There are many organisations offering help at this time.

You can find more information at

Mental Health Helplines

[https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/](https://protect-eu.mimecast.com/s/SQ40CjZwKfnj0JOTRmFF4?domain=nhs.uk/)

This leaflet is put together by the church community of Drylaw Parish Church. For further support please phone

07935 723 968 to speak to our minister

Rev. Jenny Williams

It is also possible to use Skype, Facetime, or Zoom

|  |  |
| --- | --- |
| A person holding a plant  Description automatically generated | **It is usually good to talk, to name the things that are bothering us and know that we are listened to and heard - in a way that helps us find our own steps to help ourselves, most especially in this strange situation in which we all find ourselves.** |

**Wishing you all peace and hope**

A large house

Description automatically generated

Drylaw Parish Church

Groathill Road North Edinburgh EH4 2RG

Scottish Charity No. SC005744

[drylawparishchurch@btinternet.com](mailto:drylawparishchurch@btinternet.com)

**Facebook and Web-site**

**Sunday Services on-line every Sunday at 10.30am using Webex**

**See website for joining details or email above**

**MENTAL HEALTH MATTERS**

In these days many of us are feeling isolated and lonely

**TAKE CARE**

is something we often say to others and right now it is something we need also to say to ourselves

**Different things help different people.**

**Have a look at the list inside and see what helps you or what you might try**

* Phoning someone each day, maybe different people on different days

A picture containing tool

Description automatically generated A picture containing mirror

Description automatically generated

* Sitting outside or at an open window or door, looking at growing nature you can see, listening to the birds, looking at the sky

A person sitting in front of a window

Description automatically generated A large green field with trees in the background

Description automatically generated

* Creating a routine - getting up, getting dressed for the day; having your meals at the same time, going to bed at the same time, having a walk. The rhythm of a routine helps to create a feeling of safety and something you can rely on

A close up of a clock

Description automatically generated

* Limit the amount of time listening to the news and social media, restrict to once or twice a day
* Spend several minutes each day feeling grateful for all the people helping in the hospitals, in the supermarkets, driving the buses.

A person in a room

Description automatically generated A person standing in front of a store

Description automatically generated

* Putting on music and dancing either literally or in your imagination

A picture containing room, drawing

Description automatically generated A picture containing drawing

Description automatically generated

* If you want to be more energetic, 10 minutes workouts available at <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>
* Doing jigsaws, word-searches, crosswords

A picture containing photo, fire, decorated, room

Description automatically generated A picture containing crossword, text, fruit, tiled

Description automatically generated

* Remembering good times, people you have loved, jobs you enjoyed