



# **Lockdown Survival Guide**

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# Introduction

Throughout the course of talking to many of you over the last few weeks, we have recognised that many of you are really struggling to maintain a daily routine, whilst spending much more time at home.

Over 4 in 5 adults in Great Britain (84.2%)\* said they were very worried or somewhat worried about the effect that the coronavirus (COVID-19) is having on their life right now.

We recognise that everyone copes with change in different ways, at different times - some days being better than others.

We also understand that a lack of daily structure can affect your mental and physical health, resulting in lower motivation levels.

To assist you with re-gaining some daily normality, we have compiled a list of resources to provide you with a support document. Here we have shared our favourite tips, tricks and activities, which we hope will assist with different aspects of your life and general well-being.

Whether you have just registered with us, been searching for work for some time or may be currently working for us – we hope you find this information useful in some way. Please feel free to share with friends or family that you feel could also benefit.

In the meantime, stay safe, keep well, and we very much look forward to seeing you again before too long.



# Health & Well-being



# Well-being

With just over half of adults (53.1%)\* in Great Britain saying the current situation is affecting their overall well-being - it is okay not to feel okay right now.

You don't need to accomplish every item on our list, but by doing just one of these things each day or week will help you to take small steps to take care of yourself, some of which take little time out of your day.

Here are some ideas to get you started:

## Take a Look at YouTube



It is a great resource for wellbeing videos and webinars.

Here is a link to some webinars by [Bupa](#).

## Freemind



If you're having a hard time getting motivated, if you're anxious and uncertain and need some positivity - [definitely give it a try](#).

## Sleep Cycle

[Sleep Cycle](#) helps you track your sleep, and works out when to wake you up (at the lightest sleep point) so you feel refreshed rather than tired and groggy.

[Download Sleep Cycle Here](#)

## Happify

This app offers some free activities to increase happiness and wellbeing.

[Download Happify here.](#)

## Working from home?

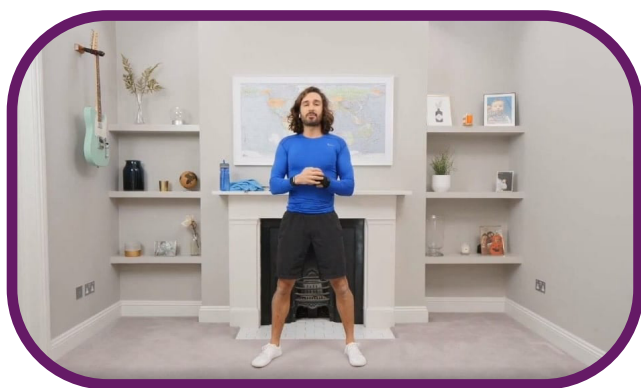
You can also find some useful hints and tips in a recent blog post of ours:

[Realistic Ways to be Mindful at Work](#)

# Fitness

Exercise can be a great way to keep your body and mind fighting fit! It's important to keep your energy levels as high as possible right now. With many gyms closed and exercise classes cancelled, it's time to improvise from home! Here are some resources to help lift your spirits:

## Missing that Aerobic Class?



Catch up daily here: [Joe Wicks 7 Days of Sweat](#)

## Looking for Something High Intensity?



Try a 30-minute Boxercise class here:

[POPSUGAR Fitness](#)

Set Yourself a Challenge Here:

[One Hundred Pushups](#)

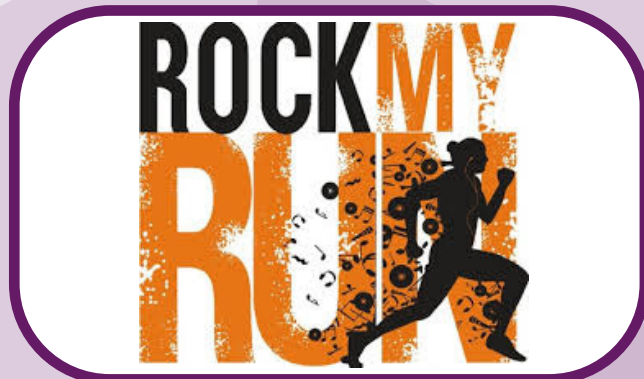
## De-stress with Online Yoga



[Do Yoga with Adriene Here](#)

NHS have a host of great Fitness Studio Workouts Here: [NHS Fitness Studio](#)

## Need some Music Inspiration for Your Run?



[Download Rock My Run Here](#)

# Read & Learn



# Learn Something

You could use this time to gain a new skill or hobby. There are lots of free online and app-based resources that can help you learn and develop new skills in a fun way. This can be a great way to keep your mind busy!

Here's a link to some great free resources:

## Interested in a Short Course?



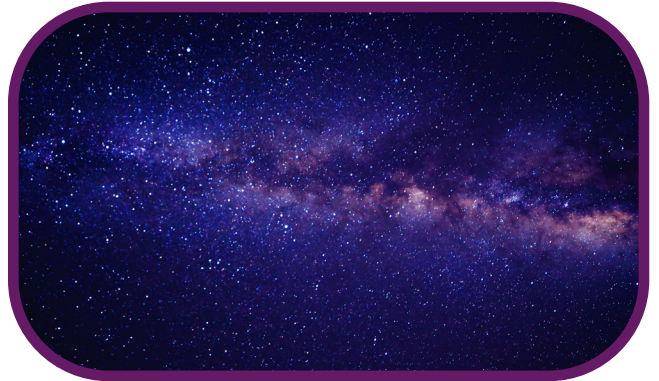
[Future Learn](#) provide courses, programs and degrees created by leading universities, business schools and specialist organisations. Browse topics from Business Management to Science, Engineering & Maths

Fancy learning a new language? "Oui!".

