

KEEPING YOUR MENTAL HEALTH IN CHECK



Dominic Raab MP

**A FREE information
booklet from your local
Member of Parliament**

Our mental and physical health are just as important as each other.

That's why, particularly at the moment, we need to make sure that we, our friends and our family look after our mental health as much as possible.

I hope that this short guide will give you tips and information on making sure that you look after your mental health at a time that can be scary to lots of people across the country. Remember, it's good to stay connected and informed, but not to the detriment of your mental health.

There has been a lot of uncertainty this year and it has affected a lot of people's mental health.

You can find the latest mental health guidance relating to Covid-19 at gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing, and more general advice surrounding mental health at nhs.uk/oneyou/every-mind-matters/. In the meantime, please don't hesitate to get in touch with me at dominic.raab.mp@parliament.uk.



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LOOKING AFTER YOUR MENTAL HEALTH WHEN YOU'RE AT HOME

It's really important to make sure that you have a structure to your day when you're at home, so here's a 6-point plan for your day:

1. Plan

Make sure you don't stay in your pyjamas all day – keep a regular routine that will keep your confidence up. And try to start your day at the same time that you usually would, because your body will stay in its natural rhythm.

2. Move

Keeping active and exercising where you are able to is key to reducing stress, increasing energy levels and helps your sleep pattern. And if you're stuck for motivation, there are plenty of exercise routines on YouTube that you could look at!

3. Relax

The NHS website has plenty of relaxation techniques that you could look at. They'll help relieve stress and will help give you a sense of well-being.

4. Connect

Find creative ways to keep in touch with your friends, colleagues and family. Just because you can't visit other households, it doesn't mean that you can't speak to those closest to you over the phone, social media or video calling. Have an online coffee break with your colleague or an after work call with your friends or family.

5. Reflect

At the end of the day, think about what went well and what you could improve on. What were you grateful for during the day? How can you make tomorrow better? Think about writing down your thoughts so you can go back to them at a later date.

6. Sleep

In these difficult times, you might have trouble getting a good night's sleep. To improve your sleep, try and stick to your usual bedtime and get up in the morning when you usually would. And try to avoid using your phone, tablet, computer or TV before bedtime.



STICK TO THE FACTS

It's really easy to become overwhelmed by all of the news surrounding Coronavirus.

So make sure that you can find a credible source that you can trust – such as [gov.uk](https://www.gov.uk) or the NHS website. And fact-check information that you get from social media and other people. The Government has set up a Coronavirus Information Service on WhatsApp, which covers the most common questions about the coronavirus.

You should also think about how inaccurate information could affect your friends and family too.

It's really important to think about limiting the amount of time that you spend watching, reading or listening to the news surrounding coronavirus.

Some people have found it easier to limit themselves to checking the news twice a day. It can be very distressing having large numbers of breaking-news alerts on your phone during the day.



HELPING OTHERS WITH MENTAL HEALTH PROBLEMS

Each year, around 1 in 4 people experience mental health problems. Most of us know a family member, colleague or friend who has struggled with their mental health.

According to the **Every Mind Matters** campaign, there are a number of things you can do to help

- **Express concern** by letting someone know you're worried. It's a good way to start a conversation about how they are feeling, and it also shows the person that you care and that you have time for them.
- **Reassure them**, because the first time someone mentions their worries is a huge step. Let them know that you're there for them if and when they need to talk.
- **Be patient** as you won't always know the full story. Just being there for someone can be a huge help if they want to open up to you at a later date.
- **Look after yourself** when looking after others. It can be upsetting to hear someone you care about in distress. Make sure that you take time to yourself so that you can relax and do things that you enjoy, whilst taking into account the Government guidelines on social distancing.
- **Offer some practical help** like an act of kindness. Offer to do some shopping for them or try and find some practical information if they are not in a position to do it themselves.



USEFUL CONTACTS AND WEBSITES

Samaritans

Call: 116 123 Email: jo@samaritans.org

Calls to 116 123 are free and will not appear on itemised phone bills

NHS 111 online:

111.nhs.uk

NHS Every Mind Matters Campaign

nhs.uk/oneyou/every-mind-matters

Mental Health Foundation

mentalhealth.org.uk/coronavirus

Mind – The Mental Health Charity

mind.org.uk/coronavirus-we-are-here-for-you

Call: 0300 123 3393 (open 9am–6pm, Mon–Fri)

gov.uk/coronavirus

gov.uk/find-coronavirus-support



**I hope that you found this
guide useful, but if you have
any other questions, please
don't hesitate to get in touch.**

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