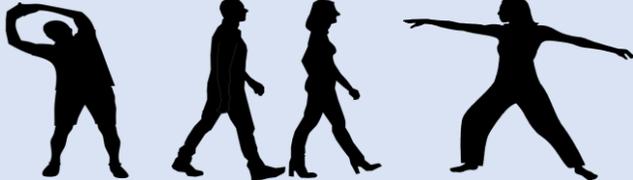


Tips for looking after your mental wellbeing¹

- **Try to maintain a routine.** It can be hard when lots of the normal activities and places you go to are temporarily not part of your life. However, maintaining a routine including waking up, eating and going to bed at consistent times will help you to feel more structured.
- **Plan a combination of enjoyable, soothing and challenging activities** that you can do at home and in your garden. 
- **Try to be kind to yourself.** It is understandable that you may sometimes feel overwhelmed, frustrated, tired, worried, anxious or upset in the current circumstances. Think about how you would treat a friend who was finding this difficult and try to apply the same compassion to yourself.
- **Talk to people about your worries.** You may feel like you don't want to bother other people, but it can help to be heard and realise other people have similar worries. When talking about your worries try to then think about what is in your control and focus on this.
- **Build in soothing activities.** Breathing or mindfulness exercises can help to quickly bring your focus back to the present moment or to help you feel calmer if you are beginning to feel anxious.
- **Try to get enough sleep.** Avoid napping in the day and set a regular schedule. 

¹ Adapted from Public Health England (2020) <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Tips for looking after your mental wellbeing

- **Remain in contact with family and friends** by letters, telephone, or video calling.
 - **Look after your physical health to help your mental health.**
Try to exercise at an appropriate level for yourself. Try to eat healthy, well-balanced meals and drink plenty of water. Equally try to not drink alcohol or smoke excessively.
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- **If you can, once a day get outside, or bring nature in:** If you can't get outside much you can try to still get these positive effects by spending time with the windows open to let in fresh air, arranging space to sit and see a nice view (if possible) and get some natural sunlight, or get out into the garden if you can.
 - **Manage your media and information intake:** There is a lot of information regarding Covid-19 which may feel overwhelming. Try to limit the time you spend watching, reading, or listening to media coverage of the outbreak. It may help to only check the news at set times or limiting to a couple of checks a day. Try to get this information from accurate, trusted sources such as [GOV.UK](https://www.gov.uk), or the [NHS website](https://www.nhs.uk), and fact check information that you get from newsfeeds, social media or from other people.
 - **Ask for help.** If you need help, for example with shopping or running errands, ask for it and let those around you know what they can do. If you need help but you're not sure who to contact, [Age UK runs an advice line](https://www.ageuk.org.uk) (0800 678 1602 – lines are open every day 8am-7pm) that can put you in touch with local services.