

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAAO 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

Reconnect 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.

