



---

Oxford University Sport

Updated Self-Care Advice and  
Wellbeing Resources

Uncertain times like these can be overwhelming and can take a toll on both physical and mental health. The Coronavirus situation is evolving rapidly and it can be difficult to wait to hear the plan for the future.

In the meantime, we have put together some resources and ideas to help keep you busy and to look after your own mental wellbeing.

If you feel vulnerable, please do reach out to friends, family or a charity such as the Samaritans who will be able to provide the support you require. Remember that you are never alone, even if you are having to self-isolate.

We hope that through these difficult times, sports clubs at Oxford can continue to provide a sense of community. Despite our physical separation, there are many ways that we can keep in touch with friends and teammates and have a positive impact on each other's wellbeing during these difficult times. See below for some ideas on how to maintain a club spirit remotely.

The physical and mental wellbeing benefits of exercise are as important now as ever. See below for inspiration on how to stay active wherever you are.

Make sure that you make time to focus on yourself, even if you are having to care for friends, family members or neighbours.

Please remember that in times of need, we need to be kind to others and, importantly, ourselves.

## Introductions

This booklet offers advice and ideas on how best to support yourself and those around you during this challenging time. Please feel free to contact us if you have any further questions about the topics listed below.



**Lydia Welham**  
Sports Fed President  
[ousfpresident@sport.ox.ac.uk](mailto:ousfpresident@sport.ox.ac.uk)



**Christy Sadler**  
Female Welfare Officer  
[christy.sadler@spc.ox.ac.uk](mailto:christy.sadler@spc.ox.ac.uk)



**Ajay Kapur**  
Male Welfare Officer  
[ajay.kapur@gtc.ox.ac.uk](mailto:ajay.kapur@gtc.ox.ac.uk)

# Looking after yourself




1. Washing hands - this is a first defense against the spread of the virus to yourself and others. NHS guidelines are to wash hands for 20 seconds. See further NHS advice below.
2. Follow NHS advice for staying well, managing symptoms or suspected contact - <https://www.nhs.uk/conditions/coronavirus-covid-19/>
3. Reach out to people - social distancing can be lonely, but we are all in it together, so don't be afraid to message/call your friends and club mates.
4. Help others when you can - if you are not symptomatic or self-isolating, one way to get a good feeling is to serve your community. Friends, family or neighbours might not be able to go out and do things for themselves, so doing food shops, dog walking and even just calling elderly neighbours and relatives can be a positive force.

If you are in Oxford, the Oxford Hub is coordinating community action, you can sign-up here <https://www.oxfordhub.org/oxford-together>. Similar schemes may be running in your area.

5. Keep active - Wherever you are, there are ways to stay active. Whether you do a home workout or run up and down your stairs, it's important to keep moving and get your endorphins flowing.



Oxford University Sport will be posting home workout videos on our social media channels. You can share your best home workouts with us and selfies of you staying active to be part of our remote sporting community. To share your photos, videos and workouts with our community using the hashtags #ActiveAtOxford and #StayInAndWorkOut.

	Facebook:	Oxford University Sport
	Twitter:	@OxfordUniSport
	Instagram:	@OxfordUniSport

6. Add structure to your day where possible - routine can be a great way to add a bit more certainty to your life and add an element of normality in what is a rather unusual situation. Setting yourself small achievable goals can also provide focus.
7. Consider how your friends, family and teammates can support you - Don't be afraid to reach out and ask for help.

## Looking after others

1. Keep in contact with your friends and family - social distancing and self-isolation can be lonely, but limiting physical contact doesn't mean that you can't still speak to people. Setting up group chats and regularly checking in on your friends is a little step that can go a long way.
2. Become an online tutor - after the recent school closures in the UK, an initiative has been set up recently to help children who are unable to afford private tuition. To sign up, please follow this link: <https://coronavirustutoring.squarespace.com>
3. Ask friends and family what you can do to help them - it could be small things like getting them some milk for their tea or collecting prescriptions if they are unable to leave the house.
4. Join community incentives - volunteering can be a great way to feel useful in times of stress. There are initiatives going on around the country and the assistance provided can range from childcare, helping those in isolation or those who are vulnerable, and dog-walking. These can be found either on social media or community forums online.

# Ideas for things to do

1. Home workouts - circuits, yoga, you name it! Be creative - you can use your biggest textbook to add some weights into the mix!

One way to create structure in your life is to give yourself small achievable goals, for example being able to touch your toes or do a handstand.

Having this time set aside is a good opportunity to focus on areas of strength and prehab you would not normally, such as wrist, core or knee strength.

2. Walks - going on walks can be a nice way to clear one's head and get out of a home environment. Please remember to be safe and make sure you check the latest government advice in your area.
3. Puzzles and Board Games - (at the risk of monopoly ruining families)
4. Reading - books can be a great way to escape the current situation and find yourself somewhere else for a brief moment. Whether you prefer fiction or reading around other interesting and diverse non-fictional topics, you can access lots of book recommendations online or ask your friends for theirs.



5. Listening to a podcast - there are so many different podcasts on a number of different platforms to entertain you. These can be a nice way to spend some time laughing, learn about new things, or keep up to date with (not just Corona related) current affairs.
  
6. Learn a language - you can set up groups on websites like Memrise so that you can learn a language with friends or practice your languages via video call with friends who also speak them.
  
7. Learn a new skill or share your skills with your housemates or family
  
8. Revision - despite the uncertainty of exams, revision can be a great way to take stock of what you have learnt and tie things together. Focus on your interests or your weaknesses.
  
9. Baking and cooking - you can find lots of recipes online to suit what you have in the cupboards.





## Ways that Sports Clubs and Oxford University Sport can provide a sense of community

1. Share home workouts that you have done with your team and club mates and with Oxford University Sport via our socials (listed on page four) using the hashtags #ActiveAtOxford and #StayInAndWorkOut
2. Workout together over video call
3. Set each other challenges and targets
4. Share selfies of you working out with your club mates and with Oxford University Sport via our social media pages using the hashtags #ActiveAtOxford and #StayInAndWorkOut
5. Study together via apps such as Flora - as well as sport, clubs can provide a sense of community in all aspects of student life
6. Organising a virtual Welfare Tea - club members can join in over video call (for example using Microsoft Teams accessed by SSO), where club members can socialise and share news