

Introduction

The COVID-19 pandemic has meant that the NHS could not do as many routine operations and procedures as we would like. This means people are having to wait longer, sometimes without knowing a firm date for their care.

We want you to stay as healthy as possible while you wait, so we have created this guidance to help you. It's important that you also follow the guidance you may have received from the team responsible for your care.

Take Your Medication

Keep taking your prescribed medication. Only stop if we or your GP asks you to do so.

Keep Moving

Being active can improve your quality of life and reduce depression, stress and anxiety. It can also help you to get to and keep a healthy weight, sleep better and live longer. So, unless you have been told otherwise by a clinician, it's important to stay active and keep moving.

Your condition may make activity much more difficult, but try your best. Warwickshire County Council has gathered together some of the local services available for Warwickshire residents, as well as their outdoor gyms and leisure centres. [Keeping active – Warwickshire County Council](#)

Improve Your Health

Healthy changes start with little changes. If you want to lose weight, get active or quit smoking, the Better Health website will help you with lots of free tools and support. [Better Health - NHS \(www.nhs.uk\)](#)

Stopping smoking will help you breathe more easily, give you more energy and feel less stressed – [Quit4Good homepage – Quit4Good \(warwickshire.gov.uk\)](#).

If you can -Walk instead of driving, cycle instead of taking the bus. Choose how you move and find out more about Active Travel here [Active travel - choose how you move – Warwickshire County Council](#)

Learn how to eat well and maintain a healthy weight - [The Eatwell Guide - NHS \(www.nhs.uk\)](#)

Good Mental Health

Don't neglect your mental health while you are focusing on your physical health. [Every Mind Matters - NHS \(www.nhs.uk\)](#) website is full of different ways to improve your mental wellbeing, from expert advice to tools to work out what support you need.

[Improving Access to Psychological Therapies \(IAPT\)](#) can support you if you are stressed, anxious, low in mood or depressed and where this is affecting you doing everyday things, like working and going out.

My Planned Care Patient Information Platform

Speak to your doctor or contact the IAPT Services directly on 024 7667 1090. IAPT can work with people who are aged 16 and over, who are registered with a doctor in Coventry, Warwickshire or Solihull, and who are not already under the care of specialist mental health services.

There are also [audio self-help guides, entitled 'Don't Panic'](#), which can be downloaded free to help you to deal with panic attacks, stress, anger, social anxiety, negative thinking and worry.

If you feel you are having a mental health crisis In general it is a good idea to speak to your GP in the first instance about your mental health. In an emergency, if your doctor's surgery is closed, you can contact Mental Health Matters, 365 days a year, 7 days a week, 24 hours a day on 0800 616 171