

# 5 steps to improve mental health at home



In a crisis we know things can feel uncertain and overwhelming. But one thing is clear: small acts can make a huge difference.

We've identified five ways you can improve your mental wellbeing at home, particularly if you are in isolation:

## 1

### Stay connected

Make the most of technology and keep in touch with your loved ones over the phone, email or social media. Remember you're not alone and people care.

## 2

### Look after yourself

Taking time for yourself is so important. Try to relax and stay calm by reading, cooking or meditating. Take a break from the news if you need to.

## 3

### Stick to a routine

If you can, stick to your routines around the house, as this will help you feel more in control.

## 4

### Keep learning

You may have a reduced workload which is the perfect time to keep your mind active and refresh your skills. We offer **online first aid training** and **free first aid apps** to help you learn.

## 5

### Be kind

If you can, support others around you. This could simply be checking in on neighbours – in a safe way - over the phone or putting a 'kindness' slip under their door.