

## Mental Health Top tips

- **Stay connected**  
This is a difficult time for many people, and by staying connected to the people in your life and talking about how you feel, it will help to make us all feel less isolated.
- **Physical health**  
Whether you are exercising at home or making use of your one recommended walk/run/cycle outdoor exercise time, exercise is vital to maintain healthy mental wellbeing.
- **Healthy eating**  
Cutting down on sugar and caffeine can help to reduce anxiety naturally. Additionally, eating healthy can boost energy and maintain healthy sleeping patterns.
- **Routine**  
A routine and structure can help to ease anxieties by forming habits, making it easier to accomplish tasks and maintain a sense of normality. Make sure you set time aside for activities you enjoy, such as yoga or reading.
- **News**  
Try and limit how often you watch/read the news regarding the pandemic as it can become overwhelming. Also, use trustworthy sources, such as NHS or GOV website.
- **Hobbies**  
From puzzles, board games, crosswords, art or baking, hobbies are a great way to keep your mind active. They can also help us feel productive and even explore a hidden talent.
- **Mindfulness**  
Mindfulness is a proven technique to help regulate emotions. There are plenty of guided meditation videos online and available for free to the public. This can be a great solo or group activity to do at home.