

Surviving lock-down the One Page Guide

<https://www.dailymail.co.uk/news/article-9265599/How-head-lockdown-Tricks-tips-staying-positive-cold-dark-days.html>

STAY CONNECTED – Pick up the phone, video call or chat on social media.

TALK ABOUT IT – If is normal to feel worried, so share your concerns with good friends.

LOOK AFTER YOURSELF – It is not just mental health; it is physical health as well.

MANAGE YOUR ANXIETY – Write them down. For more ideas see ‘Every Mind Matter’

RATION THE NEWS – Use only trusted sources, fact check and limit your screen time.

DO WHAT YOU LOVE – Focus on a favourite hobby, or find something new to do.

RELAX! – Relaxing isn’t laziness, it is an important part of your wellbeing.

SLEEP WELL - We feel batter after a good night’s sleep so keep regular hours, wind down.

MAKE PRACTICAL PLANS – Having plans helps reduce anxiety so put some in place.

KNOW YOUR RIGHTS – Find out what support is available for money worries, employment.

EVERY MIND MATTERS

<https://www.nhs.uk/oneyou/every-mind-matters/>

Looking after your mental health – try the quiz.

Coronavirus and wellbeing – coping with loneliness, 10 tips to deal with change, coping with money worries and job uncertainty, mental wellbeing while staying at home. Other articles.

Children and young people’s mental health – Looking after a child’s mental health, self-care for young people.

Kickstart your health – Physical and mental health go hand in hand.

Get Support – NHS Talking Therapies, Helping Someone Else; Urgent Support.

Relational Support – Scotland, Wales and Northern Ireland Specific Guidance.