

Tips on how best to cope from other people in lockdown across the UK



STAY IN TOUCH

Stay in contact with family and friends (even people you haven't seen for a long time) using tools such as FaceTime, Zoom, Teams etc.

Try to speak with someone at least once a day.



KEEP BUSY

Spend time on a hobby that give you pleasure every day.

Make a list of some jobs round the house (cleaning, DIY) that need doing and then tick them off when done to give yourself a sense of achievement.



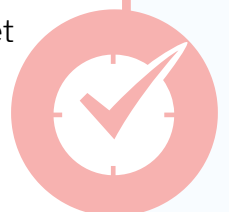
WE'RE ALL IN THIS TOGETHER

Remember why you're doing this - celebrate the common cause, namely keeping yourself and others safe (especially the vulnerable). When things get tough remind yourself that your actions keep others safe.

KEEP TO A ROUTINE

Get up at a regular time, go to bed at a regular time and keep to meal times to make sure you eat and get enough sleep.

This will help things feel more like normal.



TRY SOME DOWN TIME

It's important to find the time to relax and read a book or listen to music.

You don't have to be busy and constructive all the time. Taking a break is good for your wellbeing.



GET OUTDOORS & ACTIVE

ideally gets outdoors once a day to get some fresh air and day light. Anything from a short walk to a jog or cycle. If you don't want to go outside. There are plenty of indoor exercising options and lots of helpful online videos from yoga to Joe Wickes. 20 mins a day will lift your mood and keep you healthy.

