

How to protect yourself

There are several directives given by health organisations to stay safe;

- Wash your hands frequently and thoroughly with soap
- Cover your face with a tissue or your elbow to cough or sneeze
- Avoid touching your eyes, nose and mouth
- Clean surfaces and objects you touch often
- Avoid direct contact with live animals in affected areas

My gym is closed: What can I do?

Here are five home workouts to do under a lockdown;

- Jumping jacks or star jumps
- Pushups
- Sit-ups
- Bodyweight squats
- Single leg jumps

How to look after your mental health

It's important to take care of yourself and get the most from life. Below are 10 practical ways to look after your mental health. Anyone can follow this advice. Why not start today?

1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. Lifeline 131114 Lorn Surgery 4933 2622.

From Monday 28th March we offer telephone counselling

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

4. Drink sensibly

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local mental health service providers are there to help you. Lorn Surgery 4933 2622

7. Take a break

A change of scene or a change of pace is good for your mental health. It could be a five-do some indoor exercise or stretching. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

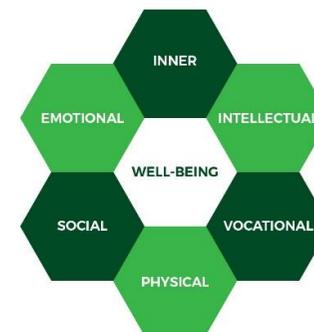
What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity that you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others and yourself

Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.



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