



# IMPROVING MENTAL WELLBEING

...Because life is for living

## ABSTRACT

The coronavirus (Covid-19) pandemic is affecting all our lives. Many of us are struggling with how it is affecting us and our loved ones. This short eBook contains tips to improve your mental wellbeing.



Mindfully Aware



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## Introduction

The coronavirus (Covid-19) pandemic is affecting all our lives. Many of us are struggling with how it is affecting ourselves and our loved ones. Those of us already living with mental health problems are facing extra challenges too.

You may be experiencing lots of difficult emotions about the coronavirus pandemic. These are all normal just part of being human. There is no right response to a pandemic. Your feelings might change day-to-day and may be affected by things outside of your control. This might include feeling worse before getting better.

**Remember:**  
**Things might feel hard right now,**  
**but this situation is unusual.**  
**And it won't last forever.**

You may be:

- feeling hopeless about how things are right now.
- exhausted from living through the pandemic for several months.
- more tired if you previously had coronavirus symptoms and you are still experiencing its effects.
- finding it hard to accept the government restrictions or angry if you think that the government is dealing with the pandemic the wrong way.
- grieving for people who have died during the pandemic.
- anxious, afraid, or panicked by the ongoing pandemic or living with a general sense of unease and anxiety, especially as the situation keeps changing.
- stressed about how coronavirus and the government restrictions will affect your working life. This may include worrying about losing your job. or you might be concerned about going into work if there are high infection levels around where you work.
- experiencing loneliness.
- feeling powerless, like you don't have a say in anything that's happening, and that the situation is beyond your control.

This short eBook contains tips to improve your mental wellbeing. They are simple and perhaps you know some of them already. The best way to use them is to keep using them regularly daily - at least once a day - if possible. That way you can maintain a good mental wellbeing and when stress, anxiety starts to creep in you have a better starting point in which to control it from.



## Green Spaces

Spending time in green spaces can benefit both your mental and physical wellbeing. If you can't go outside, you can try to still get these positive effects by spending time with the windows open to let in fresh air, arranging space to sit and see a nice view (if possible) and get some natural sunlight.

## Set Realistic Goals

If you're struggling with low mood, your self-esteem can drop, and it can feel as if you're failing at everything. Setting small achievable goals like getting up and dressed at the same time each day, cleaning out a cupboard, cooking a meal, can all help boost your mood and self-confidence.



## New Daily Physical Health

Mental and physical health are linked – if one is poor the other one can be affected. It is easy to fall into unhealthy patterns of behaviour. Eating well balanced meals, drinking enough water- in [The Eatwell Guide](#) says we should drink 6 to 8 glasses of fluid a day. Water, lower fat milk and sugar-free drinks - including tea and coffee - all count.

## Routine

Create a new daily routine that prioritises looking after yourself. You could try reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience, that might have its benefits.



## Connect with others

Loneliness may be a problem especially as we need to stay home. If you live alone, or with household members, the feeling of loneliness can still happen. Find time to keep in touch with co-workers, friends, family, and others to help you (and them) feel more connected. This could be a regular phone call, social media Zoom, Facetime, WhatsApp, or even sending post cards.

## Do Something You Enjoy

Try to do something you enjoy. An existing hobby or start a new one, read, write, complete crosswords or jigsaws, bake, or try drawing and painting. Whatever it is, find something that works for you. If you cannot think of anything you like doing, try learning something new at home. There are lots of free tutorials and courses online.



## Sleep

Anxiety can cause sleep problems - falling asleep or staying asleep. Aim to go to bed and try to wake at the same time. When you wake open windows and curtains to let in light and air in can help to regulate your body clock.

Meditation may help you settle your mind before going to bed or writing down what is worrying you and then throw it away.

## Help and Support Others

Think about how you could help others – it could make a big difference to them and can make you feel better too. It is important to listen to and acknowledge other people's concerns, worries or behaviours. Message a friend or family member nearby, community groups that you could join to support others locally?



## Try Mindfulness

When you're feeling low, it can be difficult to feel connected to others or the things you usually enjoy. Some studies show that practising mindfulness, where you give full attention to the present moment, can help to manage depression. See our [free practices](#) pages for exercises to try.

## Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead.

## References

[Mind](#)

[Mental Health Foundation](#)

[NHS](#)

[Government](#)

[MHFA England](#)