



# 8 THINGS TO DO AT HOME TO HELP LOOK AFTER YOUR MENTAL HEALTH DURING LOCKDOWN.

- 1 TALKING TO OTHERS.**  
Talking to other about how you are feeling can be a useful tool for boosting your mood and reducing stress.
- 2 PLANNING YOUR WEEK.**  
Scheduling fun and engaging activities into your week can give you something to look forward to.
- 3 GETTING CREATIVE**  
Be creative and learn something new. Challenge yourself with a new activity.
- 4 DEEP BREATHING**  
Engaging in slow and steady breathing techniques can help calm your mind and body.
- 5 3 GOOD THINGS**  
Writing down 3 good things you have achieved from the day before going to bed can help you tap into positive emotions.
- 6 STAY ACTIVE**  
Engaging in regular exercise can help boost your mood/confidence and help to reduce stress, worry and anxiety.
- 7 BE MORE CONNECTED**  
Maintaining healthy relationships with others is important.
- 8 SUPPORTING OTHERS**  
Acts of kindness towards others is a great way for connecting and creating positive emotions.