

the
CHALLENGE
of lockdown



**SOME HANDY TIPS AND TRICKS TO MAKE
SURVIVING LOCKDOWN THAT LITTLE BIT EASIER**



Stick to a routine.

Having structure to your day is so helpful.

Try to wake up and go to bed at the same time every day, eat plenty of healthy foods, and make sure to stay hydrated.

These all help to keep some normality in our lives and will set us up for a good day ahead.

The great outdoors.



Regular exercise is not only good for maintaining our physical health, but it is also a great opportunity to de-stress and look after our mental health too - a win win!

Whether it's going for a run, completing an indoor workout, or walking up and down the stairs a few times, anything is better than nothing.

Alternatively, if you struggle to get out, try opening a window to let some fresh air in.



Learn a new skill.

Having more time to yourself means more opportunities for self development.

You could choose to take up online painting classes, complete a large puzzle, or read that book that's been sat in your drawer for months.

By learning a new skill, it helps to occupy your mind and focus on something positive.



Communicate.

We are fortunate to live in an age where we can communicate so easily through technology.

A simple video call or phone call goes a long way, especially if it involves someone who you haven't been able to see for a while.

By keeping in regular contact with our loved ones, it is a great way to have a much-needed catch up, whilst maintaining those all-important relationships.



Be kind to your mind.

Most importantly, looking after your mental health is imperative.

If you're struggling, make sure to reach out to somebody and talk about how you're feeling.