### Top tips to support your wellbeing during COVID-19

### **Exercise-** Physical activity has a huge potential to enhance our wellbeing. Even a short brisk walk can increase our mental alertness, energy and positive mood. Participation in regular physical activity can also increase self-esteem and reduce stress and anxiety.

### <https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

### <https://www.nhs.uk/conditions/nhs-fitness-studio/>

### Diet – What we eat, and drink affects out physical and mental health. Having a balanced diet can have positive impact on your energy levels it can also help you to think more clearly and improve your overall wellbeing.

### <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

### <https://www.nhs.uk/live-well/eat-well/healthy-food-swaps/>

### Sleep – It is important to develop and stick to a healthy sleep routine, even during this time when we have been asked to stay at home as much as possible. Good quality sleep makes a big difference to how we feel mentally and physically. It helps us cope with any worries surrounding the coronavirus and boosts our immune system’s ability to fight infections.

### <https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

### <https://www.sleepfoundation.org/sleep-guidelines-covid-19-isolation>

### <https://docs.wixstatic.com/ugd/133724_6942228618894d6bb067b537732e0448.pdf>

### Stay connected – Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it’s people you usually see often or connecting with old friends.

### <https://www.realhomes.com/news/10-ways-technology-can-keep-you-connected-through-coronavirus>

### Relaxation and mindfulness – School closures and self-isolation and other factors you might have going on at home can lead to stress and anxiety. Relaxation techniques such as deep breathing and meditation can really help your wellbeing. If you are able to practice these regularly then you will feel the greatest benefits, so see if you can set aside even a little time every day.

### <https://www.cntw.nhs.uk/resource-library/relaxation-techniques/>

### <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

### <https://www.time-to-change.org.uk/sites/default/files/1-Mindfulness%20activity%20book.pdf>

### <https://www.mentallyhealthyschools.org.uk/media/2026/mindfulness-calendar-daily-5-minute-activities.pdf>