



Supporting your wellbeing at home

Most people are being asked to stay at home and avoid others, which might feel difficult or stressful. But there are lots of things you can do to try to maintain or boost your mental wellbeing during this time.

Five ways to wellbeing

Connect

- Talk to a friend or family member on the phone.
- Write a letter or a note to a neighbour.
- Take part in an activity with a friend whilst on the phone such as a walk around your own gardens or a quiz.



Learn

- Rekindle an old hobby or learn a new one.
- You could read a book, play an instrument, get crafty or research something you've always wondered about.
- Learn a new activity - are there any overleaf that you've never tried before?



Be active

- Move more during the day.
- Try to sit less, dance, stretch or walk around the house.
- If you have a garden or can get outside, take a walk in the fresh air.
- Take a look over the page for more ideas to get active.



Give

- Pay a compliment to a friend, family member or neighbour.
Here are a few of our favourites:
"You are supportive"
"You are considerate"
"You are patient"
"You are friendly"
- Draw a rainbow and place it in your window for people walking past.
- Encourage someone else to get active using the tips you have learnt.

Take notice

- Take notice of how you are feeling today.
- Each day focus on three things you are thankful for.
- Try taking part in the activities overleaf in different places around the house or at different times of day.



Studies show that being active, even when having to remain indoors, can improve your mental health. For example, it can help with:

- **better sleep**
by making you feel more tired at the end of the day
- **happier moods**
physical activity releases feel-good hormones that make you feel better in yourself and give you more energy
- **better self-esteem**
being more active can make you feel better about yourself as you improve and meet your goals

- **managing stress, anxiety or intrusive and racing thoughts**
doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times
- **reducing the risk of depression**
studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression with one study suggesting it can reduce the risk by up to 30%.

Top tips:

Do something you enjoy

it could be dancing around the kitchen, playing an active game or walking the dog

Everything counts

whether it's cleaning the windows, vaccuming or getting outside in the garden if you have one

Pace yourself

build up gradually, if it motivates you set achievable goals

Connect with nature

by taking part in outdoor activities

Take your time

to ensure movements are slow and controlled

Celebrate your achievements

whether progress is big or small.

For further information about supporting your wellbeing at home and other related topics, contact our Infoline – call: 0300 123 3393 text: 86463 email: info@mind.org.uk
We're open 9am to 5pm, Monday to Friday (except for bank holidays).

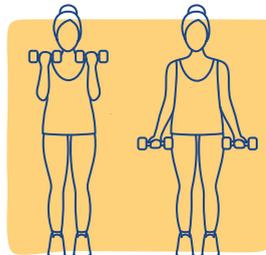
Ways to be active at home



Activity 1

Walk or march on the spot

- Start by swinging one arm forwards and one arm backwards.
- To progress this raise your knee towards your waist and bring your opposite elbow towards your opposite knee.



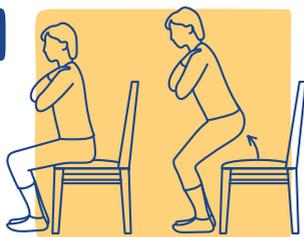
Activity 4

Bicep curls (seated or standing)

- Start with your arms extended by your sides.
- Bring your hands up towards your shoulders and then lower them down again, see if you can repeat this 8-12 times.
- To make it more challenging add weights such as water bottles or tins.

Activity 2

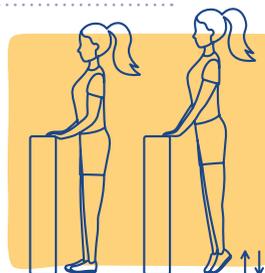
Sit to stand



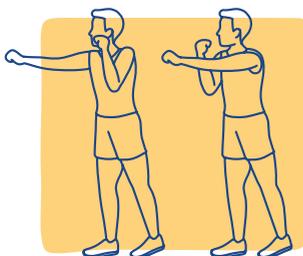
- Sit on a chair with your arms folded across your chest, then stand up and sit back down.
- See how many you can do in one minute.

Activity 5

Heel raises



- Stand with your feet flat on the floor and hold onto a worktop for balance.
- Lift your heels so you are on the tips of your toes while keeping your upper body and knees straight, then slowly lower your heels and repeat.
- To make it more difficult, place your arms at your sides.



Activity 3

Punches (seated or standing)

- Extend one arm straight out in front of you and as you bring it back towards your chin extend your other arm.
- Breathe out as you punch.

Getting active has made me feel good inside and out