

HOW FAMILIES CAN SUPPORT EACH OTHER'S MENTAL HEALTH DURING SELF ISOLATION



01

Check in with each other on a regular basis. How are you feeling today? Is there anything I can do to help?



02

Engage in some physical activity together. Doing this in a group can increase connectedness and is great for reducing stress



03

Get some really simple healthy rules in place that you can all follow (E.g. We will make sure to sit down and eat dinner with each other every night)



04

Set a challenge to learn a new coping skill each week. Spend 5-10 minutes each day to practise using it



05

Organise and plan your week together. Make sure everyone understands what work or school related activities are coming up over the next 7 days



07

Schedule in time during your week where you can all engage in some activities that provide you with a sense of pleasure and achievement



08

Work together as a team. Be a strong unit that supports, cares and encourages



06

Spend 5 minutes each morning when you wake up to engage in some breathing exercises as a family



10

Make sure you provide space for each other where you can find time to relax on your own



09

Identify self care activities that you can do together and individually (E.g. cooking together)

 @BELIEVEPHQ

