



Looking After Your Own Mental Health

There are many reasons why this current situation may impact negatively on your mental health. You might be worried about the virus and how it could affect you, your family and your life. This might feel difficult or stressful but there are lots of things you can try that could help your wellbeing.

While you have to stay at home, it will help you if you can try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it.

Try and create a new daily routine that prioritises looking after yourself. Even if you don't normally get much rest, try to stop and relax and view this as a new experience that might have its benefits. Make sure your wider health needs are being looked after such as having enough prescription medicines.

Try to avoid speculation from family, friends and social media and look up reputable sources on the outbreak like the BBC or NHS. Rumour and speculation can fuel unnecessary anxiety.

Try to stay connected. At times of stress, we work better in company and with support. Try and keep in touch with your friends and family by telephone, email or social media.

However, every few days, consider your social media activity – are there particular accounts or people that you follow who are increasing your worry or anxiety? Consider muting or unfollowing the accounts or hashtags that cause you to feel anxious. You can always refollow them in the future.

Top tips for staying at home

1. **Plan your day.** As tempting as it can be to stay in PJs all day, regular routines are essential for our identity, self-confidence and purpose. Try to start the day at roughly the same time as you usually would and set aside time daily for movement, relaxation, connection and reflection
2. **Move more each day.** It will increase energy levels, make you more alert and help you to sleep better.
3. **Relaxation technique.** Try some different meditation or breathing techniques to see what helps you the most.
4. **Connect with others.** Call, text, email or write a letter to family or friends.
5. **Take time to reflect and practice self-compassion.** Make time daily to reflect on what went well. Recognise successes, no matter how small.
6. **Improve your sleep.** Aim to go to bed and get up at the same time each day, even at the weekend if you can.



Useful Websites for Further Information

Tips to improve sleep

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Relaxation websites

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

Keeping Active

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

General Mental Wellbeing

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>