# Mental Health and Wellbeing - Factsheet

How to look after your mental health and wellbeing

Following the Government announcement that we must all stay home as much as possible, it's important that we think about how we can each best take care of our mind as well as our body. You may feel bored, frustrated or lonely and miss being outside with other people. You may also feel low, worried or anxious, or concerned about your finances, your health or those close to you.

It is OK to feel like this – everyone reacts in their own way to challenging events and uncertainty. It is important to remember that staying at home may be difficult, particularly if you don't have much space or access to a garden. The tips and advice on this page include things you can do now to help you keep on top of your mental wellbeing, prevent you from falling into unhealthy patterns of behaviour and cope with how you may feel while staying at home.

Simple things to do at home to keep you mentally and physically active:

- Check for ideas to exercise at home using the NHS website

- Spend your time doing things you enjoy, such as reading, cooking, listening to music and watching your favourite television programmes

- Stay in touch with family and friends over the phone or on social media
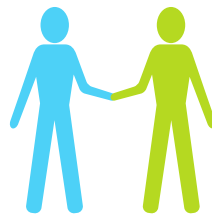
- Maintain a healthy diet, eat well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and drugs

- Keep your windows open to let in fresh air, get some natural sunlight if you can, or go outside into the garden. You can also go outside to exercise once a day – either by yourself or with members of your household. If you do this, you must stay at least 2m away from people not in your household.

How to stay connected with family and friends during this time at home?

- Make plans to video chat with people or groups you'd normally see in person. There are many applications to do this, such as Whatsapp, Facebook and Skype.

- Arrange phone calls or send instant messages or texts

- Put on the radio, television or listen to a podcast if your home feels too quiet

- Choose positive television programmes and films over those that will cause you to feel negative, hopeless or worried. Limit your media and news consumption to twice a day

- Search and download **online community apps** on the NHS apps library.

Newham London
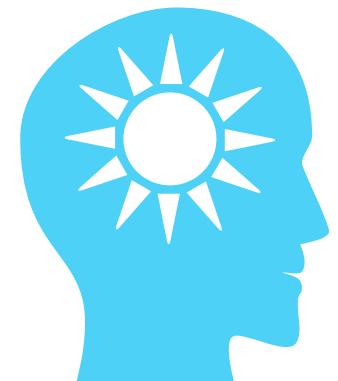
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Remember it is OK to share your concerns with others you trust. They are likely to be feeling uneasy during this time too. By talking to others, we can help support each other to stay healthy and happy.

There is a lot of information online on mental health and wellbeing and it is important to look at information from trusted resources only.

The following platforms provide tips to help you keep on top of your mental health during this time.
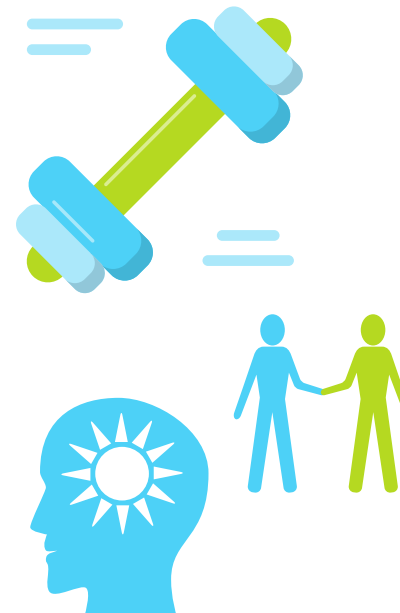
Every Mind Matters

Visit the NHS **Every Mind Matters** website. Having good mental health helps us relax more, achieve more and enjoy our lives more. There are simple things we can all do to look after our mental health and wellbeing – take the **NHS Every Mind Matters (one you) quiz** to get started today with a free plan, expert advice and practical tips.

Every Mind Matters has now released expert advice and top tips on how to look after your mental wellbeing when staying at home during the coronavirus (COVID-19) outbreak. It also includes guidance about what you can do if you are feeling worried or anxious about the outbreak. Please visit: **www.nhs.uk/oneyou/every-mind-matters/**

Five steps to mental wellbeing

Visit the NHS website **5 steps to mental wellbeing**. Trying these steps could help you feel more positive and able to get the most out of life.

1. **Connect with other people**
2. **Be physically active**
3. **Learn new skills**
4**. Give to others**
5. **Pay attention to the present moment (mindfulness)**

Please visit: **www.nhs.uk/oneyou/every-mind-matters**

For more information go to the NHS website: **www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/**