# Steps to well-being during social distancing



"Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." - World Health Organisation

*"If it makes me happy, it definitely adds to my wellbeing." - P.V.Sindhu*

**Well-being and being present**—Being present allows us to appreciate the little things in life and can be a welcome break from some of the challenges.

**Take a moment to tune in to the here and now** —You can do this by asking questions about your surroundings and your current state.

**Ask yourself questions like:**

What is around me? What noises do I hear? What can I physically feel around me?

What do I smell? Who is around?

How am I feeling?

**Give yourself a break—it can take time to really connect.**



https://aboutmeditation.com/improv-art-present

**Daily Routines and well-being** — When you set a routine, it is essential to make choices that support emotional well-being. At the start of your day, it can reduce the amount of energy you use deciding what to do when you have created habits that provide some structure and purpose. This is even more important when our day to day activity is changing.

**Think about your routine and make notes in the table below**

| Morning  | Afternoon  | Evening  |
|---|---|---|
| | | |

**Are there things in your routine that you would like to work on?**

**Think about setting a goal for your daily routine.**

Knowing yourself is the important thing when setting a goal. it's best to start with small achievable steps for example, setting a daily alarm.

**Goal 1 -**

**Goal 2 -**

**Plan to achieve by keeping it SMART: Specific, Measurable, Achievable, Realistic and Timely.** E.g. exercising more , making a to do list , eating more healthily etc what steps will you need to do to make this happen, what's realistic for you?

**Challenge yourself:** Select one of the goals you set yourself above and think about what small, realistic steps you will take to achieve it.
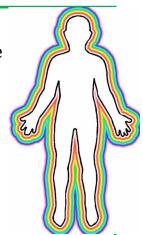
**Note down your steps to well-being below —**

**Taking time for self-care—**Use the links below and try out the body scans but before you start, find somewhere comfortable to sit with the intention of relaxing. Set the tone.

https://www.youtube.com/watch?v=188uGwydQ84

https://www.youtube.com/watch?v=LvfSSGBVtEo

**Take a moment to note down what you noticed during your body scan?**

**Reflection point:** We have explored some of the things that can contribute to our well-being.

**Take a moment to note down what is important to your well-being.**

# Useful links

https://www.pentreath.co.uk

https://t.co/Pyb1Z4924p

https://www.bbc.co.uk/news/uk-51506729

https://www.discoverwildlife.com/news/national-trust-free-coronavirus/

https://www.nhs.uk/live-well/exercise/10-minute-workouts/

https://www.theguardian.com/society/2020/mar/16/coronavirus-health-anxiety

https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak

https://www.borrowbox.com/

https://www.nhs.uk/live-well/exercise/10-minute-workouts/

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

https://www.mind.org.uk/information-support/tips-for-everyday-living/food-and-mood/about-food-and-mood/