

Simple ideas to help keep a positive focus at this time

Write down 5 things you love about somebody close to you. It might be your partner, child, parent, friend or colleague. Choose somebody different everyday and write down good things about them. Actually write the things down, that is the most powerful way as the writing forces your mind to slow down a little and really process what you are thinking about. By focusing on the positive things even for 5 minutes relationships can be transformed for the better. Its to easy to dwell on the negatives of other people by fixing on the positives focus increases and you might find yourself entering a more compassionate frame of mind.

Reframe the day - write down three things that have gone well in your day

Did you have a nice walk today ?

Did you really enjoy that phone call with a friend ?

Did that letter in the post make you feel special ?

Did that comedy programme make you really laugh ?

Did your partner tidy the house when you were not expecting that to happen ?

Looking after our Mental Health

As these weeks of lockdown continue it's important to look after our mental health just as much as ensuring we eat good food.

This card contains some ideas that might help as this time progresses, everybody is different and what works for one may not work for another yet we all need to take care of our mental health and notice any changes in others who we are living with which might mean that problems are developing

Take care - keep safe and look after your mental and physical health. : Justin

