SELF CARE AND MENTAL HEALTH DURING COVID-19
AND BEYOND

POSTURE:
While in front of your computer....
The amount of time spent in front of a screen may have increased since studying from home. It is really important to take regular breaks and notice when you are becoming physically uncomfortable. There are stretches you can do whilst sitting at a desk which can help to prevent aches and pains.

Also try adjusting the brightness of your screen; it should be the same brightness as the area directly behind the screen. Make sure that it is neither too bright nor too dull - both will cause you to strain your eyes and may produce headaches.

Here are some links (some for entertainment too!) for desk stretches and health....

https://www.youtube.com/watch?v=OpPj09NfZ7Y - dance
https://www.youtube.com/watch?v=LXO0DWg1fbs - hip hop
https://www.youtube.com/watch?v=vE1idGTZOIY - desk stretch
https://www.youtube.com/watch?v=vLPfP1oRJFM - yoga

EXERCISE:
Needs to be a priority....
It is still possible to get regular exercise even whilst confined to your home. At this point exercise is especially important because of the huge benefits to your mental health.

Exercise is good for:

1. It makes you feel happier by releasing the happy chemicals in the brain
2. It is good for your muscles and bones
3. It actually increases your energy levels (so if you are feeling dopey or sleepy....)
4. It is good for your IMMUNE SYSTEM
5. It helps with brain function and memory
6. It reduces stress
7. It is good for the heart.... Not just the muscle!
8. It can relieve body aches and period cramps
9. It helps with sleep
10. Most importantly.... It’s good for your skin!!

There are thousands of online exercise videos you can follow but here are a few you could look at...

https://www.youtube.com/watch?v=GS_z6FG_jqE&t=223s - beginners workout
https://www.youtube.com/watch?v=LD1xSc7oRRk - 80’s Jazzercise!
CREATIVITY:
Try to make time for some creative activities, every day or a couple of times a week....
Did you know....? Creativity helps you become a better problem solver in all areas of your life. Creativity also helps you to better deal with uncertainty because you learn how to adapt your thinking to allow for the flow of the unknown.

Being creative gives us opportunities to try out new ideas, and new ways of thinking and problem-solving.

Creative activities help us acknowledge and celebrate our own uniqueness and diversity.

Creativity encourages self-expression, a way to create something from personal feelings and experiences. It can be very therapeutic.

Here are a few ideas for your time at home....
   1. Draw / paint / sketch
   2. Build something out of waste materials
   3. Write - creative writing such as story writing or poetry
   4. Rearrange your bedroom
   5. Listen to or make music
   6. Learn something new from online....