

## Health at Home

We know that staying at home for a prolonged period of time can be difficult, frustrating and lonely for some people.

During this challenging time, it's important to take care of your mind as well as your body. The tips and advice here are things that you can do now to help support your health and wellbeing if you are having to spend extended periods of time at home.

These are our top five tips:

**Stay virtually connected with friends, family and neighbours**

– pick up the phone or have a conversation online through conference or social media apps.

**Keep active** – use puzzles, online quizzes or yoga in the garden to keep the body and mind active. The NHS website has some great inside exercises, visit [www.nhs.uk/conditions/nhs-fitness-studio/](http://www.nhs.uk/conditions/nhs-fitness-studio/).

**Eat well** – the temptation might be to live on wine and frozen pizza but eating healthily and staying stimulated will really help your mental health. Try to eat healthy, well-balanced meals and drink plenty of water.

**Activate your brain** – do things you enjoy such as reading, cooking, learning a new craft, or mindfulness exercises.

**Keep to your normal routine as much as possible** – set your alarm, eat at regular mealtimes and go to bed as usual. It will help you stay focused and give a measure of calm.