

# 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