

3 Strategies for Promoting MENTAL HEALTH in ISOLATION

1 Maintain positive social connections

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Call a friend to talk about your day



Video chat to check in with a family member or friend



Spend quality time with those you live with

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2 Minimise difficult situations where you live



Communicate clearly and honestly your needs, worries and concerns. When you need support and when you need time alone

Engage in activities you enjoy doing together



RESPECT one another during times of conflict



Maintain your **sense of fun & positive humour**

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3 Plan out your day to restore a sense of purpose and normality to daily life



Get into the right headspace & change out of your pyjamas every morning

Create a **dedicated workspace** with adequate lighting and away from noise



Follow a **strict working schedule** defining your working hours

Set specific times to take a break from work to minimise distractions



Stay connected with your manager and work colleagues