



A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ


LIGHTING

 On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock


LIMIT NEWS

 Limit the amount of time you spend on social media and checking news


TAKE TIME FOR YOURSELF

 Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care


STAY CONNECTED

 Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis


COPING STRATEGIES

 Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety


PLAN YOUR WEEK

 Organise your week and plan in activities that provide you with a sense of pleasure and achievement


POSITIVE HABITS

 Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness


HELP OTHERS

 Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions


CONNECT TO YOUR VALUES

 Re connect with things that are important to you and try to engage with them on a regular basis

STAY ACTIVE

 Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood

ASK FOR HELP

 If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help

