



Me, myself and I

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Last week, we were joined by Dr. Alex George – NHS physician, television personality and recently appointed UK Youth Mental Health Ambassador – to talk to us about the importance of prioritising mental wellbeing. It's not something we don't already know; in recent years, mental health has been an increasing part of the public discourse and, since the beginning of the pandemic, it has only come further to the forefront.

But how many of us are actually taking conscious steps to safeguard our mental health? It's all too easy to get caught up in something else – work, looking after the family, scrolling through social media. The term 'self-care' is used a lot these days, conjuring visions of meditation, yoga and bubble baths. If those are not for you, our Mental Health First Aiders have some ideas that will help you switch off and clear your mind.

“I've yet to meet anyone who's had a good time in lockdown. Most people would agree it's been a pretty terrible time.”

Dr. Alex George

What are your hopes for the future? Find out more about our 'For each other' campaign [here](#).

"I became a Foodbank **volunteer** which I love for the opportunities to meet people, get involved in the community, and help people who are less fortunate."

"To cope with feelings of isolation staying **connected** has been important, so I arrange regular video calls with friends and family."

"I'm **learning** to play the Ukelele; the process of teaching myself something new is a great distraction and at times can be very rewarding."

"Although the rain and prospect of muddy dogs often discouraged me, I have found going for **long walks** and being out in the **fresh air** has been amazing whilst being stuck at home."

"Whilst working from home, I try where possible to **call colleagues**; speaking on the phone encourages human contact and is so much nicer than always emailing."

"I've been having a **break from screens** and their blue light before I go to bed. Instead I have been doing Sudoku which I find takes my mind off what has happened during the day, focusses my thoughts and helps me relax."

"We rely heavily on technology during lockdown, instead of feeling guilty about your daily screen time and hours spent scrolling **social media**, ensure what you follow is constructive; it lifts your mood, inspires an activity or interests you."

"**SLEEP**. Having a consistent sleep routine and waking up to natural light during the darker days of lockdown has helped to regulate my circadian rhythm, spending so much time at home and not being able to break up the day in ways we could before really impacted how I slept."



What are your hopes for the future?

Email your LGT Vestra contact or email thoughts@lgtvestra.com. We look forward to hearing from you.