

Keeping your mind well when your body is struggling



Maintaining a routine can really help your mental health when you're feeling unwell; try getting up at the same time each day, and sticking to regular mealtimes.

Don't put yourself under any pressure when you're poorly; your body and mind need time to rest and recover.



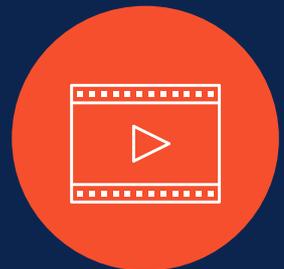
If you're feeling guilty about all of the things you're not getting done, make a list for when you're feeling better – and show yourself some compassion.

We often feel isolated when we're unwell, so try to maintain contact with family and friends over the phone, via videocall, or even through social media.



You might not feel like cooking when you're ill, but getting plenty of nutrients (and water) is important. At the very least, take your vitamins and drink, drink, drink.

You need comfort when you're poorly: whether that's a Netflix marathon, a good book, cuddles with your pet or PJs all day, now is the time to indulge.



If you normally go for therapy and are too unwell to attend, try to arrange a chat over the phone.

Journaling can help to keep your mind clear when you're too unwell to work through your to do's. Scribble down your thoughts before bed for a better night's sleep.



Getting fresh air and sunlight can do wonders for our health – both mental and physical – so even if it's just in your garden or on a balcony, try to get outside for an hour a day.

Try not to neglect basic self-care when you're under the weather; you'll feel so much better for a hot shower and a change of clothes.

