

Practical Top Tips for WELLBEING



STAY CONNECTED

Social relationships and connection are good for our wellbeing. In the context of COVID-19, we need to be prepared to be innovative in the ways we connect with each other, so that we avoid or mitigate feelings of isolation at this extraordinary time.

- Consider organising a virtual dinner party with friends or family or host a virtual tea party with yummy cake. Learn more here: <https://www.mentalhealth.org.uk/get-involved/tea-and-talk/resources>
- Begin a conversation with a colleague. Be prepared to listen
- Embrace the changing season and connect with nature



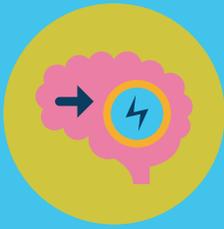
ROUTINE

- Try to establish a routine whatever you are up to in the daytime. Punctuate your day with something simple, such as a cup of tea, making the bed, tidy the house
- Transitioning from work to home can be a challenge as we adjust to new ways of working. MIND have produced this Going Home Checklist here: https://www.mind.org.uk/media-a/4577/tcoy_leaving_work_cl_poster_stg1_v3.pdf



MANAGE YOUR EXPECTATIONS

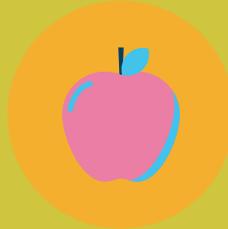
Aim to set realistic goals and plans for the coming months. In some ways, it is probably best to plan to be flexible. A feel-good film on a Friday night for example.



MINDFULNESS

In the midst of a public health crisis, it is even more essential to practice mindfulness to cope.

This website is authored by Dr Danny Penman, Professor Mark Williams and Vidyamala Burch and contains many free downloadable guided meditations: <http://franticworld.com/resources/>



EAT WELL

A balanced diet promotes optimal immune system functioning and mood.



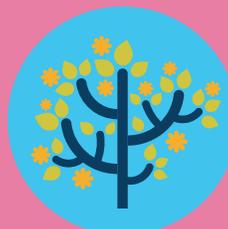
PRIORITISE SLEEP

Learn more about sleep hygiene here: <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>



MOVE

Long days spent at the computer are a reality for many people. Consider using an app like Rise & Recharge to prompt you to find a healthier balance between sitting and being active. Take a walk for 5 minutes and feel the benefits.



NATURE

“Get off your screen and into the green” is very much my catchphrase and I really encourage you to explore and connect with nature this Autumn/Winter. If you are not able to access green space, try to bring nature into your home

- A bird feeder by the window is a wonderful way to pass time.
- Listen to a special edition of the Mindful Mix with David Attenborough (available on BBC Sounds)



GRATITUDE

Begin or end your day by writing down three things that you are grateful for.

If you are experiencing mental distress, it is really important that you talk to someone you trust and if you feel you need it - seek professional help.