



How to look after your mental health during the COVID-19 lock down

We've been apart from family and friends and out of routine for many weeks now. It's understandable if you are getting quite weary and overcome by it all but it's important to remember, this is temporary. Here are a few ideas to try keep your mood positive:



Be kind: to yourself and others. Remove the pressure. If you're not accomplishing much - that's ok. As long as you get up, get washed and dressed, eat nutritious food and exercise once a day – that's enough.



Take it one day at a time: don't get caught up worrying about the future and what it may bring. Just focus on today and do one thing you enjoy each day.



Keep in touch with loved ones: keep making those phone/video calls and sending those messages. As restrictions begin to lift, you can now enjoy meeting up to 4-6 people outside. Why not plan a social distanced walk with a friend?



Persevere with safety measures: It's understandable to want to get back to normal but it's important we listen to Government guidance and take things slowly. Continue to practise social distancing and wash your hands regularly.



Practice gratitude: many of us are feeling more grateful for the little things that we used to take for granted. Why not write down 3 things each evening that you are grateful for from that day?