



THINGS YOU CAN DO TO TAKE CARE OF YOUR MENTAL HEALTH AND WELLBEING

Keep communicating with your loved ones

Stay in touch with your family and friends. You can try phone calls, video calls, social media.

Make your bed in the morning

Making your bed when you get up helps you feel organised and ready to take on the day!

Make yourself a timetable for the week

Get creative with coloured paper and pens or using your computer create yourself a timetable for the week that you can display in your room or on your fridge. This will help you keep to a routine and give you a bit of normality.

Keep a journal

You can use prompts like:

- How am I feeling today? What is making me feel that way?
- How have I looked after myself today?
- Who have I connected with today?
- What am I grateful for today?

Read a book at bedtime

Reading before you go to sleep is a great way to switch off and relax and will help you get a good night's sleep.

Keep moving

Whether it's PE with Joe Wicks, dancing around your living room belting out your favourite song or seeing how many toilet roll keepie-uppies you can do – just make sure every day you do something that gets you moving.

Limit your news intake

There is a lot going on at the moment in the news and it can feel overwhelming. So, we recommend limiting how much news you watch or read, avoid both before bed and turn off alerts on news applications to give yourself a break.

Listen to your favourite music

Music can provide a relief from anxious feelings and help you to relax.