**Coronavirus**

**Ten tips to help look after mental wellbeing whilst self-isolating**

**Take care of yourself**
When people feel sad they may not look after themselves. Try to remember to wash regularly and wear clean clothes.
Food is important to help you feel well:
- Eat three meals a day
- Drink plenty of water - it is important to keep hydrated
- Choose a healthy meal at least once a day

**Begin to make plans**
Making plans can help fill the time positively. Think about what you want to do and work towards it. These could be short or long term goals. Plan the things you want to do and achieve each day.

**Get active**
Doing exercise in your cell will help you feel better and keep healthy. There are distraction packs available from wing staff which contain a number of in cell exercises.

**Keep in touch with friends and family in the community**
Write letters to friends and family and to those you care about.

**Think about how you can be less stressed**
Try some breathing exercises or mindfulness to help you relax. Information on mindfulness is included alongside these ten tips.

**Help others around you**
This will make you and other people feel good. Please comply with self-isolation and social distancing guidelines. This will protect you and those around you making the prison a safer and healthier place to be.

**Stay positive**
By remaining within your cell you are keeping others and yourself safe. Isolation periods will feel like a long time, however they will pass. It is important to try not to let negative thoughts take over. Although it can be hard, try to stay positive.

**Talk about your problems**
There may be fewer staff on duty than normal, however you can still ask to talk to wing staff, healthcare staff, chaplain or a listener. Please be patient as they may take longer than normal to come to speak to you. If you can, talk to your cell-mate and try to help each other.

**Keep learning**
If you would normally go to education, see if they can provide some work to do in cell. Ask to have some library books. Try drawing, writing or puzzles such as crosswords, word searches and Sudoku. There are a number of activities included in distraction packs available from wing staff or Safer Custody.

**Get on with others around you**
This can reduce stress and help you to feel less lonely. In prison you could make some good friends. Remember to stick to the social distancing advice too.

This resource was developed by Mental Health Foundation