

# Minding Your Mental Health While Social Distancing and Self-Isolating

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

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| <p>•If you are attending a mental health service, contact your team if you need to.</p> |  |  |  | <p>find it easily—local community supports, family, friends, G.P. etc.</p> |
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#### Useful Resources

- ◆ <https://www2.hse.ie/conditions/coronavirus/coronavirus.html>
- ◆ 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/](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](http://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/>)
- ◆ [covid19.shannehastings.eu/giveback](https://covid19.shannehastings.eu/giveback) A list of free online services to get us through these difficult times