Looking after your wellbeing while staying at home

Staying at home for a long time can be difficult, frustrating and lonely for some people. You may start to feel unhappy.

It is important to remember to take care of your mind as well as your body. You should ask for support when you need it.

Stay in touch with family and friends over the phone or on social media.

You can get advice and support from: www.nhs.uk/oneyou/every-mind-matters
Think about things you can do during your time at home.

Keep yourself busy with activities such as cooking, reading, online learning and watching films.

If you feel well enough you can do some exercise in your home or garden.

The Stroke Association would like to thank Easy Read Online for allowing us to use this resource. Visit easy-read-online.co.uk