

Eight ways to manage your mental health and wellbeing during COVID-19

Embracing these mental-health and wellbeing habits and practices will help protect yourself and those around you.



KNOW WHEN TO SWITCH OFF.

Constant exposure to alarming stories in the news or social media can increase feelings of stress, fear, anxiety or worry. While it's important to be informed, schedule regular breaks to switch off from the news and social media.



PAY ATTENTION TO YOUR BREATHING.

When you feel overwhelmed take a few slow, deep breaths to help you calm down. You can also try the breathing tree exercise on BeneHub or listen to our sound loops as you focus on your breathing.



FIND HEALTHY WAYS TO COPE AND RELAX.

Excessive eating, drinking or scrolling through social media can make us feel more stressed or anxious. Be aware of any unhelpful behaviours you may have and replace them with more healthier ways of coping (e.g. taking regular breaks, listening to music, going for walks, having coffee with a friend, watching TV, or doing things you enjoy).



EAT, SLEEP AND LIVE WELL.

Make sure you're eating well and that you're getting enough sleep. Set aside time each day to go for a walk or do some form of exercise. Taking care of your body can help improve your overall wellbeing and protect your mental health.



MAINTAIN CONNECTIONS.

Connecting with friends and family is good for our mental health and wellbeing. Even if you're social distancing, you can still stay connected by phone, video-call, or text.



MANAGE UNCERTAINTY BY STAYING IN THE PRESENT.

It's easy to fall into a mindset of worrying about the future and what "might" happen ... and often an anxious mind focuses on the worst-case scenario, which may not always be true. As much as it's possible, take each day as it comes and focus on the things you can control. Mindfulness and meditation can be great resources for gaining perspective.



BE KIND AND COMPASSIONATE – TO YOURSELF AND OTHERS.

Don't be afraid to ask for help, or to reach out to someone who's showing signs of struggling. If you know someone who has been made redundant, could you connect them to a person or company? Could you put in a good word or write a recommendation? Kindness matters. We're all in this together.



IF YOU'RE FEELING LIKE YOU'RE NOT COPING, GET PROFESSIONAL ADVICE.

It's important to remember that it's OK to ask for help. 2020 has been tough and if you feel like you're not coping the Benestar team are always here to help.

It's OK not to be OK, but when you need support, we're here to help

BeneHub

Access a vast library of health and wellbeing resources anywhere, anytime from your preferred device. Visit [Benestar.com/user/login](https://www.benestar.com/user/login)

MyCoach

Free, confidential coaching and support to help you be your best. [Book an appointment by calling](#)

LiveChat

Chat with one of Benestar's specialist coaches via the [BeneHub portal or app](#).

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