

# WELLBEING TIPS FOR SELF ISOLATION

A global health pandemic resulting in lots of media coverage and uncertainty can have a huge impact on our mental health and fuel existing conditions such as anxiety. Having to self-isolate can cause feelings of isolation, loneliness and despair. It's important we all take time to look after ourselves physically and mentally. Take a look at our tips for staying mentally healthy during self-isolation below.

## Is your home comfortable?

Make sure that where you choose to self-isolate is as good as can be; if your home is not comfortable or you suffer from poor housing conditions, seek help from friends and family.

## Stick to reputable information sources

Avoid sensationalist media coverage and fake news on social media, stick to reputable sources.

## Connect with others

Connect with people online, reach out to an old friend, arrange daily phone calls with family members and friends and search online for groups and forums of others who are self-isolating.

## Keep active

Take a walk outdoors, whilst keeping your distance from others. Do an online fitness class or search for video tutorials.

## Reach out

If you need help with things like shopping or stocking up on supplies.

## Spring Clean

Declutter your house and have a clear out, or do those jobs you've always been meaning to do.

## Keep your mind active

Puzzles, games and brain training apps can keep your mind sharp and focused.

## Get support

If it all gets too much, reach out for support. Whether from family or friends or local charities; help is available. If you're not sure who to call, you can contact us on the number below and we'll help signpost you to the right place. You are never alone.

## Make plans

Give yourself something to look forward to, make plans and goals for the next few years.

## Do that thing you've always wanted to

But never had the time for. Write a book or complete an online course. Maybe even learn a new language!

## Relax

Find ways to relax your mind whether through meditation, mindfulness, arts and crafts etc.

