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| **Clear your head – practical things you can do to look after you mental health and wellbeing during your stay at home.**  |
| **Service Provision** | The Scottish Government launched the 'Clear Your Head' campaign, which highlights practical things that you can do to look after your mental health and wellbeing whilst continuing to stay at home. Visit the campaign website, <https://clearyourhead.scot/>, it provides tips which are focused around the following: * Keeping to a routine – trying to sleep and wake at the same time, and eating at regular times.
* Moving more – staying active, within the current guidance, to boost your mood.
* Taking a break – limiting exposure to the news on social media if you feel things are getting on top of you, instead using fun games, quizzes and apps online to pass the time.
* Making time for yourself – simply taking a breather or doing something you enjoy.
* Keeping in touch – phoning family and friends to ease worry and feel connected.

The campaign website will also signpost to sources of help and advice including NHS Inform, and helplines including NHS24, Breathing Space, SAMH and the Samaritans. |