

# 5 Steps to looking after your mental health whilst staying home



**CONNECT** - Keep in touch with friends, family, & colleagues. Use phone calls, texts or video calling apps such as FaceTime or Whatsapp.



**BE ACTIVE** - Play games with the kids, join an online yoga class or take a walk outside (keep a 2m distance).



**GIVE** - Caring for others can help our own mental health. Offer support to a friend a neighbour in isolation.



**KEEP LEARNING** - Read up on something that interests you. Read books, watch documentaries or learn a new craft.



**TAKE NOTICE** - Notice the beauty around you. Feel the sun on your skin. Listen to the birds. Breathe...