How to:
Manage your wellbeing during COVID

The impact of coronavirus on our life has been great. How we live, study and socialise has changed. Many of us are discovering new ways to study and interact with family, friends, colleagues and other students. Some of us are worried about having to spend so much time at home or having to spend time with people knowing the risks. Uncertainty and change can be hard, so its important to take care of ourselves and others.

This **'How to'** guide gives some tips on what you can do, to support your overall wellbeing. during this time.

Simple steps to wellbeing

- **Keep connected**
    - we are lucky to have so many ways of communicating available to us! Talk with family, friends, colleagues and neighbours.

- **Develop a new daily routine**
    - Routine is important during times of distress or chaos, it gives a sense of order, control and stability

- **Eat well**
    - Think about your diet especially if your routine has changed or you're less active
    - Eat regularly – if your blood sugar drops you may become tired, irritable or feel low

- **Drink water**
    - Drink water regularly – being hydrated helps you concentrate and think clearly

- **Be active**
    - Include physical activity in your daily routine - dancing, cleaning, going up & down stairs – it all counts
    - Check out what campus sport and campus wellbeing have to offer online

- **Go outside or bring the outside in**
    - Being in nature can benefit both your mental and physical health
    - If you can't go outside:
        - Open the windows and let the fresh air in
        - Take a comfy seat close to the window
        - Add plants & flowers to your living space
        - Add photos / videos of nature to your phone, laptop, living space.
        - Try this - turn up the volume, sit back & enjoy

- **Take care with the news and social media updates**
    - If you notice you are feeling anxious or low when you read the news, put a limit on how many times you check and make sure you are only receiving updates from trusted sources

- **Practice good sleep habits**
    - Put your phone down, turn off Netflix and rest.
    Tomorrow is another day.

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