



During this time of uncertainty surrounding COVID-19, we are all learning to adjust to the new situations that we find ourselves in. This can cause a lot of concern and stress, impacting how we feel, think and behave. It is important that we take actions to look after our mental health and well-being and that of those around us. These 5 actions aim to support us in doing just that.

CONNECT



We can do many things to stay connected with our friends and family even if we cannot see them in person.

- Emailing, calling, texting or even writing letters are great ways to keep in touch
- Set aside some time each day to catch up with an old friend or relative
- Make an effort to actively maintain social contact groups using Skype, Zoom, or WhatsApp

Connecting with others can help us regain a sense of purpose and belonging. This is especially important when we are feeling more disconnected physically from family.

BE ACTIVE

Spending time in green, natural space can benefit both your mental and physical wellbeing.

- Get as much sunlight, fresh air and nature as you can, while maintaining a social distance
- Keep a routine that involves walking, running, cycling or gardening
- Fitness instructors are also generously offering free online short workouts to complete at the same time each day
- Get into the garden, rearrange furniture, clean, or redecorate!



TAKE NOTICE

Consuming and trying to process too much information can increase stress levels.

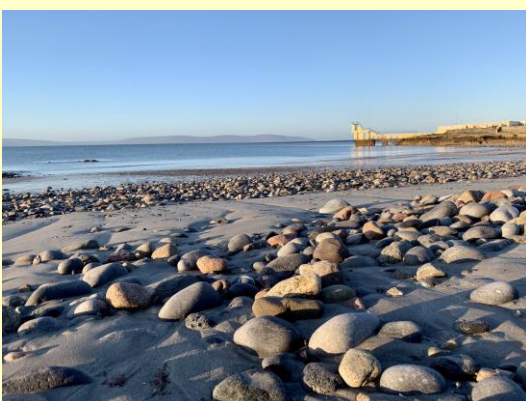
- Limit time spent reading or listening to news reports and social media
- Spot the changing seasons while on a walk, the birds, and trees
- Take notice of the simple details of the day
- Be aware of your sleep patterns and the things that might help you get a good night's sleep
- Aim to keep a good routine by going to bed and getting up at the same time each day.

KEEP LEARNING

We may find we have increased time in our day over the coming weeks, use this as an opportunity to try something new.

- Sign up for short online course
- Try a new recipe
- Learn something new like a card game, a breathing technique or a new language

Make sure to share your ideas with family or friends!



GIVE

We have seen an incredible and spontaneous increase in the number of community response groups offering services to the elderly or most vulnerable in our community.

- Give yourself space and time to look after yourself (e.g. make a healthy meal)
- Be kind to yourself and to those around you
- Offer your time, skills, expertise and availability