



mhl

mental health learning

How to look after your mental wellbeing whilst staying at home

Connect with others

- Phone calls
- Video call using face time, whatsapp
- Group video call using Skype, House Party
- When you're doing your local outdoor exercise you can still smile and say hello whilst staying 2metres away from others!
- Volunteer for a scheme to support those who are isolated over the phone
 - Eat meals together as a family

Give to others

Giving can give us positive feelings and a sense of reward, alongside a sense of purpose. You could try..

- Record a video message for family or friends, talking or singing about what they mean to you
- Send an E-card
- Help an elderly neighbour who can't get to the shops or needs a prescription collecting
- Text someone to say thank you for being them

Take Notice

Taking notice of whats happening in the present moment is said to ground us and improve our mental wellbeing, rather than thinking about something that is yet to take place in the future. Be mindful of how you exercise this - if taking too much notice of the current pandemic is affectively your mental health negatively then switch off the news and focus on something else. Instead take notice of the things you have that you feel grateful for.

Learn new skills

Learning new skills is said to increase our self esteem and sense of purpose - hugely beneficial for those of us at home and unable to work. You could try..

- Baking
- Cooking
- Drawing
- Learn a new language
- DIY around the house
- A new project e.g. upcycling furniture
 - Sewing

Others

- Keep a mood diary to identify what makes you feel good and what makes you feel worse
 - Identify formal sources of support such as helplines or online chat
 - Reduce alcohol/caffeine intake
 - If getting out of bed is all you can manage some days, that's ok!
- Praise yourself for what you did, not what you didn't.

Be Active

Being active is not just good for your physical health, but has massive benefits for your mental health too. It can help clear your mind of current worries. Raise your self esteem and help you make and achieve goals

- Walking
- Housework
- Gardening
- Home workouts
- Dancing with the kids