and get back to feeling good and functioning well, while working remotely and social distancing.

connect

Connecting with others is vital to our wellbeing and in this current climate, there's plenty that we can do to maintain our social connections.

- Check in with colleagues on a specific online social space like Yammer or Slack.
- Have a virtual coffee or lunch.
- Use the phone rather than email.
- Use social media to connect with friend, family and your wider community.

give

Helping others is associated with increased feelings of wellbeing and there will be many people needing extra support during this time.

- Support a local foodbank or charity with online wish lists and gift registers.
- Cook a special meal, say thank you to someone or arrange a treat you can do from home for family and friends.
- Where appropriate, support local community groups or neighbours who need extra help.

learn and discover

Learning is good for our overall sense of wellbeing, so if you can, think about what interests you and how you can stretch your mind.

- Check out a MOOC on Futurelearn, watch some inspirational Ted Talks or learn a new skill, whether it relates to your work or not.
- Read a book or browse our Library catalogue online.
- Use the Staff Learning and Development to do remote learning through LinkedIn Learning, Managers' Essentials and the Learning and Development Toolkit.

take notice

Take notice is about being in the present moment as well as taking notice of the good things, even in difficult times.

- Each day, check in with yourself and see how you're feeling, name the emotions.
- Do some daily breathing exercise to help calm yourself, just take some deep breaths.
- Each day, write down three good things, however small, from the day.
- Try some simple mindfulness or mediation, following an online guide.

be active

Although gyms and fitness centres are closed, there are plenty of ways to maintain physical activity.

- Go for a walk or be out in your garden before you start your day, during lunch or just after work, in place of a commute.
- Do something active at lunchtime. Like online Yoga or Zumba and get the kids involved if you're home schooling.
- Try a cycle or a run – following all government safety advice.
- Follow the UoM Sport #stayinworkout hashtag for more ideas.

be healthy

Being healthy is simply about making good choices for your health and prioritising you.

- Stay hydrated and make healthy food choices, getting your five portions of fruit and veg a day.
- Try and have a regular sleep routine and take regular breaks when working from home (don't stay seated for more than an hour).
- Watch one of our wellbeing lectures for information on sleep, mindfulness, resilience and taking care of yourself.