



Clear Your Head

EASY READ

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Scottish Government
Riaghaltas na h-Alba
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Things you can do to clear your head



You might feel nervous again when you start going back to doing familiar things.



Here are some ideas to help you cope:

- Move a bit more every day
- Walk up and down the stairs
- Dance
- Do some gardening
- Do an online class



Getting outside can make you feel even better.

You could have a little stretch or walk outside.



As restrictions start to ease you might want a change from cooking at home.

If you choose to eat out or order a takeaway, try to make healthier choices. NHS inform has some ideas for healthier diet choices during the pandemic.



Drink more water. Your body needs it to work properly. Top up throughout the day – especially if:

- You feel hungry
- Tired
- Light-headed
- Dizzy
- You have dry lips.



Before you go anywhere, make a plan of what you are going to do.



This will help ease any stress you feel.

Shops and businesses have outlined their plans to keep us safe.



Look at their plans before you go out.

Helping others give us a sense of purpose.

Ask your neighbour if they need anything from the supermarket. Pop a note through the door to check on them.





For more ideas, visit Ready Scotland. You can talk to them if you are worried someone is struggling with their mental health.

You can get information on the SAMH website.



You could look at the Mental Health Foundation's eight tips. This is for helping you talk to someone about their mental health.



Staying in touch with people is good. This could be family, friends or workmates.



If you have been meeting on-line, keep contact once you are out and about more.



Staying in touch online is still an option if some people prefer to stay at home.

For more tips on calming your mind and supporting others visit:



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