Looking after your mental health and wellbeing

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

It's normal and understandable to feel concerned about the Coronavirus; maintaining a regular routine each day helps.

Looking after your mental health enables you to function well and be able to cope when things aren't going so well. Some little things you can do include:

STAY CONNECTED WITH FAMILY AND FRIENDS THROUGH SOCIAL MEDIA AND BY PHONE

GET ENOUGH SLEEP

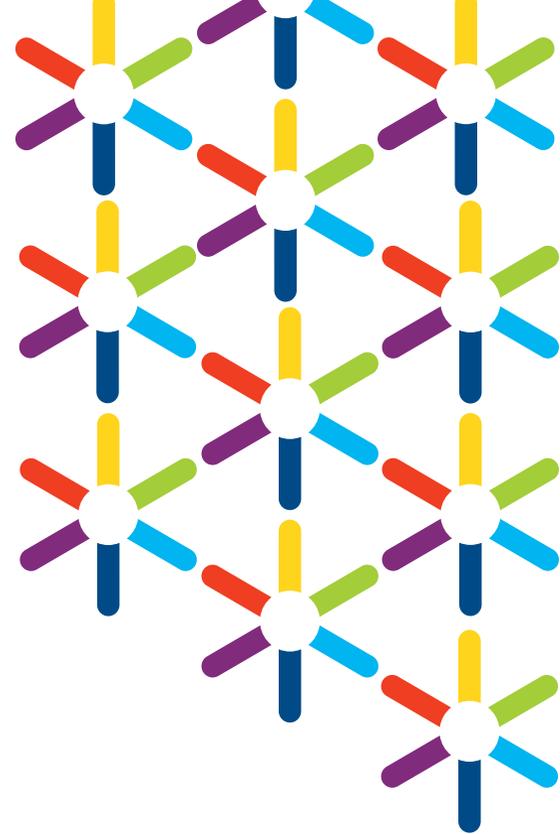**KEEP ACTIVE & GET OUT IN THE FRESH AIR BY EXERCISING IN YOUR GARDEN OR ON YOUR BALCONY**

TALK ABOUT HOW YOU ARE FEELING WITH YOUR FRIENDS AND FAMILY REGULARLY

REDUCE ALCOHOL INTAKE

GET YOUR HOBBIES OUT TO KEEP BUSY

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MENTAL HEALTH