Duolingo provides bitesize lessons here:

[Duolingo](#)

## Want to Know More About the Solar System?



Check out the [Star Walk](#) app - Explore the sky.

In Need of Some DIY Inspiration?  
[Get some DIY ideas and advice here.](#)

## Inspired to Get in the Kitchen?



Find a new recipe to cook for friends and family here:

[BBC Good Food](#)

Need to Brush up on Your First Aid Skills?

[Learn basic first aid online here.](#)



# Read & Listen

Haven't you heard? Reading books benefits both your physical and mental health! Reduce stress and improve your vocabulary in the process!

Here's some free resources available:

## Prefer to Listen?

The Audible logo, featuring the word "audible" in a lowercase, sans-serif font, followed by a stylized orange icon of an open book with sound waves emanating from it.

No problem, find a range of free audio books available here: [Audible](#)

## Manybooks

From Romance to Science Fiction, you will find a great read here : [Manybooks](#)

## Missing the Library?



Borrow a book for free here: [Open Library](#)

## Fancy a Short Read?

The Selected Shorts logo, featuring the word "selected" in red, "SHORTS" in a large, bold, orange font, and the tagline "Let Us Tell You a Story." in a smaller, black, sans-serif font.

Listen via podcast here: [Selected Shorts](#)

## World of David Walliams

Listen to David Walliams read his stories for free here: [World of David Walliams](#)

# CV & Interview Tips



# CV Writing Tips

Now is the ideal time to spruce up your CV to maximise your chances of securing your perfect job when this is all over!

Here's some links to blogs and resources which should help to get you started:

## CV Writing Guide

We have produced a step by step guide here: [CV Writing Guide](#)

## Applying for Lots of Opportunities?

The benefits of having multiple CVs: [Multiple CVs](#)

## Are You a Recent Graduate?



Here's some tips on constructing your CV: [Graduate CV](#)

## What about Your Personal Statement?

Your personal statement really is the first impression to a potential new employer.

See our top tips to writing this here:

[Your Personal Statement.](#)

## Transferable Skills

Do you know what transferable skills you really have? [Here are 3 Transferable Skills You Didn't Know You Had.](#)

You've completed your CV, now you need to write the perfect covering letter!



Here are our tips:

[How to Write a Covering Letter](#)

## Prefer to Watch and Learn?

Watch this: [How to Write a CV in 2020](#)

# Interview Tips

**Secured Yourself an Interview?** Ensure you fully research the company first!



Company Research

**Want to Succeed?** It's important to prepare for every step of the interview.



Succeed at Interview

**Are You Worrying about What Questions to Ask?**



Best and Worst Questions

# Your Finances



# Your Finances

Consider listing your outgoings and see if any payments such as car loans, mortgages, rent or credit card repayments can be frozen. Most companies are being lenient at this time.

You can find more advice via the following resources:

## Money Saving Expert

Money Saving Expert is a great resource for all things money: [Help and Your Rights](#)

## Experiencing Problems with Debt?

The logo for Citizens Advice, featuring the words "citizens advice" in white lowercase letters inside a dark blue speech bubble shape.

Contact Citizens Advice here:

[Debt and Money](#)

## Universal Credit

Could you be entitled to Universal Credit?

[Find out here.](#)

## Currently on Furlough from Your Employer?



Find out all you need to know: [Here.](#)

## Are You Already Receiving Benefits ?

Know how they may be affected: [Here](#)

## Know Someone That is Self-employed?

Help is on hand: [Here](#)

# Connect & Volunteer



# Stay Connected

Lockdown can be a lonely place for many. It has never been more important to stay in touch with friends, family, neighbours & colleagues!

Staying in touch with friends and family remotely was the most common action that is helping people cope with staying at home (76.9%).

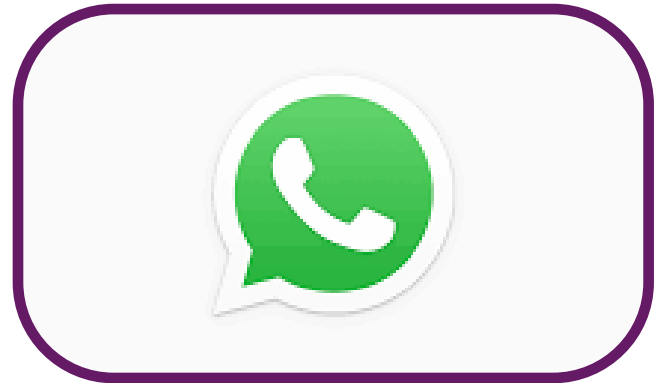
Here's some top tips to stay in touch, whilst practicing social distancing:

Think about how you can interact with others without putting your health (or theirs) at risk.



Can you speak to your neighbours from over a fence or across balconies? We've seen this in Italy!

## Use Technology



Video calls are a great way to keep in touch safely. Try [WhatsApp](#) or [Zoom](#)

## Run Your Own Virtual Quiz!



You can download a starter pack here :

[Ehaat Big Pub Quiz](#)

Check in with multiple colleagues at once via [Microsoft Teams](#)



# Volunteer

Volunteering can be a great way to give something back. Providing you are fit and healthy and abide by the social distancing measures, there are a variety of ways in which you can get involved.

## How to Stay Safe Whilst Volunteering



[Gov.uk How to Help Safely](#)

NHS



[NHS Get Involved](#)

## Want to Help in Your Community?



Take a look at open opportunities here:

[NHDC Support Our Residents](#)

General Information on  
Volunteering: [Here](#)

## Want to Help but Cannot Volunteer?



Why not make a donation to a local charity instead? [You can support our local NHS teams here.](#)