

Psycomedy - DailyDose

Mental Health tips from threadup.co.uk

- Create a daily routine; drink water, stretch/exercise, shower, healthier diet as well as treats, put some music on, etc;
- Take it day by day, you may need to tweak your daily routine depending on how the day goes, be flexible with it;
- Take plenty of breaks, principally if working from home;
- Assign an area just for your work;
- Create a simple work schedule and stick to it, then your down time may feel more rewarding;
- Use breathing techniques that work for you, there are lots online;
- Mind scan your body part by part, notice where is tense and in your out breath imagine that tension being eased off; repeat it as much as needed.
- Have a space designated for relaxation (candles, massage body, massage feet, bath, masturbate, etc)
- Arrange with your close ones to have a daily or every other day check in, it helps to feel connected to others around you;
- Choose reliable news sources and stick to them;
- Understand that the world is having to adapt to new & worrying circumstances overnight, it's alright to feel confused at this time, but unhelpful for your mind to dwell on everything;
- Observe how certain things you view online make you feel, if unhelpful don't keep going there;
- Limit the time you spend online in your down time, it may start feeling you're connected to the digitals only and not people or with yourself;
- Take time to reflect;
- If you have a therapist discuss a plan with them.

Thank you!! xx

