

# 7 Strategies to Safeguard Your Wellbeing During COVID-19



Limit the amount of news and social media you are viewing.




Try to get outside for some exercise and fresh air every day.

Keep in constant contact with friends and family - hold regular 'virtual parties!' 

Try not to succumb to junk food and stick to 3 healthy meals - cook in batches if possible.



Try to stick to a daily routine, even if at home-including getting dressed in the morning! 

Stay positive - journal every day, include 1 thing you are grateful for and use the time to be kind to yourself. 

It is so easy to get into the habit of having a drink most nights - try to limit alcohol intake. 