Essential Guide

How to Effectively Manage Your Mental Health During the Ongoing Covid-19 Pandemic

If you find yourself looking for ways to effectively manage your mental health during the ongoing COVID-19 pandemic, you have come to the right place.

The outbreak of COVID-19 has had a somewhat detrimental impact on the lives of millions of people across the world. From self-isolation to lockdown rules, for many, COVID-19 has increased loneliness, and caused mental health disorders to surface and heighten.

At Cassiobury Court, we understand that an increased number of individuals are searching for ways to effectively manage their mental health during the ongoing pandemic. As a result, we have put together this essential guide on how to effectively manage your mental health.

From talking to your loved ones to embracing the great outdoors, we are confident that our guide will help you to relieve yourself from some of the worries you may have.

TALK TO YOUR FRIENDS AND FAMILY

As COVID-19 saw us unable to see our friends and family members in person, an increased number of individuals have experienced feelings of loneliness. Unfortunately, feeling lonely can have an adverse impact on our mental health.

From Zoom and Skype to daily phone calls, regularly talking to your friends and family further offers you the chance to talk about any concerns you may have and seek reassurance. In turn, this will enhance your mood.

Although you may have had to reconsider how you stay connected with your loved ones, doing so will virtually surround you with support and love. It will also provide you with a sense of belonging.

ENGAGE IN PHYSICAL ACTIVITY

Are you aware that taking part in some form of physical exercise can help reduce the severity of mental health disorders? As endorphins are released, our happiness levels increase and contribute to the management of stress and anxiety. Exercise also enables us to create routines that offer a sense of control over our thoughts and feelings.

With this in mind, if you are hoping to effectively manage your mental health during the ongoing pandemic, regularly moving your body will help you.

Engaging in physical activity does not necessarily mean that you need to go running for hours on end each week. Physical activity could simply consist of going for a short walk each day or taking part in an online fitness class such as yoga.

## DISCUSS ANY WORK-RELATED WORRIES WITH YOUR MANAGER

If you find yourself feeling somewhat anxious or distressed about your job, you are not alone. In fact, over 40% of people in the UK state that the pandemic has impacted their work.

Although it may be challenging to ascertain the exact impact that the pandemic will have on the working lives of many, it is essential to discuss any work-related worries you have with your employer.

Talking to them will help you to diminish any pessimistic thoughts and will provide you with additional support and guidance.

REDUCE YOUR MEDIA CONSUMPTION TIME
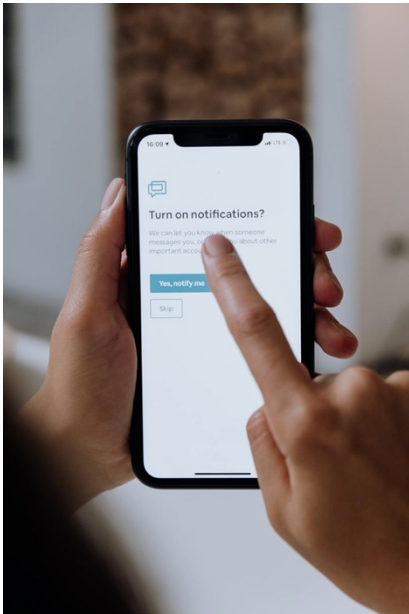
As self-isolation, social distancing and various lockdown rules were introduced in March, an increase in the number of people using social media to maintain their relationships with others was noted. A 50% rise in the number of people watching news coverage in the UK was also observed.

Although it is essential to stay connected with others and remain up to date with the ever-changing rules that COVID-19 imposes on individuals, media consumption can heighten feelings of anxiety, depression and isolation.

If you have found that you begin to feel more anxious when watching the news or experience increased bouts of loneliness when using social media, we would highly recommend reconsidering the amount of time you spend either watching television or scrolling social media.

FIND TIME TO ENJOY THE THINGS YOU TAKE AN INTEREST IN

If you frequently find yourself feeling somewhat anxious, you will likely find it hard to relax. However, to reduce your anxiety, it is essential to find something else to focus on. With this in mind, if you are looking to effectively manage your mental health, we would suggest that you find the time to enjoy the things that you take an interest in.

Whether you enjoy relaxing over a good book or had taken up a new hobby before the outbreak of COVID-19, taking part in something you enjoy will reduce the amount of time you have to worry about things that may be out of your control. In doing so, you will find that your outlook gradually begins to change for the better.

CREATE A ROUTINE

Did you know that creating a routine can reduce your stress levels, help you get a better night sleep and leave you feeling somewhat happier? If you are hoping to effectively manage your mental health during the ongoing pandemic, a routine may well be what you need.

Although life as you once knew it might seem something of the past, you will likely already know that having a daily routine helps you stay organised and motivated. Planning various aspects of your day will also leave you feeling somewhat productive. Not only will this elevate your mood, but it will leave you with little time to worry over other things.

If you have unfortunately seen yourself furloughed, unable to work or looking for a new job, creating a daily routine will offer some structure to your days.

Your routine does not need to be full to the brim. Simply incorporating when you will wake up, exercise, talk to friends, eat and go to bed will benefit your mental health in the long run.

DON'T BE AFRAID TO REACH OUT

If you are hoping to effectively manage your mental health or addiction, but find yourself in need of some support, please do not be afraid to reach out to either our private rehab clinic or any other mental health support service.

Whether you simply need someone to talk to or believe therapy would be beneficial, support services can assist you in the alleviation of any stress or mental health disorders that you may have.

You can reach out to our team by calling 01923 369 161 today.