

LITTLE THINGS THAT HAVE A BIG IMPACT

By Sara Preka

Things have been super tough lately, so in this article I am here to remind you of different ways to be able to look after yourself during this pandemic and after, keep calm and remind you that you are not alone!

Every day seems to be the same, and for many of us it's been very difficult to maintain motivation when you haven't had anything to look forward too. Mental illness is not something to be taking lightly, and for many of us that are struggling it can feel like a never-ending loop. Here are a couple things that may help you change your outlook on life at the moment and to try work with what we have got (with a minor literary twist).

Make Your Bed

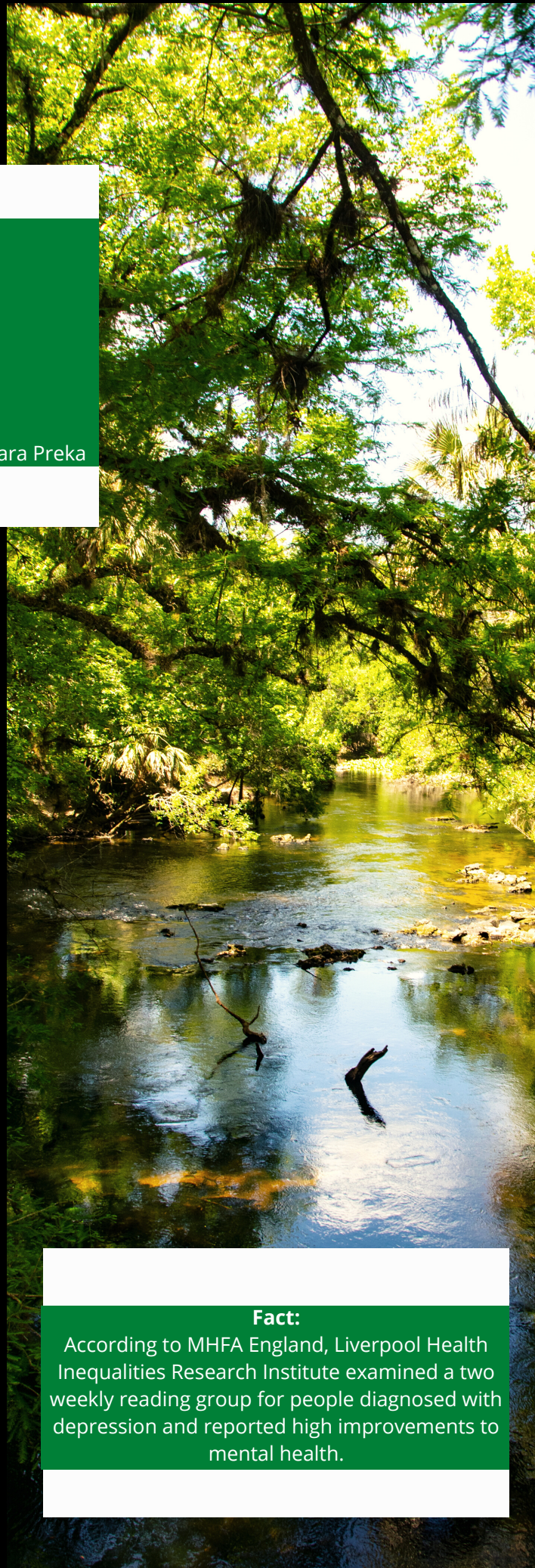
Now I know this sounds stupid, but once you've made your bed you have completed the first task of the day and sets up a positive attitude towards achieving productivity. This will then lead you to want to keep successfully completing more little tasks and before you know it you will have a minor spark of motivation to achieve a little bit more with your day.

Do a SMALL Amount of Exercise

Now hear me out, I am not a workout maniac but doing one small minor workout or even some yoga can calm the mind. According to the NHS website

Fact:

According to MHFA England, Liverpool Health Inequalities Research Institute examined a two weekly reading group for people diagnosed with depression and reported high improvements to mental health.



exercise can lower depression by 30% (even if you do start hyperventilating after). Plus if you're like me up until 5am every night, then doing a small workout will calm your mind and allow you to sleep earlier for a little longer.

Read A Book

The typical question people ask, why read a book when you can watch a movie. The answer is, it just isn't the same as a book, but this is one of my most highly recommended. Reading a book on a topic you're interested about, allowing the rest of the world to fade and let your imagination run wild, escaping reality. When you read a book, you notice every detail and in a way your senses are even heightened, and your knowledge and understanding will expand. Researchers at the University of Sussex have demonstrated that reading can reduce stress by 68%! So just give it a chance.

Write Down Your Feelings

People always roll their eyes at this one but writing down how your feeling can really help you tackle it. Once you understand how you're feeling, you are more likely to be able to know the first step on how

to move forward. Give yourself hope that these feelings can change. If you're an anxious person, like myself, try to remember not everything can be controlled. But, you can take control of your routine and your life.

Challenge Yourself

Now this can be subject to the person, but anything is possible. Whether it's setting up a new business or completing a puzzle. Challenge yourself to something you have never done before, expand your skill set and learn something new. Learn how to cook, learn a new language for your next holiday or even learn a new instrument. Whatever it is, it will make you feel good and can be something you can show off. Trust me, nothing feels better than completing an 1000-piece puzzle. Remember you can think, but will you actually do?

These are just a few simple tips to remind you to look after your mind and soul. But to also remind you that you are not alone. Remember to communicate your feelings because everyone is in the same position, feeling alone with lack of motivation. If you're reading this than this if your sign that you are capable of doing anything and that YOU are in control.

Here are some mental health helplines in-case you need extra support;

- **Shout - Text 85258 for free for any mental health support.**
- **Samaritans - Call 116 123 for free 24/7 free when feeling distress or despair.**
- **CALM - 0800 58 58 58, providing a mental health helpline.**

