

# Looking After Your Wellbeing - Mental Wellbeing

Our mental wellbeing is how we feel and how capable we feel of coping with day-to-day life. Mental wellbeing can change positively or negatively; you may or may not feel happy, content, engaged, in control or have a sense of purpose. Here are some ideas to help increase your mental wellbeing.



Social connections are important and help us to feel like part of a community. Try different methods of connecting with family and friends such as in person, video calls, WhatsApp and Social Media. Within your teams at work keep connected with your colleagues in person or virtually. When connecting in person adhere to Government Guidance on physical distancing.

Having a routine helps our mental wellbeing. Schedule your time and make a plan for your day. If you are working from your base location or remotely make sure to schedule regular breaks and move away from your desk or work activity.



If you are working remotely from home set boundaries with yourself and your household. Make others aware of when you are working and when you need time. Set yourself boundaries for work and home and stick to them – if you plan to log off at 5.00pm do this. You may want to literally ‘unplug’. Take a commute away from work – even to another room.

If you feel that media or social media is becoming too much for you have a ‘digital detox’ and disconnect.



Reading can be therapeutic and help pass the time so read a book (or a few)! You can also complete written puzzle's, board games, colouring, drawing etc. to help focus your mind and relax.



Sign up for an online course or something you can study from home such as learning a language or developing your skill set.

Techniques such as mindfulness and mediation can help you relax and focus on the moment.



Ask for help! Tayside Contracts' Mental Health Resource Contact List provides details of local and national help organisations that you can contact via phone or internet. You can also join online virtual support groups through social media.

NHS Inform have developed 'self-help guides' for people who are experiencing feelings of depression and anxiety which include information and activities. The guides can be accessed through the following links:

- Depression: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide>
- Anxiety: <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>



If you would like to help others, Tayside Contracts has introduced a Supported Volunteering Policy, meaning that if you give up a day of your own time to volunteer, you will be granted another days' paid leave to volunteer. The policy can be accessed through the following link: <https://www.tayside-contracts.co.uk/working-with-us>