

Research from around the world tells us that there are 5 things we should all do more of to boost our wellbeing and improve our mood. Here are some things you can do in and around your home.

Have a think about what you are already doing, what you can consider doing more of and how many of these you can complete each day.



CONNECT:

- If you can't be with certain members of your family - you could phone, Skype, Face Time, WhatsApp or send them an email or text message to let them know how you are.
- If you're at home with your family, try to eat lunch or dinner at the same time - this can be much more fun than all eating separately and gives you an opportunity to chat.
- Stay in touch with your friends - you might not be able to see them right now, but you can still speak on the phone. Hearing someone's voice can be much nicer than just sending a message.
- Talk about your feelings. It is important you don't bottle your feelings up. Talking Shows Strength.
- Listen. If a friend or family member wants to talk to you. Make sure you listen and give them your full attention - remember to ask the question "How are you?"



GIVE:

- If you are creative, try making something or painting a picture for a friend or family member. Everyone loves receiving a handmade gift, so you'll be able to put a smile on their face.
- If you have a pet, spend some time with them - give them a fuss if they like being fussed.
- If you're able to, see how you can help others through this challenging time. Or perhaps you may want to sign up as a #TeamHerts volunteer visit: <https://www.thvolunteering.org.uk/volunteering/covid-19>
- When you find something that works well to lift your mood, do share it with others on social media #JustTalk





TAKE NOTICE:

- Draw a picture of something in your house or garden, or something you can see through your window.
- Do an online meditation – you could even do this as a whole family. Here are some to try - www.headspace.com/meditation/kids
- Listen to some music you enjoy – why not sing along too. Have a think about what it is you really like about each song you play.
- Write a diary or journal - this is an unusual time for everyone, so it can be useful to write about what we are doing and how we are feeling.
- If you're feeling anxious, try some deep breathing. Breath in to the count of 3, hold for the count of 3, and then breath out to the count of 3. Repeat ten times. It can help to visualise each stage as one side of a triangle.



BE ACTIVE:

- Dance to some music that you enjoy listening to.
- If you have a garden, do some gardening outside.
- Housework and DIY are a great form of physical activity.
- There are lots of physical activities online that you can do from home. Check out YouTube, or look at this useful webpage - <https://sportinherts.org.uk/coronavirus/>



KEEP LEARNING:

- Why not try a new hobby from home such as arts, crafts, knitting or photography.
- Read a book or Kindle – every book will teach us something new and will improve wellbeing.
- If you're learning to play a musical instrument – challenge yourself to try to learn something new to play.
- Always felt like you've had a book in you? Now might be a great time to start writing - there are lots on online guidance to help you get started.

