

# YOUR MENTAL HEALTH AND WELLBEING



## 1: YOUR FINANCES

Finances are the biggest cause of stress. And this pandemic is causing financial uncertainty for many of us. We don't yet have all the detailed information on the support available or understand the full impact. Focus on what you can influence. Go through your direct debits- cancel what you don't need right now (gym memberships, packaged accounts, Sky) If you can't cancel, move to more basic packages

## 2: STAY CONNECTED

As humans we are wired to connect with others. It's so important to maintain these connections. And maintain connections across all aspects of your life including work, family and your different friendship and social groups. We have the technology at our fingertips. Where you can, video call. And make use of fantastic social apps too. You can host quizzes, pub nights, the list goes on!..



## 3: ROUTINE

Get up and ready at your usual time as tempting as it is to work from bed! This is all about mindset, and relaxing too much through the day can blur the edges between home and work time. Build in breaks and don't use them to complete household chores- it's all about maintaining boundaries! If possible take a break in the fresh air- this is a brilliant time to practice mindfulness. Exercising daily instantly reduces stress, increases your energy levels, improves your mood and helps you sleep- what's not to love? Finally eat well and stay hydrated

## 4: GRATITUDE

As tough as this situation is right now there is largely very little we can do to control it. Gratitude increases the production of dopamine and dopamine plays a part in how we feel pleasure. There is science behind how gratitude can make us feel better even in the darkest of situations. Focus on the good such as the slowed down pace of life; the time to reflect; the opportunity to create your own routine; learning new ways of doing things; seeing your partner in a new lights; how supportive people are in helping each other and pulling together.

