

Ways to look after yourself

Tips and techniques on how to maintain and improve your well-being during the lockdown.

PRACTICE
MINDFULNESS



Exercise

It is understandable if you feel more lethargic than ever before. However, going out for that one piece of exercise a day in the fresh air can improve your well-being.

Any form of exercise helps boost your 'happy' chemicals in your brain known as dopamine, which can lead to feeling better in yourself, more energised and happier.



Connect

During this lock down period, it's easy to lose touch with those you may usually socialise with.

Building and maintaining connections with family and friends can boost our well-being and turn a non-red-letter day into a good one.





Routine



Maintaining or establishing a routine can help both our mental and emotional well-being.



Everyone's routine is different, so be creative and see what works for you. It could involve utilising that 1-hour a day to get some exercise outside, having meals away from a screen or picking up the phone to connect with a loved one, every day.





Take a break

Give yourself a break from the news and social media now and again.

While it is important for many to keep up-to-date with what is going on at this time, it can easily start to become overwhelming with all the information and opinions about the whole situation.

Practice Self-Care



Whether you are working from home or self-isolating, think about ways that would help you be ready for the day ahead.

Whether it be getting showered and having breakfast as normal, practicing some meditation or watching your favourite YouTube video, can help you be in a good frame of mind to take on the rest of the day.

Find what works for you

If you are struggling to find ways to relax and practice self-care, check out some of our testimonies from our service users for some suggestions.

Such ideas include: listening to music and podcasts, eating healthily, checking out the latest exercise apps or simply watch the sunset.

How are you doing?

For more information and tips on how to support your own well-being during the lockdown, check out Public Health Wales' new campaign:

'How are you doing?'

<https://phw.nhs.wales/news/public-health-wales-launches-new-covid-19-wellbeing-campaign/>