

Self-Help Guide

Our 5 Top Tips during the Coronavirus Pandemic.

As Scotland's cancer charity, we are determined to support your wellbeing especially during the Coronavirus pandemic. Our wellbeing team have come up with 5 top tips for you to look after your wellbeing:

- 1. Practice Mindfulness:** If you notice your mind is racing, acknowledge the thought, pull back and don't get caught up in the thought. Let the thought pass you by and explore what is going on in your current surroundings: what can you see, hear, smell, touch and taste.
- 2. Use relaxation techniques:** Practice a breathing technique such as the box technique. Pam, one of our Complementary Therapists, shares this on [sound cloud](#). For relaxation and visualisation, [listen here](#) as our Complementary Therapist May, talks you through this technique.
- 3. Keep active:** We know that for many people affected by cancer you are currently [shielding or in isolation](#). This doesn't stop you keeping active. Learn a new skill such as dancing via YouTube, carry out some arts & crafts, read a book or listen to a pod cast. Find something you enjoy!
- 4. Connectivity:** Please don't cut yourself off! Make time to connect with friends, family and neighbours. You can do this through email, text message, phone calls or online tools such as skype or zoom. It's really important to keep your social connections.
- 5. Practice self-care:** Look at what is in your control and what is not in your control. Say to yourself that you are doing the best you can in the current situation. Remind yourself of how you have coped with previous difficulties. Please don't forget to take whatever medication you have been prescribed by your clinical team, eat healthy, stay hydrated and get a good nights sleep.

We know things are challenging just now and levels of anxiety and worry will be high. Please remember Cancer Support Scotland is here for your wellbeing. So whether it's a supportive call you need dial 0800 652 4531 or if you want to drop us a note email wellbeing@cancersupportscotland.org. We have a whole range of online resources to support you during this challenging time.

