SELF CARE AND MENTAL HEALTH DURING COVID-19
AND BEYOND

Mental health reminders.....

1. **Relax** - remember life naturally has ups and downs - there are valuable lessons to be learnt even in the down bits

2. **Focus on your activities** - studies have shown that just the act of focus or concentration makes us happy

3. **Exercise** - is good for basically everything! Importantly it releases stress and produces endorphins or ‘happy chemicals’ in the brain. If exercise is hard, try some stretching instead

4. **Connect** - remember to connect with friends or family each day. Share how you’re feeling if you can. Maybe find new ways to connect....

5. **Learn something new** - If you are not overwhelmed with work, now is a great time to take up a new hobby... painting, drawing, writing, singing, knitting.... If you are feeling overwhelmed with work, remember to **take some space**.

Mindfulness.....

Is **SO GOOD** for your mental health. Here are just 3 simple things you can try to start with.

1. **Take 3 - 5 deep breaths** at some point each day. Also good if you are feeling overwhelmed or anxious.

2. **Mindful walking** - simply pay attention to what it feels like to walk. You can place your attention in your feet and notice what sensations you experience.

3. **Mindful eating** - simply pay attention to what your food actually tastes like! Slow down for a few moments during a meal to experience and connect.