

7 WAYS

TO MAINTAIN YOUR MENTAL HEALTH

During The Corona Virus

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GET READY FOR THE DAY AHEAD

Whilst staying at home for the day usually means we lounge around in our comfy clothes, during this enforced period of time at home, carrying this lounging around mindset on for weeks or possibly months can slowly have a negative impact on our mindset.

So during your regular week, try and follow the same routine you had before the Corona Virus hit, by getting washed and dressed, so you can start each day the right way.



CREATE A ROUTINE

Extending on from the previous point, it is important that whilst our usual routine is interrupted due to the Corona Virus, we try where we can to still stick to a regular routine.

Look to wake up at a similar time each day where possible, eat at regular times, if you are still able to work, carry out your work during your normal regular hours, the same if you have children with their teaching hours, try and get some exercise in where possible due to the reduction in mobility the Corona Virus has enforced on to you, and look to still catch up with friends and family digitally.



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EXERCISE

With self-isolating, social distancing and country wide lockdowns impeding our ability to go to the gym or get natural exercise through walking to and from work/school etc, it is important we still exercise to stimulate not only our bodies but minds.

If going outside for daily exercise isn't an option to you, check out the digital resources available, from free YouTube sessions/tutorials, to a variety of different fitness apps, even the fitness influencers are getting in on the act with daily live streams of sessions from Yoga to weights, so find whatever works for you and look to get some exercise in.



LEARN SOMETHING NEW

During the upcoming weeks and months, many of us may find ourselves with a lot of time on our hands, and how we use this time to our advantage, can help us when we get through to the other side.

So how can you diversify your skill set during this period? There's everything available from Open University and Coursera who are offering a load of free higher education courses, through to Duo Lingo who offer free language courses. Why not check out these resources or others today and see what could enhance your skill set even further.



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Hi!

CHECKING IN

Social distancing and self-isolating, doesn't have to mean that you can't still engage with others during this period.

Why not set aside times throughout the week to catch up with friends on FaceTime or Zoom, download the House Party app to create a gathering with friends, launch a book club to discuss weekly the latest book/s you're reading, join digital-group exercise / educational classes or anything else that allows you to check in regularly with others and prevent long-term isolation arising.



HAVE FUN

With the world going through the Corona Virus and the constant news currently being that of doom and gloom, it can be quite easy to be consumed by this and fall into a negative mindset, but at this time we can also tap into our inner child and have some fun.

Why not play some games; be that board games or computer games, dig out and play your favourite instrument, paint canvases or colour colouring in books, rustle up a dish, or whatever allows you to have some fun and reconnect with your inner child.



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REMEMBER TO SWITCH OFF

Sensory overload and in some cases work overload can impact many of us during the Corona Virus, so it's important that you ensure that you set clear times with yourself for when to switch off from work for the day and also when to step away from digital devices.

As we look to turn more to digital devices to stay connected with others, also be mindful that too much time on these devices can have an adverse effect.

