

# Mental health during COVID-19

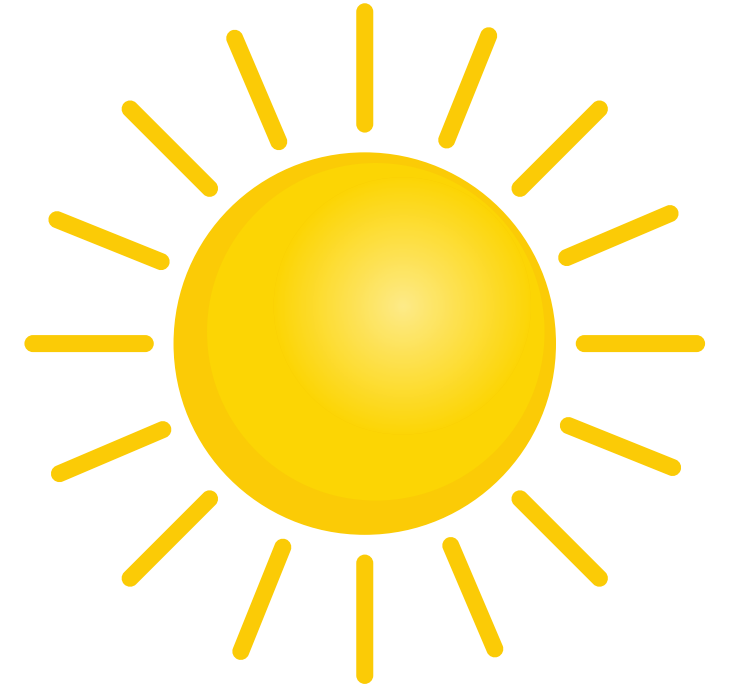
Five ways to look after your mental wellbeing in lockdown



## Eat well

It can be easy to graze on snack food when you are at home all day.

But eating a healthy balanced diet is good for your mental as well as physical health.



## Stay active

It is well-established that doing some physical exercise is good for your mental health and lifts your mood.

You don't need to overdo it, just a regular walk, a bike ride or following a short fitness video on YouTube will all help.



## Get some sunshine

The sun gives us vitamin D which releases mood-enhancing chemicals such as serotonin.

So get outside for a while each day, even if it's cold, and get some fresh air, as long as you protect your skin.

## Connect with others

While we cannot go out as much as normal, or meet up with friends, it can be easy to start feeling very isolated.

Make sure you stay connected with friends, family members and colleagues through video conferencing, phone, and messaging.



## Ask for help

If you are feeling down, don't suffer in silence.

Reach out to friends, colleagues, your manager, family members or mental health support charities for advice, just a chat or more structured help if you need it.

## Useful links



**time to change**

let's end mental health discrimination

**MENTAL HEALTH AWARENESS WEEK**

18-24 MAY 2020

