



SUPPORT YOUR MENTAL HEALTH

Protect your mental health & wellbeing this winter



1. BE HEALTHY

What's good for your physical health can also boost your mental health and wellbeing, so eat a healthy, balanced diet, drink sensibly, keep active and try to get enough sleep. A healthy lifestyle can help regulate your mood and encourage a positive mindset.



2. GET CONNECTED

Although current Covid-19 guidelines have changed the way we interact socially, they do not stop us connecting with the people we love altogether. Arrange regular voice and FaceTime calls, virtual parties or one-on-one socially distanced walks in the park. Talk about your feelings and share experiences.



3. EXPLORE HOBBIES

Try to find activities that you really enjoy which fit within current guidelines. Engaging in activities that you are good at is great for your self-esteem, while losing yourself in something you really enjoy doing can help to beat stress.



4. TAKE A BREAK

Remember to get some rest and relaxation. Take regular breaks from work or home projects, try to get a change of scene or change of pace when you can or indulge in some self-care. Even just a few minutes can help reduce your stress. You may find practising mindfulness techniques has a positive impact.



5. DO GOOD

Caring for and doing things for others can do wonders for your own mental health and wellbeing. Reach out to others who may need support, perform a good deed, engage in acts of kindness or start volunteering for a charitable organisation. Caring for others can strengthen bonds and boost your self-esteem.