Look after your mental health during COVID-19

20 July 2021

Many people are worried about COVID-19.

Many people are finding isolation and lockdowns hard.

Some people are

• worried

• lonely

• upset

• confused

If you feel like this you need to look after your mental health.

Mental health is how we think about life.

It is about our mind being healthy.

There are things you can do to help your mental health.

News and information

It is important to get news about COVID-19.

News can give you information to stay safe.

But too much news can make people worry.

Try not to watch or read news for too long.

Talk to someone you trust

Talking helps us share our problems.

You can talk to a

• Friend

• Family member

• Peer group member

• Doctor

• Support worker

Tell them how you feel.
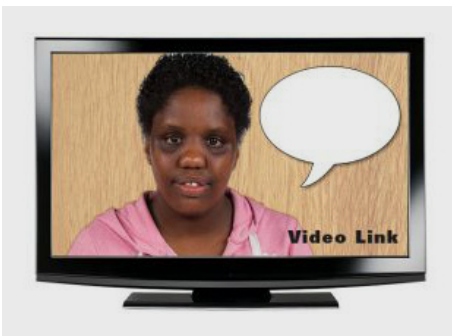
They may know how to help you feel better.

Connect with friends and family

You can use technology to connect with others.

You can

• Phone people to talk to them

• Write to them on email and social media

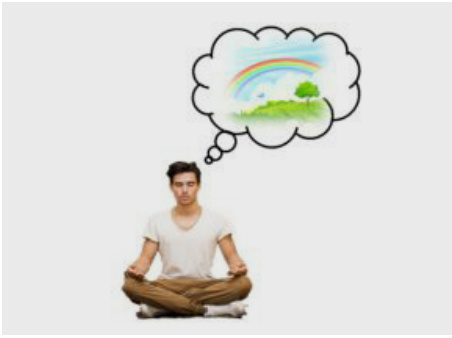• Call them on video services like Facetime, Skype or Facebook Messenger

Technology helps us stay connected.

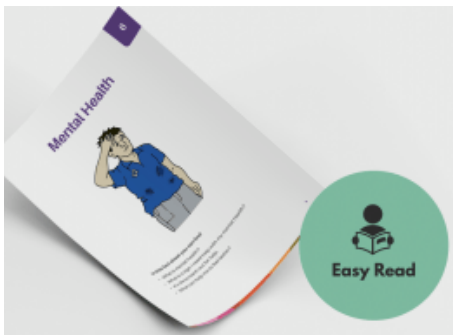Staying connected can make us feel good.

Do things that are fun

• Do exercise at home

• Play games

• Cook

• Go for a walk

• Listen to music

• Watch things that make you happy

Look after yourself

Looking after yourself helps your mental health

• Eat healthy food

• Get a good nights sleep

• Breathe slowly and calmly

• Take time each day to think about good things

More information

Read more in our info guide **Tips to Mental Health**

Also find out more in our Easy Read guide **about mental health**

Family members and carers: see our **Mental Health fact sheet**.

See also our Easy Read info guide **Staying safe from Coronavirus**

COVID-19 can make people feel worried.

Isolation and lockdowns can make people feel lonely.

We can support each other.

We can help each other stay safe.