

# BUSINESS FIRST

YOUR SPACE TO WORK

## HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING LOCKDOWN

### STAY CONNECTED

We work and feel better with the support of others. So stay connected with friends and family.

Reach out over phone, text or even social media.

### KEEP A DAILY ROUTINE

Even though your working situation may have changed, try to keep some structure to your day.

Wake up, eat and do familiar things at set times to feel a little more in control of the situation.

### HELP THE NHS

If you're fit and healthy you can sign up to support the NHS as a volunteer by helping to deliver food and hygiene parcels to the vulnerable,

### EXERCISE

It's important to still exercise and get fresh air, while observing the government guidelines.

Go for a walk in an open space or take part in a live exercise video such as PE with Joe Wicks.



# STAY HOME SAVE LIVES

### DO SOMETHING FOR OTHERS

Checking in with friends and family during this difficult time is essential.

Take the time to ask your loved ones how their day has been, is there anything you can do to make it better?

Try doing one selfless act for another person each day.

### USE YOUR SKILLS

If you've found yourself out of work for the time being, try using your skills to help others in need.

Post your skill on LinkedIn or other social media platforms and offer support to other businesses in need.

### EXTRA SUPPORT

If things are getting on top of you please reach out for extra support by using the details listed below.

Samaritans - [www.samaritans.org](http://www.samaritans.org) - 116 123

MIND - [www.mind.org.uk](http://www.mind.org.uk) - 0300 123 3393 to call, or text 86463

PAPYRUS UK - [www.papyrus-uk.org](http://www.papyrus-uk.org) - 0800 068 4141

Anxiety UK - [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) - 08444 775 774