

# 6 tips to look after your mental health & wellbeing whilst at home

## 1. Plan your day

We're all adjusting to a new, rather strange, way of life. This can be a risk to our mental wellbeing. As tempting as it might be to stay in pyjamas all day, regular routines are essential for our identity, self-confidence and purpose. Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection.



## 2. Move more every day

Being active reduces stress, increases energy levels, can make us more alert and help us sleep better. Explore different ways of adding physical movement and activity to your day and find some that work best for you. Even at home, there will be lots of ways to exercise and keep your body moving. Read the Mental Health Foundation's [guide](#) on keeping active and visit [Every Mind Matters](#) for some ideas to get you started.



## 3. Try a relaxation technique

Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try some different meditation or breathing exercises to see what helps. For example, sometimes we can be so tense that we don't even remember what being relaxed feels like. Progressive muscle relaxation teaches you to recognise when you're starting to get tense and how to relax. A range of relaxation techniques, including progressive muscle relaxation can be found [here](#).



## 4. Connect with others

Staying at home, especially if you live on your own, can feel lonely. Find creative ways to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected and supported. Explore ways of connecting that work for you, whether that's by post, over the phone, social media, or video-chat. This could be anything, from sharing a cup of tea over video, playing an online game together, or simply sending a supportive text-message.



## 5. Take time to reflect and practice self-compassion

Make time every day to reflect on what went well. It's important to recognise your successes and the things you're grateful for, no matter how small. Consider keeping a gratitude journal each day where you could write two or three of these things every night before you go to bed. Mindfulness techniques may also help you focus on the present rather than dwelling on unhelpful thoughts (though they may not be helpful for those experiencing more severe depression). A number of relaxation and other digital exercises can be found [here](#).



## 6. Improve your sleep

Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. There's a lot you can do to improve your sleep. Aim to go to bed and get up at the same time each day, even at the weekend if you can, and try to get some natural sunlight (by opening your curtains and windows) where possible. This helps to regulate your body clock which can help you sleep better. Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime. A range of tips for improving sleep from the Mental Health Foundation can be found [here](#) and from Every Mind Matters [here](#).

