



LOCKDOWN CHECK IN

**Every day - Check in with yourself.
Ask the question - How am I feeling today?
What could I do to enhance my mood?**

WHY NOT GIVE THIS A GO

Helpful coping tools: Below are a list of tools considered helpful when feeling a little anxious or stressed. Tick the answers below. This will indicate to you what helpful strategies you can put in place when you feel low, stressed or anxious. I am sure there are so many more, we would love to hear about them.

What can help?	Yes	No	Not sure, I have not tried
Exercise			
Cook – Bake a cake			
Meditation – Breathing exercises.			
Put some music on /Sing a song			
Read			
Rest – Have an early night			
Watch a film or TV			
Play games - Do a puzzle			
Clean – Declutter			
Being outside with Nature			
Write a list of things to look forward to			
Create a vision board. Set goals and targets			
Paint – Be creative			
Gardening – Be outside			
Check in with your friends and family – Talk to people, stay connected.			
Self-Care – Have a hot bath			

**FEELING
LOW?
JUST TALK**