

5 Ways to Well-being during social distancing

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health

Connect Connecting with friends and family may have to be via technology if you're in isolation, but looking after your social health can help boost your emotional well-being, we're all in this together



Be Active Even if you're stuck inside there are still things you can do to keep active. Create a list of tasks to do, follow online yoga or exercise classes. Doing these things will give you a sense of achievement

Take Notice Especially during difficult times it's important to check in with how we're feeling. Deep breathing helps our systems create happy hormones, endorphins, tricking our brains into making us feel a little more chilled



Learn it's a great opportunity to learn a new skill, instrument, language, history, games, adding new information / fun /skills to your life can not just give you a sense of achievement and self-worth, but can also help fight against boredom

Give Being kind during difficult times isn't always easy but it makes a huge difference! Do you have a neighbour who needs food delivered? Can you help out from a safe distance? It can be a small gesture that makes a big difference



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Based on The Five Ways to Wellbeing which were developed by the New Economics Foundation