Stay healthy, stay happy
Five ways to look after your wellbeing during Coronavirus (COVID-19)

1. **TAKE NOTICE**
   Be present! It’s an uncertain time and it’s easy to be overwhelmed by everything that’s going on. Structure your day to help ground yourself and follow it as best you can. It can help with developing a sense of normality and ease your mind and body.

2. **STAY ACTIVE**
   Move your body in any way you can. Do some yoga, meditate, go for a walk, help with chores around the house, or rearrange your room. Find what works best for you and what makes you feel good – all while keeping safe!

3. **KEEP LEARNING**
   Take this time to learn something new, like a new language, art form, or a dance with the people in your house. Try cooking something new with what you already have. Set yourself a project and do a little bit every day. Read a book or watch a show you’ve had on your list for a while. Engage in your hobbies!

4. **GIVE**
   Being kind to others is always important, and it’s more important now than ever. If you can, reach out to others. Join a local community support group, check up on those close to you and offer support where you can. By giving and sharing, you can feel more connected to those around you.

5. **STAY CONNECTED**
   Social-distancing and self-isolating can be difficult and distressing – especially if you’re someone who already struggles with maintaining relationships. Keeping in social contact is great for your mental health. Talk to your friends and family through video call if you can, rather than just messaging and phoning. Schedule in regular times to get in touch, and use streaming platforms to watch shows or play games online together. There are so many ways to engage with others.