



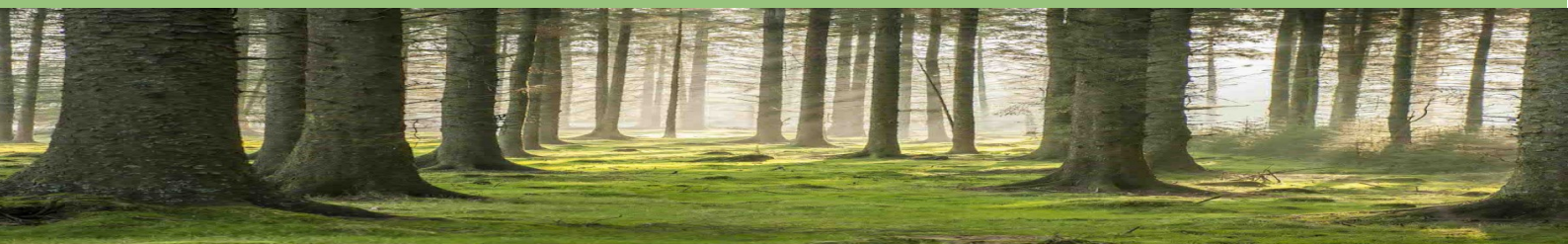
Key Messages for June 2020

# THE BENEFITS OF NATURE

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings

Nature helps us cope with pain. We are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort

Time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks.



## Healthy ways to strengthen your immune system

- Don't smoke.
- Eat Real Food
- Move More
- Maintain a healthy weight
- If you drink alcohol, drink only in moderation
- Get adequate sleep.
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.





## County Durham and Darlington Diabetes Service

### Key Messages for June 2020

HM Government

**Coronavirus**

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap. Dry hands thoroughly.

**PROTECT YOURSELF & OTHERS**

**STOP THE SPREAD OF GERMS**  
Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.

**6 ft**

CDC

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

HM Government

**CORONAVIRUS**

**STAY ALERT TO STAY SAFE**

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

Do you think you may have COVID-19? If you think you're sick, follow guidance about when to call your doctor:

- Monitor your symptoms
- Call ahead before visiting your doctor
- Avoid close contact with others when you're out

Most people who get COVID-19 can take care of themselves at home. If you need to see a doctor, take precautions to protect yourself and others around you.

**mind** for better mental health

**HEADS TOGETHER**

**Do you need help finding mental health support?**

Call Mind's Infoline on 0300 123 3393, email [info@mind.org.uk](mailto:info@mind.org.uk) or text 86463.

They will look for details of help and support in your own area.

Lines are open 9am to 6pm, Monday to Friday (except for bank holidays).

For information on other support available see: [headstogether.org.uk/support](https://www.headstogether.org.uk/support)

[www.headstogether.org.uk/dayinthelife](https://www.headstogether.org.uk/dayinthelife)

## Volunteer support scheme to help you if you're isolated

Some people may not have friends and family able to help while they are isolated at home. The NHS Volunteer Responders scheme has been set up in England, by Diabetes UK to do just that – with an army of volunteers helping with things like shopping and medication, as well as setting up phone chats to help with loneliness. People with diabetes who are isolated at home can now access this service. The number to call is 0808 196 3646 and you can get more information about the service on the [NHS Volunteer Responders scheme website](https://www.nhs.uk/volunteer-responders)

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