

## Looking After your Wellbeing

With social-distancing measures in place and people being advised to self-isolate for longer periods of time, it is vital that we consider our mental wellbeing and put measures in place to look after our minds as well as our bodies.

Here are some suggestions of things that you can do to keep your mind and body healthy during periods of isolation;



**Maintain routine** – get dressed and make your bed in the morning and try to stick to routines around mealtimes etc.

*Sleep well – as much as possible, stick to your normal sleeping schedule and ensure children do the same.*



**Eat well** – eating healthily will support your immunity and overall wellbeing.

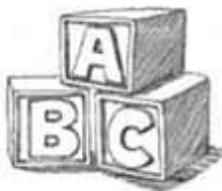


*Try to relax – take a break from reading about what's going on and do something fun or relaxing.*



**Unplug** – turn off the news, games consoles and tablets and read a book instead.

If you're feeling overwhelmed or your thoughts are racing, take deep breaths – in for 7 seconds, out for 11.



**Play** – make plenty of time for play!

Connect with others – especially if you are housebound. Make use of phone calls and FaceTime.



*Get creative – paint a picture, write a story or have fun with crafts.*

Go for a walk or do a workout – exercise is one of the best things for your mental health, and your immune system.



**Make plans** – this difficult period of self-isolation will not last forever. Plan some fun adventures for when life returns to normal.



*Laugh – at every opportunity you get!*

