



Things you can do to help clear your head.

It's only natural to feel nervous and even overwhelmed as things open up again and you get back to familiar places and experiences. We have some simple ideas you could try to help you cope better, clear your head and connect with others.



Move a bit more every day

We often feel sluggish simply from a lack of movement. Try walking up and down the stairs, dancing, gardening or taking part in a virtual class. Even better, have a little stretch or walk outside if you can – being in the open air can really make you feel better.

Feed yourself not your stress

As restrictions start to ease, you may find yourself looking for something different to eat or alternatives to cooking at home. If you choose to eat out or order a takeaway, try to make healthier choices where possible. NHS inform has some suggestions on how to make healthier diet choices during the pandemic.



Drink more (water, that is!)

Your body needs water (or other fluids) to work properly, so make sure you keep yourself topped up throughout the day – especially if you're feeling hungry, tired, light-headed, dizzy, or have dry lips.

Take time to plan

Give yourself time to reflect on what's important and achievable. It can help if you prioritise your goals and plan how to achieve them.

Try to ease any anxiety about going outside by making a plan for what you'll do when you leave the house. Make sure you include setting out some time for yourself – even if it's just to enjoy five minutes alone.

In line with current guidance, many shops and businesses have outlined the steps they've taken. It might make you feel more confident to take a look at their plans before you head out.



Supporting Others

Offering to help

Small acts of kindness can make others' lives that bit easier, and give us a sense of purpose too. If you're worried about a neighbour, you could ask them if they need anything next time you're heading to the supermarket or just pop a note through the door.

For more ideas on how you can spread a little happiness, visit [Ready Scotland](#).

Talk to them

If you're worried that someone you care about is struggling with their mental health, talk to them. It might be just what you both need. Visit the SAMH website for advice or take a look at the Mental Health Foundation's eight tips for helping you talk to someone about their mental health.



Stay in touch with loved ones

Being alone or with only a few family members can be hard, or you might still be missing friends, workmates or other family from further afield. You might have found yourself meeting up virtually more frequently than you used to.

Make sure you keep that contact going, even when you are out and about more. And staying in touch online via video chat is still a really handy option if some of your friends and family prefer to stay at home.

For more tips on how to calm your mind as things get busier and how you can support others visit clearyourhead.scot

