

# Tips to cope with self isolation

Looking after your mental health and wellbeing is just as important as looking after your physical health, even when you are in self isolation.

Some tips to cope with self-isolation include:

## Stay positive

Think of all the positives instead. Like the fact that this period of self-isolation is only temporary. And that your actions are going a long way toward slowing the spread of this virus.

## Stay active in mind and body

Check out YouTube and you'll find lots of simple exercises that can be done in your home. Also, put time aside to read a book or do mindfulness.

## Stay in touch

Not just with your family and friends (on the phone or via video calling) but with what's happening in the world, too (try and use reputable sources like the Department of Health or the World Health Organization).

## Reach out for help when needed

If you feel the stress or anxiety you may experience as a result of being socially isolated from friends and family is getting too much, make sure you reach out for help.

