Looking after yourself - Basic factors to get right during this time

Food for the mood -Do not fall into bad habits such as eating rubbish and overeating because of boredom. What we eat has a huge impact on our mood, thinking process, memory and alertness, therefore it is especially important to eat well at this time.

Food rich in antioxidants such as blueberries, pumpkin seeds and greens may help the brain repair. Oily fish, nuts and eggs help support brain function, while green tea is great for performance and alertness. All these elements, as part of your daily healthy intake, contribute to good mood.

Mindfulness - If you are not aware of what mindfulness is, put simply it is focusing on the moment without distraction or judgement.

Thousands of studies have shown that mindfulness reduces stress, anxiety and depression while improving the immune system and the cognitive skills that are key to high performance. Mindfulness is not a quick fix and takes dedication but can quickly decrease stress and overthinking. Look for mindfulness meditation and tips online; there is loads of information available

Physical activity - Physical activity is paramount for the body and mind, especially during these testing times. Try and keep active while on lockdown for 20 - 30 minutes every day and it will make a huge difference.

Go outside and breathe fresh air if you can, but if you don't know where to start, there are thousands of workouts on YouTube that are fun and simple to follow. They will have you feeling great and energised and ready to face anything.

Sleep - When we get enough quality sleep for our body our emotional health is enhanced. We generally have more energy once fully-recharged and this impacts our mood!

Useful websites

Youngminds - https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/

Thinkyouknow - https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets

Unicef - https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19

NHS - https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

Mr T - Stay safe and well