

Top Tips for Wellbeing

During this time of 'isolation' it is really important to keep our wellbeing at the forefront of all that we do. In order to promote good mental health for all of the family try to find time in your week to do the following:

	<p>Connect with the people around you</p> <p>Spend time with your friends and family, even if this is through the phone or internet</p> <p>Explore different ways to communicate with others</p> <p>Find things that you all enjoy doing together</p> <p>Make sure you talk to each other</p>
	<p>If you can - go for a walk</p> <p>Put some music on and dance</p> <p>Find some online exercise to follow</p> <p>Try a new activity</p> <p>Keeping physically healthy makes you feel good and promote positive thinking</p>
	<p>Start the day by opening your curtains and looking out of the window</p> <p>Take time to be still, reflect, and become aware of your surroundings, even if they are familiar to you.</p> <p>Relax and look around you or listen to music, take a few deep breaths</p> <p>Notice what you are thinking and be aware of what's going on in the world around you: the everyday and the unusual</p> <p>Be curious. Take a break to see how you feel</p>
	<p>What goal are you going to set yourself this week?</p> <p>Try to learn something new</p> <p>Research something you're interested in</p> <p>Try a new hobby, or learn about something just because it interests you</p>

Top Tips for Wellbeing (cont.)

	<p>Thank someone</p> <p>Smile</p> <p>Make contact with someone in your neighbourhood who might need some help</p> <p>Volunteer your time</p> <p>Doing something for another person makes a difference to their lives and it can make you feel good too!</p>
	<p>Everyone is naturally creative; you just need to find what you enjoy doing</p> <p>Draw. Write. Paint. Play</p> <p>Invent something new. Let your imagination run wild!</p> <p>Share your creation with others and bring the creations of your family together</p>