

LOOKING AFTER YOUR MENTAL HEALTH

Working from home



Stay informed - Find out about your employment and benefits rights, and all the Covid-19 resources available



Stick to a routine - create a daily regular routine to keep a healthy lifestyle



Check in - stay connected and engaged with others



Exercise - from online training sessions to having regular daily walks, find what works best for you



Switch off - remember to take a break and don't overwork yourself

Time to breathe



Be kind to yourself - acknowledge that you might not be as productive as you usually would be

Self-care - practice those acts of caring for yourself, inside and out

Let it out - talk about your worries and share your concerns with others you trust

Do what you love
Keep your mind active. Focus on your hobby, there are lots of free tutorials and courses online



Remember...

- Look after **your sleep**
- If you can **help someone** it benefits you as well
- **Music** is a great tool to change the way you feel



Take care of your emotional and mental well-being



We're here with **Help Musicians** to support you with dedicated mental health support through **Music Minds Matter** - a free and confidential 24/7 support line for the music industry.

Reach out to **0808 802 8008** or email **MMM@helpmusicians.org.uk**