

# Looking after your Mental health and well being during isolation/ social distancing



## 1. Follow a daily routine

Create and stick to a daily routine, where possible mirroring your normal schedule, including sleep/wake times. This can provide a sense of normality.



## 2. Reach out/keep in touch

Talking about Worries with others often helps. Take time to speak with family, friends, players or staff on the phone or video call daily.

Supporting others in your community can benefit you and them.



## 3. Keep active

Plan a minimum of 30 minutes of physical activity daily, to maintain physical and mental fitness. Plan activities to break up sedentary time.



## 4. Take a break

Watching the news a maximum 10mins daily will provide what you need.

Monitor time spent on social media, unsubscribe / block items that make you stressed or anxious.

## 5. Watch the calories

Maintaining a healthy diet can prevent weight gain, support your immune system and mental well-being.

Reduce your calorie intake if less active.



## 6. Beware of bad habits

Avoid excess alcohol, gambling and other addictive activities to curb the boredom.

## 7. Tackle boredom

Write a list of the things you enjoy or find relaxing e.g films, music or reading and make time for these daily.

list things you've always wanted to do such as learn a new skill/language or improve your home



## 8. Time out

At these times its normal to feel frustrated, angry or overwhelmed. Take time out, go for a walk outside, try mindfulness (free apps available). keeping perspective on the situation will help.

