

GLOBALARRK'S NO NONSENSE GUIDE

GLOBALARRK 5 WAYS TO WELLBEING DURING COVID 19: FOR STUCK PARENTS

For many Stuck Parents the isolation that social distancing has brought has been extra tough. Let's face it, it was hard enough anyway being a single parent stuck in a foreign country! Here are some ideas for boosting mental wellbeing and getting through this difficult time. Please get in touch if you need support. Email us: info@globalarrk.org

Research has shown that there are 5 Key ways to improve our mental wellbeing. Here are some ways we can keep doing our '5 a day' for the period of social distancing during COVID-19. Maybe challenge yourself to do one thing every day?

Connect - Feel that connection with the world

Reach out to others - We have GlobalARRK Facebook groups where you can talk to people in a similar situation. Online communities can offer loads of support. www.globalarrk.org

Start a chat group online - Create a link and invite friends & family to get together via Skype, Zoom or Google Hangouts. All are free!

Walk in Nature - In countries where this is permitted take time to go outside every day with the people you live with

Be active - keep fit

Yoga - There are great easy yoga sessions on YouTube and Online eg <https://www.downdogapp.com/web>

For Kids: <https://www.youtube.com/user/CosmicKidsYoga>

Keep fit on You Tube: Joe Wicks's daily workout is great -one to do with the kids!

<https://www.youtube.com/channel/UCAxWIXT0iEJo0TYIRfn6rYQ>

Dance: <https://bit.ly/2UYjbg9>

Cycling / Running / Walking - in countries where this is permitted

Take notice - Mindfulness

Gratitude Diary - Every day write three things that you are grateful for big or small

Journaling or Blogging - This is a great way to get all your thoughts and feelings out of your brain and to ground yourself

Make a Scrapbook/Photo Journal - You can just take a photo of something interesting every day or make a scrap book of things that you see.

Mindfulness App - <https://www.headspace.com/headspace-meditation-app>

Mindfulness Courses: <https://www.bemindfulonline.com/>

Keep learning - Embrace new experiences! See opportunities and Surprise yourself!

Open University - Free adult courses: <https://www.open.edu/openlearn/free-courses/full-catalogue>

Independent Learning - With the help of the internet you can learn almost anything: Art, Music, cooking, craft...

Visit amazing places online: <https://bit.ly/3aGtlbS>

Give - Your time, Your words, Your presence.

Volunteering - Many areas will have volunteering opportunities during COVID-19.

[https://covidmutualaid.org/local-groups/Get involved!](https://covidmutualaid.org/local-groups/Get%20involved!)

If you would like to help other Stuck Parents - we're always looking for UK based volunteers.

We hope these ideas help but do stay in touch, we are here for you! The GlobalARRK Team x



Registered UK charity 1170455

Preventing international custody disputes and reducing their devastating impact on children

Contact Us www.globalarrk.org info@globalarrk.org