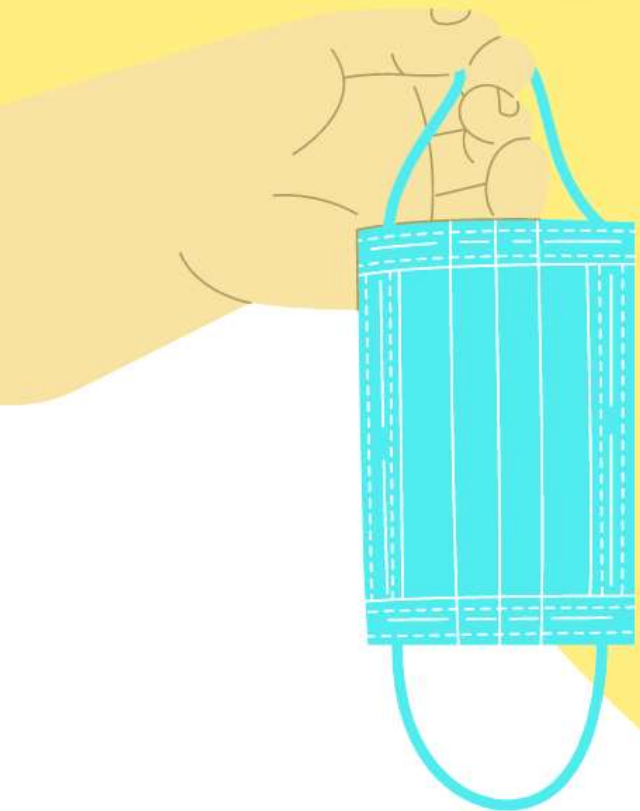


Steps to look after your wellbeing during this pandemic



**mindfulness,
routine &
connect.**



MINDFULNESS

**Step 1: Take A
Deep Breath And
Start To Relax**

**Step 2: Close Your Eyes And
Drop All Your Concerns**

**Step 3: Bring The Whole Of The
Awareness Into Your Breathing**

**Step 4: Start Counting The
Breaths**

**Step 5: Get Deeply Immersed
In The Breathing Process**

**Step 6: Don't Drift Off With The
Thoughts Moving Through Your
Mind**

**Step 7: Keep Settling Into The
Breath With More Focus**

*try it
out*

**All mindfulness is not meditation.
Also, all meditation is not
mindfulness.**

"It can be easy to rush
through life without
stopping to notice much.
Paying more attention to the
present moment – to your
own thoughts and feelings,
and to the world around you
– can improve your mental
wellbeing." – NHS

**YOU CAN BE MINDFUL IN MANY
WAYS. YOU DON'T ALWAYS HAVE
TO MEDITATE TO PRACTICE
MINDFULNESS. YOU CAN ALSO
ENGAGE IN MINDFULNESS WITHOUT
MEDITATING — AS MINDFUL EATING,
MINDFUL WALKING, AND MINDFUL
LISTENING.**



MAKE TIME FOR YOURSELF. SELF-CARE IS NOT SELFISH, IT IS A NECESSITY.

Routine

YOUR DAILY ROUTINE INFLUENCES YOUR QUALITY OF REST. YOUR SLEEP SCHEDULE AND BEDTIME HABITS AFFECT YOUR MENTAL SHARPNESS, PERFORMANCE, EMOTIONAL WELL-BEING AND ENERGY LEVEL. IT'S BEST IF YOU CAN MAINTAIN A CONSISTENT TIME FOR WAKING AND GOING TO BED. BETTER HEALTH IS A RESULT OF JUST A LITTLE EXTRA PLANNING.

- Northwestern Medicine



A routine is especially important during this pandemic as it gives us a sense of normality in these chaotic times

SELF-CARE IS EXTREMELY PRODUCTIVE,
DONT LET ANYONE ELSE TELL YOU
OTHERWISE!

It is important to stay connected with each other during these difficult times. There is evidence linking perceived social isolation with adverse health consequences including depression, poor sleep quality, impaired executive function, accelerated cognitive decline, poor cardiovascular function and impaired immunity. Collectively we can combat this by checking up on each other and attributing to small acts of kindness. Luckily, in this modern age, we also have technology that has allowed us to be more connected than ever before.

Connect

Ways you can make someone smile:

Send a positive letter

When travelling on public transport, offer your seat to someone in need.

Smile to people you walk past.

Let someone know you miss them

Give a non-appearance based complement (i.e their personality)

Offer a helping hand

“Become so happy that when others look at you, they become happy too”



Support

www.ypas.org.uk - 0151 707 1025 - support@ypas.org.uk

What to do if you're anxious about Coronavirus (YoungMinds)

www.youngminds.org.uk/coronavirus

Liverpool CAMHS - covid19 support

<https://www.liverpoolcamhs.com/support-category/covid-19-support/>

Latest UK government advice and information

www.gov.uk/coronavirus

Latest NHS England advice and information

www.nhs.uk/coronavirus

Latest Liverpool City Council advice and information

www.liverpool.gov.uk/coronavirus

