

# Looking after your mental wellbeing

Understandably, you may find that social distancing can be boring or frustrating. You may find your mood and feelings are affected and you may feel low, worried or have problems sleeping and you might miss being outside with other people.

At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. There are **simple things you can do that may help**, to stay mentally and physically active during this time such as:

- look for ideas of exercises you can do at home on the [NHS website](#)
- spend time doing **things you enjoy** – this might include reading, cooking, other indoor hobbies or listening to the radio or watching TV programmes
- try to **eat healthy**, well-balanced meals, **drink enough water** and try to **avoid smoking, alcohol and drugs**
- keep your windows open to **let in fresh air**, get some natural sunlight if you can, or get outside into the garden



Positive Mind  
Positive Vibes  
Positive Life