

THE SMART
Wellbeing

Guide to Isolation



The world may seem a little overwhelming right now with all the scary stories on social media and the news. It's ok to feel worried because we are experiencing something very different.



Everyone is feeling anxious in some way, because we are having to adapt to a new way of living, of working, of schooling, and of caring!

The best thing is not to get angry and blame people. It is a crisis out of our control but we can do our best to stay calm, be kind to others and be kind to our selves.



Stay emotionally well



Laugh & smile...watch funny cat videos on YouTube or a comedy on TV



Do things you enjoy, like painting, reading a book or chatting to friends on the phone.

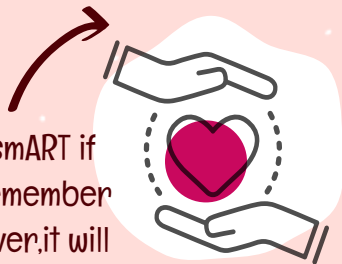


BE KIND
TO
YOURSELF

Breathe...take time for you,
try relaxation or gentle
exercise 10 mins a day.



Reach out to smART if
you need to, remember
this is not forever,it will
get better.



You wellbeing matters

When you're feeling stressed the best thing to do is be kind, it will make you feel better, which makes you think clearer and when you think clearer you're calmer...good eh!

BE KIND
TO OTHERS



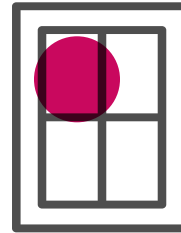
THE GIFT OF KINDNESS & CALMNESS

'How are
you?'



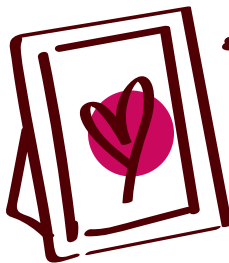
It can make a big difference, just asking someone.

Say thank you to the people who care by making a poster for your window.



Download one
from our
website

Don't fall out
with
family



Keep calm
and be kind.

Share your time, your xbox, your pizza...it will make someone smile.



Share
THINGS

Useful stuff...



Dover smART Project

Dawn - 07847 279376

Laura - 07854 488805

Email: mail@doversmartproject.co.uk

www.doversmartproject.co.uk

Together 4 Dover

Mon to Sat, 9am to 5pm

Shopping & Prescription Deliveries

Tel: 01304 892519

Email: help@together4dover.org.uk

www.together4dover.org.uk

Kent Together

24hr Helpline & online form

Tel: 03000 419292

www.kent.gov.uk/kenttogether

Silverline

Help & friendship for over 55's.

24hr befriending service

Tel: 0800 470 8090

www.thesilverline.org.uk

Childline

Online, on the phone, anytime

Tel: 0800 1111

www.childline.org.uk

NSPCC

Online, on the phone, anytime

Tel: 0808 800 5000

www.nspcc.org.uk



KEEP
Happy.

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