



Stay Connected

- Check in on your friends and family regularly via:
 - Phone calls
 - Social Media
 - Text Messages
 - Video calls



Keep Active

- **Adults** should exercise for **30 minutes** every day
- **Children** should exercise for **1 hour** every day



Eat Well



- **5 portions** of fruit and veg a day
- **8 glasses** of water a day
- Make a **meal plan** for the week to reduce last minute 'unhealthy' meals

How to maintain good mental wellbeing during isolation

Accept Help

- Don't be afraid to ask for help from:
 - Friends
 - Family
 - National helplines

Good Quality Sleep

- Aim for at least **8 hours** sleep a night
- If you're having trouble sleeping, try:
 - Soothing music
 - Deep breathing
 - Meditation
 - Write your thoughts down



Positive Thoughts

- **Reflect** on what you've done each day;
 - Start a journal or diary
 - Create a positive jar and add one thing each day that you're thankful for



positive thinking



leads to positive things.