

A MENTAL HEALTH GUIDE TO **COPING** **WITH LOCKDOWN** **IN THE WINTER**



LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock.



COPING STRATEGIES

Identify your positive strategies in that help you to deal with stress, worry or anxiety.



CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis.



LIMIT NEWS

Limit the amount of time you spend on social media and checking news.



PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement.



STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood.



TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care.



POSITIVE HABITS

Write down a list of 5 -10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness.



ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help.



STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis.



HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions.

