

During this time of uncertainty surrounding Covid 19, as we are all keeping our social distance, it is important that we look after our own wellbeing and the wellbeing of those around us. These tips aim to support you in doing just that. Whilst following any of these tips please ensure that you are also adhering to government guidelines.



## PHYSICAL HEALTH

- Keep active and create a simple exercise routine; get lots of fresh air
- Encourage children to use this time to practice skills in the garden/yard/park
- Ensure that you are getting enough sleep, limit use of devices at night
- Maintain a healthy diet and keep hydrated (include fresh foods that will boost your immune system and help fight off colds and flus)
- Be mindful of your alcohol intake - alcohol weakens your immune system and can have a negative affect your mood and mental health Visit: [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie)

## MENTAL HEALTH

- Take a little personal time-out each day and practise some deep breathing
- Sign up to a free course and refresher coaching course at <https://learning.gaa.ie/>
- Limit your time on social media and your consumption of Covid-19 news stories
- Sign up to your local library [HERE](#) or download Apps (e.g. Headspace/Calm), Podcasts or Audio Books that promote positive mental wellbeing
- Continue to spend time outdoors, by yourself or with your children - walking and playing in open spaces are both safe; but maintain social distancing.
- For mental health supports and services visit: <https://www2.hse.ie/mental-health/>



## SOCIAL HEALTH

- Stay connected with others through calls, texts, video chat etc. Facetime, Skype or even WhatsApp calls can be invaluable when trying to keep up social interactions
- Check in with those more vulnerable in our communities and support them where possible, whilst still maintaining social distancing and hygiene etiquette
- Set challenges for you and your family/friends; explore new activities/hobbies and share your experiences
- If working from home, check in with colleagues regularly
- Only rely on information from trusted sources (such as the HSE [CLICK HERE](#) or PHA [CLICK HERE](#))
- If working from home, check in with colleagues regularly

The Samaritans is the GAA's national mental health partner and can be contacted any time for a friendly chat on: 116123