

## *LOOKING AFTER YOUR MENTAL HEALTH & WELLBEING WHILST SELF-ISOLATING*

Here are some tips to look after your mental health and wellbeing whilst in self-isolation:

**1. Eat well and stay hydrated**

**2. Connect with people & engage on the Norfolk FA Referee Facebook Groups**

**3. Decide on your routine & plan your days**

**4. Try to keep active**

**5. Feel Productive**

**6. Get as much sunlight, fresh air and nature as you can**

**7. Find ways to spend your time**

**8. Find ways to relax and be creative**

**9. Keep your mind stimulated**

**10. Take care with news and information**

**If you're feeling anxious:** If you have panic attacks or flashbacks, it might help to plan a 'safe space' in your home that you'll go to. You can also find ways to comfort yourself if you're feeling anxious. For example, there are games and puzzles you can use to distract yourself and breathing exercises which may help.

**If you're feeling claustrophobic or trapped:** Open the windows to let in fresh air. Or you could spend time sitting on your doorstep, or in the garden if you have one. Try looking at the sky out of the window or from your doorstep. This can help to give you a sense of space. Regularly change the rooms you spend time in.

