

Well Mind Top Tips

- Create a routine – plan your day out, write it down and put it on the wall.
 - Build time in to your day to relax – taking breaks can promote productivity
- Find ways to comfort yourself when feeling anxious – breathing exercises, mindfulness or even puzzles can help distract your mind in moments of anxiety
 - Talk to your children – children will also worry about the situation which can increase the household tension level. Explain to them what is going on using the facts. Children appreciate honesty
 - Keep connected – it is important to continue to socialise during physical distancing. utilise video calling not just for work related meetings but catching up with colleagues, hold a team quiz or just chat about how you are feeling

