During this time of uncertainty surrounding COVID-19, we are all learning to adjust to the new situations that we find ourselves in. This can cause a lot of concern and stress, impacting how we feel, think and behave. It is important that we take actions to look after our mental health and well-being and that of those around us. These 5 actions aim to support us in doing just that.

**CONNECT**

We can do many things to stay connected with our friends and family even if we cannot see them in person.

- Emailing, calling, texting or even writing letters are great ways to keep in touch
- Set aside some time each day to catch up with an old friend or relative
- Make an effort to actively maintain social contact groups using Skype, Zoom, or WhatsApp

Connecting with others can help us regain a sense of purpose and belonging. This is especially important when we are feeling more disconnected physically from family.

**BE ACTIVE**

Spending time in green, natural space can benefit both your mental and physical wellbeing.

- Get as much sunlight, fresh air and nature as you can, while maintaining a social distance
- Keep a routine that involves walking, running, cycling or gardening
- Fitness instructors are also generously offering free online short workouts to complete at the same time each day
- Get into the garden, rearrange furniture, clean, or redecorate!

**TAKE NOTICE**

Consuming and trying to process too much information can increase stress levels.

- Limit time spent reading or listening to news reports and social media
- Spot the changing seasons while on a walk, the birds, and trees
- Take notice of the simple details of the day
- Be aware of your sleep patterns and the things that might help you get a good night’s sleep
- Aim to keep a good routine by going to bed and getting up at the same time each day.

**KEEP LEARNING**

We may find we have increased time in our day over the coming weeks, use this as an opportunity to try something new.

- Sign up for short online course
- Try a new recipe
- Learn something new like a card game, a breathing technique or a new language

Make sure to share your ideas with family or friends!

**GIVE**

We have seen an incredible and spontaneous increase in the number of community response groups offering services to the elderly or most vulnerable in our community.

- Give yourself space and time to look after yourself (e.g. make a healthy meal)
- Be kind to yourself and to those around you
- Offer your time, skills, expertise and availability