

Minding Your Mental Health While Social Distancing and Self-Isolating

				
<ul style="list-style-type: none"> • Keep a healthy sleep routine— avoid sleeping for too long during the day. . • Pick an activity a day that makes you feel good – e.g. a long hot soak in the bath, putting feet up while reading a good book, skin care, gardening , a walk etc. • Eat a balanced diet •If you smoke, access supports to help you quit at www.quit.ie/freephone 1800201203/freetext Quit to 50100 • Remember to take medications on time • Practice proper hand-washing •Mindfulness – pay attention to the present and appreciate things as they are. •If you are attending a mental health service, contact your team if you need to. 	<ul style="list-style-type: none"> • Watch a good programme or documentary, browse the web • To relax – e.g. listen to music or watch music videos, relaxation CDs • To keep mind active – e.g. crosswords, puzzles • To connect with others – ring , text, email or Facetime family and friends or write a letter.. • To be creative – e.g. sewing, art, drawing/ painting, knitting, crochet.. • To keep fit – take a walk, garden, online exercise sessions, dance... 	<ul style="list-style-type: none"> • Take the current situation one day at a time • Maintain and establish a good structure of your day • Get up and go to bed at your usual times • If you're studying at home, maintain the same pattern as the usual college or university tasks • If you're working from home, work during the same hours that you would usually. • Write up a timetable – to put balance on self-care, productivity and/or leisure. • Wear day clothes to get you motivated for the day 	<ul style="list-style-type: none"> • Think about the roles you identify with – e.g. friend, family member, forum member • Try to maintain and enhance identified roles by keeping in touch • Online tools can help you stay in touch with friends and family – e.g. play a web-based boardgame, review a book you've read, Skype, Facetime, WhatsApp. •Don't worry if you don't have access to online resources, text, phone, send a letter.. • Try relating to people by phoning them and have a chat. 	<ul style="list-style-type: none"> • Get some fresh air while keeping social distance of 2 metres (6 feet) from people you don't live with. •Look after your home environment—keep up with household chores so that it is a good place to be. •Open your curtains and let some light and fresh air into your home. •If you have a garden, think of things you could do there. •If you don't have a garden, you could plant some seeds on a window sill •Keep contact information for your supports handy—local community supports, family, friends, G.P. etc.

Useful Resources

- ◆ Virtual Activities: - A range of international top-class museums offer virtual tours of their collections, which may help pass a few hours: (<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>)
- ◆ Irish Film Festival London will host their St. Patrick's Day film festival online, giving access to new Irish films for free. (<https://www.irishfilmfestivallondon.com/>)
- ◆ Yoga Practice @ Home: - Down Dog has a range of apps to help people practice yoga in their own home environment (beginner -> advanced). Apps are all free to download until April 1st. (www.downdogapp.com)
- ◆ General Resources: (<https://www.rte.ie/brainstorm/2020/0316/1123492-mental-health-tips-coronavirus-lockdown/>)
- ◆ Communication: - available to download for free at Google Play or Apple Store – SKYPE, WhatsApp, Viber, Facetime, Facebook Messenger
- ◆ Mindfulness and Relaxation: (<http://www.beaumont.ie/marc>)
- ◆ Leisure: YouTube - British Heart foundation 10 minute living room workouts(<https://www.youtube.com/watch?v=O5YX5xg8Seg>)
- ◆ Library online: (<https://www.librariesireland.ie/elibrary/emagazines>)
- ◆ Aware's Life Skills Online programme - (<https://www.aware.ie/education/life-skills-online-programme/>) - Registration open.
- ◆ Mood Tracking: - Daylio is a useful app where you can record your mood as well as what occupations you engaged in that day, allowing you to see links between your mood and activity levels. (<https://daylio.webflow.io/>)
- ◆ Time Management: (www.forestapp.cc) (<https://pomodoro-tracker.com/>)