

Take5

steps to wellbeing

Looking after your mental health while you stay at home

To support the fight against Covid-19, we have been asked to
stay at home.

With our usual social activities on hold for the moment, it's very important that we look after our mental and emotional wellbeing.

As we begin this journey together we ask you to listen to the public health guidance and stay safe, look out for each other and look after your mental health.

This is temporary and there are brighter days ahead!

Here are some tips to help you look after your mental health during this current situation.

Connect



Connect

Connect with the people around you. We are all in this together. Keep in touch with family, friends, colleagues or neighbours through calls, text or video links like FaceTime, WhatsApp, Messenger or Skype. Arrange a daily telephone call, especially with those who may be at home alone.

Be active



Be active

Exercising makes us feel good mentally and physically. We have to be a little creative in our new situation. Gardening or housework count as physical activity. Maybe try an online exercise video. The NHS website <http://pha.site/workout> has a range of options, or there are a number of fun videos available free on YouTube for all ages and different levels of ability.

Take notice



Take notice

Stop, pause and take a moment to be still and look around you. Reduce your time watching the news and browsing social media. Let go of what none of us can control right now and focus on what you can control. Acknowledge your thoughts and feelings and be kind to yourself. It is normal not to feel 'normal' during this time. Listen to gentle music or try relaxation apps and videos. Know that this is temporary and things will get better. Take notice of your habits. Avoid smoking or drugs, and try not to drink too much alcohol. It can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse.

Keep learning



Keep learning

We are all learning how to do things differently for now; learning new ways of doing things and how to enjoy ourselves. Use this time for some discovery. Learning new things gives us a sense of achievement, increased confidence and enjoyment. Use this as an opportunity to teach your children new skills or maybe sign up to an online course.

Give



Give

We are all helping our community and our health service by staying at home. This is the greatest gift you can give right now.

Further information is available on:

<http://pha.site/WHO>

If you are in distress or despair, you can call Lifeline on 0808 808 8000 where you can speak to a trained counsellor. This service is available 24/7 and is free from all NI landlines and mobiles.



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