

How to look after yourself if you're feeling low

In an uncertain and challenging time like this, it is very understandable if you're feeling low and are finding the changes that this situation has created hard to adapt to.

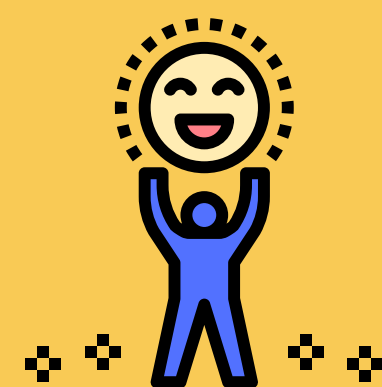
You certainly won't be the only person feeling like this.

You may find the following tips useful for looking after yourself:



Try to plan and stick to a regular routine, including going to sleep and waking up at your usual time (avoiding day-time naps). It may be helpful to write this routine down.

Factor in some nice activities in each day. Having a routine to stick to will help at a time like this, and it's important that we include fun and relaxing things to do within that.



Research suggests that activities which increase some or all of these feelings may help to improve mood: feelings of achievement, closeness to others, and enjoyment.

Let others know how you're feeling and don't be afraid to reach out to them for support and connection. Chances are they might be feeling low or lonely too and would welcome a chat!



Try to do some exercise and get fresh air every day if possible.

Make sure you're eating a balanced diet and drinking enough water.



It can help to focus on taking things day-by-day, rather than worrying about the long term.

Lastly, take it easy on yourself - instead of focusing on the things you haven't been able to do, praise yourself for the things you were able to today, however small, they are great progress!

