

# 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

 @BELIEVEPHQ



**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)

