Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Trinity Centre
for Ageing and
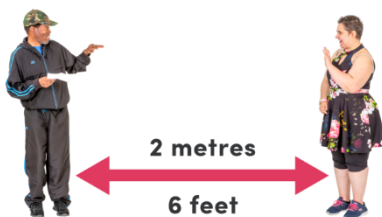Intellectual
Disability

Look after your mental health

Mental health is
how you think and feel
about your life.

It is important
to look after
your mental health.

Right now, you must
keep 2 meters away from
other people.

2 meters is the
length of your bed.

You might miss your friends
or your family.

Coronavirus

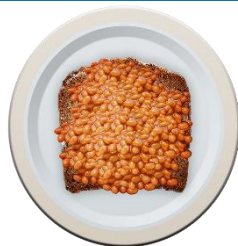|	You might be worried about Coronavirus.
	If you feel lonely or worried, talk to someone.
	You can talk to family or friends on the phone.
	You can see family or friends on the tablet or computer.
	Do something creative that you like. This will help you to relax.

	Try to keep your routine.
	Get up at the usual time.
	Get dressed in the usual way.
	Eat your meals at the usual time.
	Is there something from your plan that you want to do?
	Go to bed at the usual time.