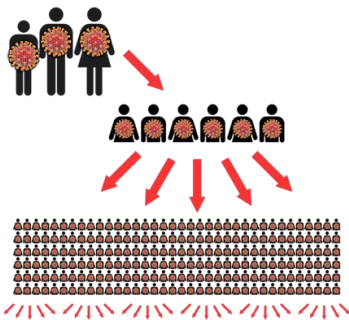


Managing your mental health while in self-isolation or quarantine

There are lots of ways you can support your mental health while in self-isolation or quarantine:



- Keep telling yourself that it won't last forever, it's just to help slow down the spread of the virus.



- By self-isolating, you are helping to make sure that other people don't catch the virus.



- You can still keep in touch with people by email, phone, social media and video. Regularly speaking with others is good for you!



- Do something you enjoy and that you find relaxing. This can help you beat stress.



- Keep to your regular sleep routines and eat healthy foods.



- Try to stay active. Regular exercise helps you feel better, helps you concentrate and get a good night's sleep.



- Enjoy some 'me' time. Try to start new routines, as new experiences can benefit your mental health. Just a few minutes doing something you haven't done before can be enough to de-stress.



- If you are working from home, find a space where you won't be disturbed. Try to maintain a healthy life balance by only working at certain times and taking regular breaks.



- Don't go on the internet, social media, or listen to the news if you find it distressing.



- Remember to ask for help if you can't cope and feel that things are getting too much for you. Tell people you are in self-isolation.

Your family or friends may be able to offer practical help or listen to your concerns.