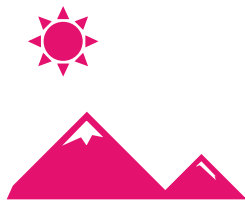


Take care of your mental health

Make sure you are looking after your mental wellbeing as well as your physical wellbeing as we navigate coronavirus and practice social distancing. Here are a few good ways to start.



Spend time outside, even when avoiding crowds

Make sure you're taking the time to get fresh air. Go for a walk, soak in some sun on your deck, or play with your pets to help ease cabin fever.

Don't neglect exercise

Whether it's going for a run or following along with a class virtually, exercise is good for your mental health. There are plenty of great mobile apps for quick, at-home workouts such as those offered by Les Mills 7 minute workout, or Daily Yoga that don't require equipment.



Talk to your friends and family

Just because you're practicing social distancing doesn't mean you have to be anti-social. In the tech age, it's easy to Skype, Facetime or even set up a Google meet to chat with loved ones. Take a few minutes each day to chat with a friend or family member.

Reach out if you need support

If you find yourself struggling with social distancing, don't hesitate to reach out. There are plenty of resources available in New Zealand. For a list of resources available check out the Ministry of Health's website or [click here](#).



Some of these suggestions were sourced from National Alliance on Mental Illness New York. We are not mental health experts, if you are in need of professional medical or mental health advice, contact the Ministry of Health.