

# A Menu for Minding Myself during Covid 19

These are challenging times. Caring for yourself is really important right now.  
Here's a menu of things that can support you during this difficult time.  
Choose what works for you.

## Anxiety & Stress

These are normal responses to an abnormal situation. There are things you can do to manage them and take some control.

Simple breathing and relaxation exercises can help.

## Time to Recharge

Getting enough sleep and rest will help recharge your batteries.

Plan to do something you enjoy, something that lifts your spirits.

## Be Kind...

...to yourself and others.



It may not seem like it now but this won't last forever.

## Notice Nature

Summer is here!

Notice the new growth, the colours, the smells.

Spending time in nature helps to reduce feelings of stress and anxiety.

## Connect

Staying in regular contact with family, friends and neighbours is really important right now.

Check out your local **Volunteer Centre** [here](#) for ways to connect in your community.

## Food for the Soul

Think about the people, places and things that mean a lot to you.

They can bring you joy, comfort, and a sense of safety to help you through this unsettling time.

## Healthy Body & Mind

Nourish your body by eating well and staying hydrated.

Moving your body in whatever way you enjoy can help you feel good and cope better with stress.

## What works for you?

Consider when you are at your most relaxed.

For many people it's doing something they enjoy, being in easy company, or maybe, its being alone for a while.

## Important information

- To access community based wellbeing supports: Contact DLR Social Prescribing Programme for Health & Wellbeing: [lisa.sieger@sspship.ie](mailto:lisa.sieger@sspship.ie) / 087 7370372 or [eileen.barry@sspship.ie](mailto:eileen.barry@sspship.ie) / 087 3563035
- 50808 is a free 24/7 mental health text service funded by the HSE. Text HELLO to 50808 if you would like support to cope with mental health or emotional difficulties.





# Additional Information

## Anxiety & Stress

- If you are experiencing more stress than is usual for you, try keeping a journal to record your concerns. It can put them into perspective. Catch yourself if negative thinking has become your default pattern.
- The Mindfulness & Relaxation Centre in Beaumont Hospital has a range of relaxation exercises on their website. [Click to explore](#).
- Check out [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie), the HSE's mental health website, or Suicide or Survive's [website](#) for more on minding your mental health.

## Time to recharge

- A restful night's sleep is an important part of self-care. The Good Sleep Guide on the HSE website provides some tips to help you rest and sleep. Find it [here](#).
- Spending time in nature is good for us. Having a gardening project, whether on the windowsill or outside, can be both relaxing and rewarding. Take a look at the Grow It Yourself website for tips on how you can grow your own fruit and vegetables [here](#).

Simple  
Breathing  
Exercise

## Note & let go of any tension in your shoulders

•••  
Slowly breathe in for a count of 5

Hold your breath for a count of 2

Slowly breathe out for a count of 6

•••  
Notice your belly rise with each inhale and fall with each exhale

•••  
Notice any changes in your body – such as relief or relaxation

Repeat 5  
times

## Healthy Body & Mind

- Looking for healthy meal & snack ideas? Safefood has plenty of suggestions for you in their 101 Square Meals resource [here](#).
- Check out DLR Sports Partnership's [website](#) for local events and their Youtube channel for workouts you can do at home [here](#).
- When we are stressed we may smoke or drink more than usual. This may do more harm than good. For advice on quitting smoking call the HSE local smoking cessation service on 01 274 4297. Or for information on managing your alcohol intake during Covid 19 visit [www.askaboutalcohol.ie](http://www.askaboutalcohol.ie).

## Food for the Soul

- Culture and creativity enhance our health and wellbeing. Choose what you watch, listen to, and engage in. It all affects our mood.
- Explore local creative and cultural activities at [dlr Arts](#) or online on the [Google Arts and Culture](#) website.
- Try writing down three things you appreciate every day. It can be some music you heard, a pleasant exchange with someone, a lovely view you enjoyed. Done regularly, this simple gratitude practice will increase your sense of wellbeing.