



Top Tips to look after your mental health this lockdown...

Below are some top tips, click on them for accompanying resources to help

Stay Connected to those around you

Be Kind to yourself and others

Build a routine

Look for the little things that bring you joy

Be thankful

Recognise what is and isn't in your control

Limit your time spent on social media

Make time for exercise

Develop and maintain good sleeping habits

Journal how you are feeling

@phasehitchin