

Supporting mental health during unsettling times.

- A list for young people in post-referendum Britain.

Tip #1 Connect with the people you love. Feeling connected, loving and being loved help us feel happier. Hug your family, invite a mate over to hang out (and a rant if needed), phone a friend you haven't seen in a while. Perhaps it's even time to extend your circle and make some new friends? Just connect! This is particularly important if some of the people you love voted differently to how you would have (and yes, you should have had a vote in this and it is a travesty you didn't). As Jo Cox said we have #moreincommon than that which divides us so it's time for all of us to reinforce our connections.

Tip #2 Get the self-care basics right. Food, exercise and sleep can all affect how we feel about things. If overhauling all of these seems too much right now, how about just getting an early night tonight? If you have been staying up late recently watching the news maybe it's time to catch up on some sleep?

Tip #3 Connect with nature. Step outside and listen to the birds sing, watch a squirrel dart up a tree, smell the grass just after the rain, feel the sun on your skin. Our green and pleasant land is still just that despite whatever is going on politically. Make sure you take the time to get out there and enjoy it.

Tip #4 Take breaks from the internet and the news. Nothing is going to happen immediately, and unfortunately the consequences of this decision are going to go on for years and years. We are early days into this and sadly clicking refresh won't help your anxiety levels and unfortunately won't change anything for the moment.

Tip #5 Aim for positive but boundaried activism. There are so many feelings around a result like this. Think of things you might want to get involved in locally or politically that will help you feel more engaged in your community and beyond. Feeling like you are doing something to make a positive difference can really help you feel better about things. However, it is important that you always put your own mental health first, and if something becomes too much or too draining for you on a personal level it is okay to be take a step back.

Tip #6 Develop your own toolkit of mental health support strategies that work for you. The list above are just some ideas that might help but positive mental health is something you DO not something you HAVE, so it is all about trying stuff that works for you. Write down a list that works for you for you to refer too and put into action whenever it is needed. Some people like to have self-care boxes for when feeling low. The box could contain a pen, note paper, some emergency chocolate, a favourite blanket, posh bubble bath or cherished letters and photos that make you smile. What would you put in a self-care box for you?