

Staying positive during lockdown



Self-care is really important and there are lots of things we can all do to try to stay well – physically and mentally. Taking steps to maintain wellbeing can help you cope with the challenges of staying indoors.

WRITE A LIST OF THE THINGS THAT MAKE YOU HAPPY IN LIFE

Whether it's a good book you finally finished, or the warm sunshine beaming through your kitchen window, writing down everything positive will help you remember what really matters.



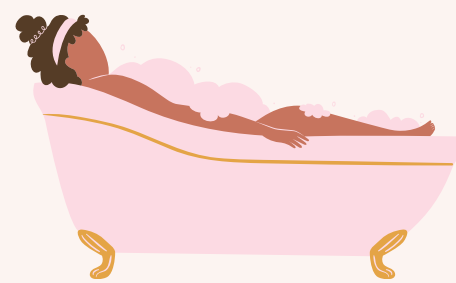
SOAK UP NATURE

Boost your spirits during lockdown by heading outside, opening your window or simply listening to the sounds outside. If possible, get some nature into your day. Take a walk to a nearby park, river or green space and make the most of any outside space you may have, such as a garden.



TAKE THINGS SLOWLY

Lockdown can be challenging for everyone, so it's important to put your mental health first. If you need to take some time out remember that it's OK to take things slowly; read a book, run a bath, head outside for a winter walk.



FOLLOW A ROUTINE

Your morning and evening routine can affect your emotional wellbeing, energy levels and motivation. Whether you're working at home or serving as a key worker, following a daily routine will help you to stay positive and distracted. Plan how you will look after yourself, maintain a healthy diet, get enough sleep and incorporate some physical exercise into your day if you can.



KNOW WHEN TO ASK FOR HELP

Asking for help is a sign of strength and courage, so don't be afraid to call on the help of experts if you're finding it all a bit too much.



READ A POSITIVE NEWS STORY

The news can be overwhelming at times. Try just reading it once a day (for example in the morning or evening) to keep up with what's going on and make sure that you're turning to reliable sources of news that reflect facts not speculation. Reading positive news stories can increase feelings of hope and optimism.



MAINTAIN REGULAR SOCIAL CONTACT

Social contact is really important for staying well. Lock down has meant we go without face-to-face contact with loved ones for several months and can be challenging for everyone. Instead, contact using phone or video calls if you can and if you know people who live alone, especially the elderly or those who are vulnerable, keep in touch with them as best you can.



Stay positive, better days are on their way...

