

# MANAGING

Your Mental Health  
while self-isolating



## STAY CONNECTED

Stay in touch with friends and family via phone, video calls, facetime or texts. Stay in touch with us by visiting our website, e-mailing us or following us on social media.

## ENGAGE WITH NATURE

If you have a private outdoor space such as a garden or balcony, make the most of it by spending time outside. If not, open your window, watch the birds or clouds or look after your houseplants.

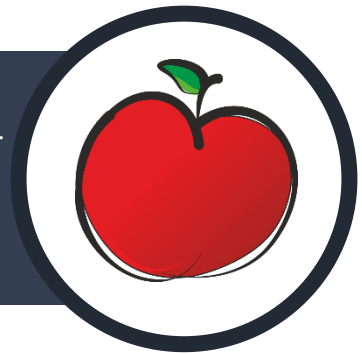


## KEEP UP A ROUTINE

As tempting as it is to stay in pyjamas and watch daytime telly, it is helpful to keep up a routine. Try and wake up at the same time, have a shower, put on some clothes and keep to your regular routine.

## EAT HEALTHY

As you are likely to be more sedentary, it is important to try and eat balanced meals and keep snacking to a minimum. If you haven't got anyone to bring food to you, find community support groups to help out.



## STAY ACTIVE

If you feel well enough to move, then do so. You don't have to be doing anything strenuous. Put on some music and have a little dance, find a fitness video on-line or do a few stretches.

 **Mind in Harrow**  
for better mental health

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## LEARN SOMETHING NEW

We feel a sense of achievement when we learn. Try a new exercise, learn a few words in a different language, put together an on-line quiz for friends or try a new hobby or craft.

## LIMIT YOUR NEWS INTAKE

Constant and relentless news reports can lead to anxiety. Schedule specific times of the day to get an update on the news and check in with reliable resources. Avoid listening or following rumours.

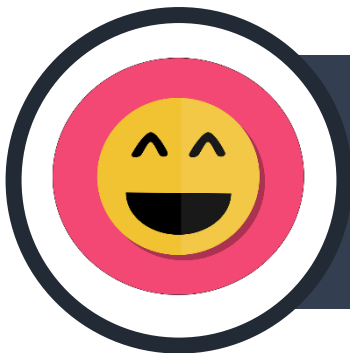
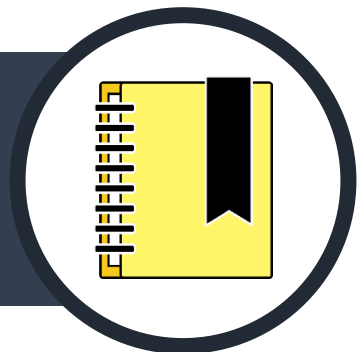


## BE AWARE OF NEGATIVE THINKING PATTERNS

It is easy to spiral into thinking very negatively about your current situation or that of the country. Be aware when this happens and shift your thinking. Write down 3 things you did well today or practise gratitude.

## PRACTISE GRATITUDE

The act of gratitude, practised on a daily basis, has been proven to make us feel less lonely and isolated. Keep a gratitude journal and make a list each day of all the things that you are grateful for.



## FIND YOUR JOY

Happiness is the frequency of positive experiences, not the intensity. Take note of the joyful moments in your life: a sudden rainbow in the sky, the smell of flowers, an unexpected text or a lovely cup of tea.

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