

Your physical, emotional and mental health is important. It is normal to feel stressed or lonely when self-isolating, but there are some things you can do to feel better and look after your health and wellbeing.

Circles of Control – focus on issues within your control and influence

It is important that you act in the areas you can directly control and influence outcomes where you can. For example, understanding local guidance regarding COVID-19 and taking appropriate interventions is within in your control. Encouraging your friends and family to do the same is within your circle of influence. Don't expend unnecessary time and energy trying to change those things that you can't control, such as worrying about what restrictions might be imposed.



https://connect.gsk.com/sites/rd_home/Lead/Pages/CirclesofControl.aspx

Tips for maintain your health and wellbeing, build your resilience in four areas

<p>Physical health and wellbeing</p> <ul style="list-style-type: none"> • If you are well enough to work, ensure your physical environment is optimal for working. Although it might be very tempting to work from your bed or the couch, set up an area designed for working. • Don't forget to move your body and rest your eyes from your computer. Watch Healthy use of laptops from home • Make sure that you stay hydrated, have a glass of water or water bottle close by and make sure to refill it regularly • Get enough sleep (recommended 7-9 hours) • Is there any physical activity you can do inside your home, such as going up and down the stairs, using weights. For exercises you can do at home download the 8 minute workout app from iTunes • Get some air – follow local guidance about being outside, open a window • Consider: how to get supplies of food and medication • Health: check with your healthcare provider before you attend any planned therapy or treatments 	<p>Mental health and wellbeing</p> <ul style="list-style-type: none"> • Create a plan of how to stay focussed and not be distracted by others in the house • Create a routine including regular breaks and eating (lunch/snacks) • Dress for the day, avoid working in your PJs • Plan time for learning a new skill or being creative • Reach out to your usual supports, like family and friends, and talk about how you feel • Take the Linked in Learning Course Take the Linked in Learning Course, "Cultivate a Growth Mindset," on Keep Growing Campus. Whatever the current situation, fix your vision on the future state and identify possible positives that may result. • Stay positive and optimistic – Watch the TED Talk – "The Happy Secret to Better Work". Five techniques for achieving a positive mindset • Contact the employee assistance programme if you need support • Stay grounded to keep or regain proper perspective - Practice mindfulness - on demand in 15 languages
<p>Emotional health and wellbeing</p> <ul style="list-style-type: none"> • Keep in touch digitally. Do you have the contact details of the people you see regularly, like their phone numbers or email addresses? Stay connected through workplace • Make plans to video chat with people or groups you'd normally see in person • Make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other • Think about things to do when not working - books to read, movies, TV shows, TedTalks to watch • Listen to a 'chatty' radio station or podcasts if your home feels too quiet • Contact the employee assistance programme if you need support • Stay grounded to keep or regain proper perspective - Practice mindfulness - on demand in 15 languages 	<p>Spiritual health and wellbeing</p> <ul style="list-style-type: none"> • Times of uncertainty disconnect us from what matters most in our lives, which can be grounding/give us some stability ... Watch the video "Know Your Why". Take time to consider your "Why", not just your "What". Discuss with family, friends, colleagues. • Explore what are the most important things or people in your life and find ways of connecting with these areas. • Can someone else help you care for any dependents outside your household? • Appreciate the world around you and write down 3 things each day you are grateful for • Think about how you could access nature, follow local guidance about being outside, open a window

In Summary

Being isolated can be challenging but looking after your health and wellbeing will help you to get through it. In fact, you may find that the isolation gives you the opportunity to connect with your loved ones and gives you the time to participate in hobbies or activities that you haven't done in while.

For more information on resources available from GSK, visit [\(add link to resources page\)](#)