

## Looking after your mental health when self-isolating, for young people



These top tips have been developed by mental health youth workers and young people, with and without lived experience of mental health problems from across Europe. They are not 'one solution cures all', but just suggestions on ways to look after yourself when you or someone you live with has symptoms or has COVID19 and so you need to self-isolate.

- **Talk to your friends about it** - Make sure to let your friends know the situation, and be honest about how you're feeling and what you need from them during this time. Eg more contact, lots of funny 'memes', regular video chats, motivation and support.
- **Stay Social with friends & family** - On top of the above, this is still important to do for general engagement with friends and family. Continue playing games, chatting, watching films together.
- **Dealing with stigma & guilt** - Whether it is you, or someone else in your house that may be ill, it is important to remove the STIGMA. This is no one's fault, we are all trying our best and we should be supporting each other during this AND after this time. [See a useful article on this from the WHO.](#)
- **Exercise & Creativity** - Keep doing these types of activities. If you have a garden, make sure to use it where possible, but keep doing what you enjoy, keep your brain active.
- **Try something new** - This could be a perfect time, if you feel well enough, to try something new, learn a dance, try cooking, write about your experiences.
- **Outdoors & Fresh Air** - If you are fortunate to have a garden, use it. If not, make sure you open your windows as much as you can handle (do not freeze!)
- **Hygiene** - Just because you are ill, doesn't mean you should neglect your hygiene. If possible, keep up your usual routines, shaving, showering and moisturising etc.
- **Routine** - Keep some sort of routine to your days if you are well enough. If ill, take the day to rest, like you normally would.
- **House share** - If you are living with friends/other people, then try, where possible, to make a 'house/flat plan', turn to each other for support.
- **Fun & Positivity** - If well enough, keep putting fun things in your diary, whether that is 1 small activity a day or something bigger to do on the weekend.
- **Be Kind to self & others** - These are extraordinary times. If you are feeling unmotivated and tired, THIS IS OKAY! You may even be unwell, so it is important to rest. Just do what you can, when you feel able to.

If you are a young person and would like to share your tips, or share your #covid19youth story as a blog or vlog with us, then please get in touch

[info@eymh.org](mailto:info@eymh.org) - your stories can inspire and help other young people, locally, nationally and internationally during these difficult times.