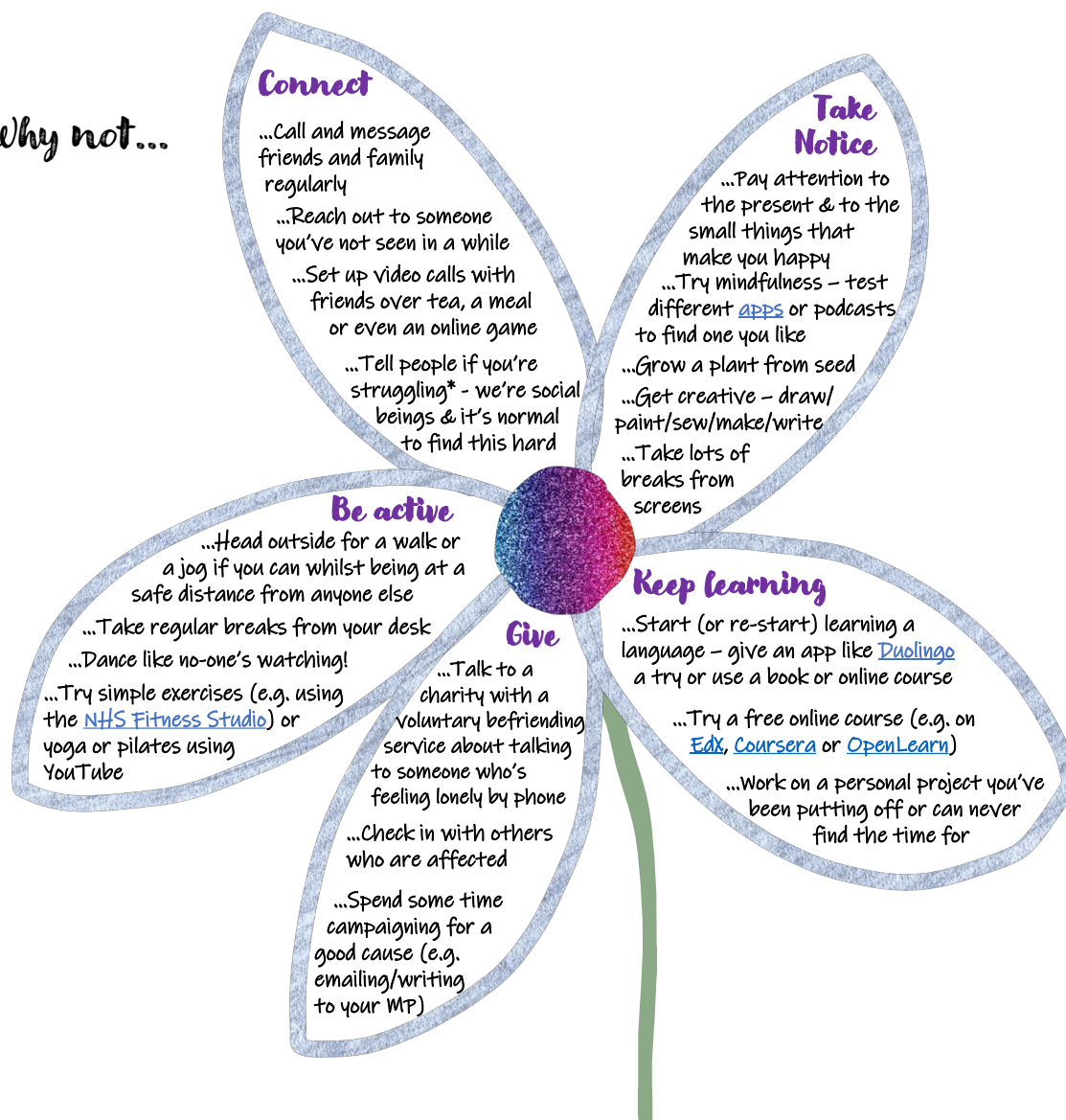


# Looking after your mental wellbeing if you have to self-isolate

Some ideas and suggestions based on the 'Five Ways to Wellbeing'

Why not...



If you or your family are having to self-isolate, be sure to follow the latest [NHS guidance](#), which includes practical advice, including on managing work and other responsibilities. This document isn't meant to be prescriptive or a one-size-fits-all or exhaustive list, just ideas & suggestions to help people cope whilst self-isolating during the COVID-19 outbreak (many also apply to working from home). If you're not having to self-isolate, think about ways to help others in your community; is there an older person whose shopping you could help at this time for example, or other things you could do? (A [local mutual aid group](#) can be a good way to find people who may need a hand).

\* As well as reaching out to friends and family, if you're struggling you can contact your GP, NHS 111 or your local crisis mental health team (more details from MIND on crisis services [here](#)). MIND has a list of UK helplines [here](#), and some local areas, employers and universities have their own counselling and support services. If you're having trouble sleeping, check out [this advice](#) from NHS Every Mind Matters, and if you're having relationship difficulties related to being in self-isolation check out Relate's [self-help guides and support](#).

Design: Isobel Braithwaite