



‘Supporting Travellers Mental Health and Wellbeing during COVID 19’

‘Minding my mind’ during times like this is important

So remember there are things **you** can do to get you through!!!

- ✚ Regular exercise... walking helps to clear the mind.
- ✚ Try to get a good night’s sleep.
- ✚ Try to eat well and avoid excess alcohol.
- ✚ Take a few deep breaths regularly to calm the mind.
- ✚ Do things you enjoy doing...listen to music or watch TV
- ✚ Stay connected with your extended family and friends by phone.
- ✚ Balance your use of social media ... give your mind a rest too.
- ✚ Get reliable information and advice from the HSE



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