

Maintaining good mental health and wellbeing

- **Walk in nature.** Get outside & walk by the sea. In a park. By the river. Wherever. Evidence shows it's good for your mental health. Go by yourself or meet a friend and walk at least 3 feet apart.
- **Movement.** It doesn't have to be excessive but we all need movement. Do a little. Find what you enjoy and what fits your lifestyle. Make it a regular part of your life. Walking, online fitness – anything at all that keeps you moving. I use Lucy Wyndham-Read 7 minute videos on YouTube – but there are loads on there. Easy to do at home!
- **Find what you love & do it!** We all have things we love but sometimes we get lost in our problems & forget to enjoy things we love. Many of the things we love to do we can't at the moment – but try finding new things. Watch a box set or film. Catch up on books you've been meaning to read. Play games – online or old style! Knit, sew, paint – get creative!
- **Maintain relationships.** We are social beings & we need other people. This is one of the great things about mobile phones and social media – so celebrate it! Keep in touch with loved ones and talk to someone if you're feeling alone.
- **Sleep.** Everything is worse if you don't get enough sleep. So if you aren't sleeping well try to get to the bottom of why that is and do something about it. Sleep hygiene may seem simplistic but it works!
 - Regular bedtime & getting up time
 - No TV, phone, games consoles or laptops in bed
 - Exercise (it's proven to help sleep difficulties)
 - Read if that helps
 - Bedtime routine
 - If you wake in the night don't reach for the phone & try not to look at the clock. Find what works for you in terms of getting back off to sleep.
 - Read for a bit
 - Listen to music or a mindfulness sleep app
- **Eat wisely.** It's easy to resort to junk when we're stressed but actually doesn't help our immune system, nor our stress! Try to keep it balanced.
- **Mindfulness** is really great for mental health & managing anxiety. Find online, read a book, use an app. Give it a go! But, importantly – practice daily.
- **Be mindful about what news and/or social media you engage with.** If you're reading things online about the coronavirus ensure it's a good source as fake news is damaging. As is excessive following of news media – 24/7 is not good for your mental health. So be conscious of what you're engaging with and manage how much you read and watch.

And remember, this will pass as all things do and then hopefully we'll all have learnt something valuable that will help us in life as we move forward.