



HOW TO BE A GOOD FRIEND DURING LOCKDOWN

1. CHECK UP ON THEM, SEND THEM A TEXT OR A LETTER AND SEE HOW THEY ARE DOING.
2. SUPPORT THEM IF THEY NEED IT AND BE A SHOULDER TO LEAN ON IF NEEDED!
3. IF YOU CANNOT MEET UP AND SOCIALLY DISTANCE, HAVE A VIDEO CALL AND PLAY ONLINE GAMES OR QUIZZES.
4. MAKE THEM A BOX WITH A FEW OF THEIR FAVOURITE THINGS.
5. MAKE PLANS FOR THE FUTURE TOGETHER FOR WHENEVER LOCKDOWN IS LIFTED!

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WELLBEING CHECKLIST

CONNECTIVITY: have you got ways to keep in contact with people in your life? Do you need help with using digital communication, like video calls?

ROUTINE: can you create a routine or timetable for yourself? If you live with other people, should you create a household schedule?

FOOD: do you have a way to get food delivered if you need to self-isolate?

CLEANING: do you have enough cleaning supplies?

MEDICATION: do you have enough medication, or a way to get more?

THERAPY: Can you reorganise any therapy or counselling to phone or online sessions?

EXERCISE: is there any physical activity you can do inside your home, like going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?

NATURE: have you thought about how you can bring nature into your home? Can you get some seeds and planting equipment delivered, or put up photos of green spaces?

ENTERTAINMENT: have you thought about things to do, books to read or TV shows to watch?

RELAX: have you got materials so you can do something creative, such as pencils and paper?

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Take5 steps to wellbeing





HOW TO LOOK AFTER YOUR MENTAL HEALTH

1. **STAY ACTIVE.** Looking after your mental health starts with your physical health, by 30 minutes of daily exercise it can impact on depression, anxiety, ADHD, and more. It also relieves stress, improves memory, helps you sleep better, and boosts your overall mood!
2. **COMMUNICATE.** By talking to someone you trust can alleviate your emotions, reduces entrenchment of psychological problems and can help resolve your personal issues with guidance and support.
3. **SELF CARE.** Ensure your eating healthily and looking after your body. Take a bath, watch a movie... whatever it is to make sure you have time to relax.

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