



### **Building positive mental health during social isolation**

During this coronavirus pandemic, people may be feeling isolated or might not be able to participate in some of their usual coping mechanisms. During this time of social isolation, it is even more important to look after our mental health.

This quick information leaflet gives a few tips on how to look at positive mental health strategies and boost/maintain your mental health during this time of social distancing. Please be mindful and responsible for your own safety and wellbeing. If you need crisis support please call a Listening Line: [HERE](#) or a Domestic Abuse and Sexual Violence helpline: [HERE](#)

- **Create Purpose-** We need purpose in life, please see the following link for more ideas on how to do this:  
<https://www.lifehack.org/articles/communication/7-ways-create-your-life-purpose.html>
- **Positive Thinking-** For tips on thinking positively here's a meditation to help:  
<https://youtu.be/o0EQEiecSxs>
- **Write** - Start by writing a journal, or write an autobiographical account. Or write lists of all of your favourite things (books, music artists), or imagine a more positive future and all the things you want to do when this crisis is over. Writing or journaling can be really good for your mental health: <https://positivepsychology.com/writing-therapy/>
- **Recall positive life events-** This YouTube clip will help you to understand your memory works!  
<https://youtu.be/BAdOuFwDM1I>

- **Perform Acts of Kindness-** Doing nice things for other people reminds you that you have the power to make a difference in the world. Giving to others also helps you think more positively and feel happier. Helping a neighbour in need, volunteering for a community activity, or raising money for a charity are just a few simple ways to improve your psychological well-being.
- **Practice Mindfulness-** Mindfulness has been linked to a multitude of benefits, ranging from increased happiness to better resilience. Try this three-minute Mindfulness meditation.  
<https://youtu.be/SEfs5TJZ6Nk>
- **Express Gratitude-** Whether you send letters to tell people how much you appreciate them, or you write about the things you feel thankful for in a journal, expressing your gratitude will keep you focused on all the good things in life. It's a simple but effective way to boost your psychological well-being every day.
- **Identify Your Strengths-** Have look at these clips on YouTube  
[https://youtu.be/s\\_30jf4Zmlc](https://youtu.be/s_30jf4Zmlc)  
<https://youtu.be/Dk2QNcxDgaE>
- **Practice forgiveness-** Letting go of past hurt and anger is key to good psychological well-being. Have look at this article on forgiveness.  
<https://www.psychologytoday.com/gb/basics/forgiveness>

Our clients and anyone who has experienced trauma can also access our Trauma Self-Care resources here: <http://www.newpathways.org.uk/resources/>