Coronavirus
Tips for good mental health

1. Keep a routine. Wake up at the same time every day, shower, eat!

2. Eat healthy

3. Be active
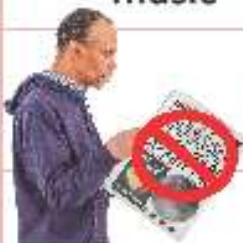
Go for a walk in the park

Dance to your favourite song

4. Call a friend or family member

5. Do a fun activity that you enjoy! Such as cooking, baking, art, computer games, music

6. Avoid reading too much news!

7. Take some slow deep breaths

8. Talk to others about how you're feeling!