

# A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER



## LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock.



## LIMIT NEWS

Limit the amount of time you spend on social media & checking the news.



## STAY CONNECTED

Even though it might be difficult to see friends & family it is important to stay connected to them on a regular basis.



## HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions.



## COPING STRATEGIES

Identify some positive strategies you can engage in to help you cope with stress, worry or anxiety.



## CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis.



## TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It's important to have time for yourself where you engage in some self care.



## PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement.



## STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood.



## ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor, local mental health charities or Suir Engineering's EAP support system.

If you ever feel the need to chat with any of our Mental Health Champions - they're only a call away!

**Celine** (087) 4318175 - **Robert** (086) 8115198 - **Dawn** (087) 6442734

You also have 24/7 access to our VHI Employee Assistance Program - Freephone (1800) 995955 [epa@vhics.ie](mailto:epa@vhics.ie)