

# Safety at Home



Safety at home covers such a wide variety of areas. In this guide we will focus on Mental Health, Self-Care, and the Cost of Living.

## Mental Health

Mental health is something that we all need to be aware of. So many different factors can affect our mental health and it can sometimes be harder to manage in those times when we are at home.

As humans when we are interacting socially with other people, we are usually happier. When people are home in their own space, surrounded by less people this is when mental health can become a bigger problem. This could be because there's more time to sit and think or people are unhappy with their home situation.

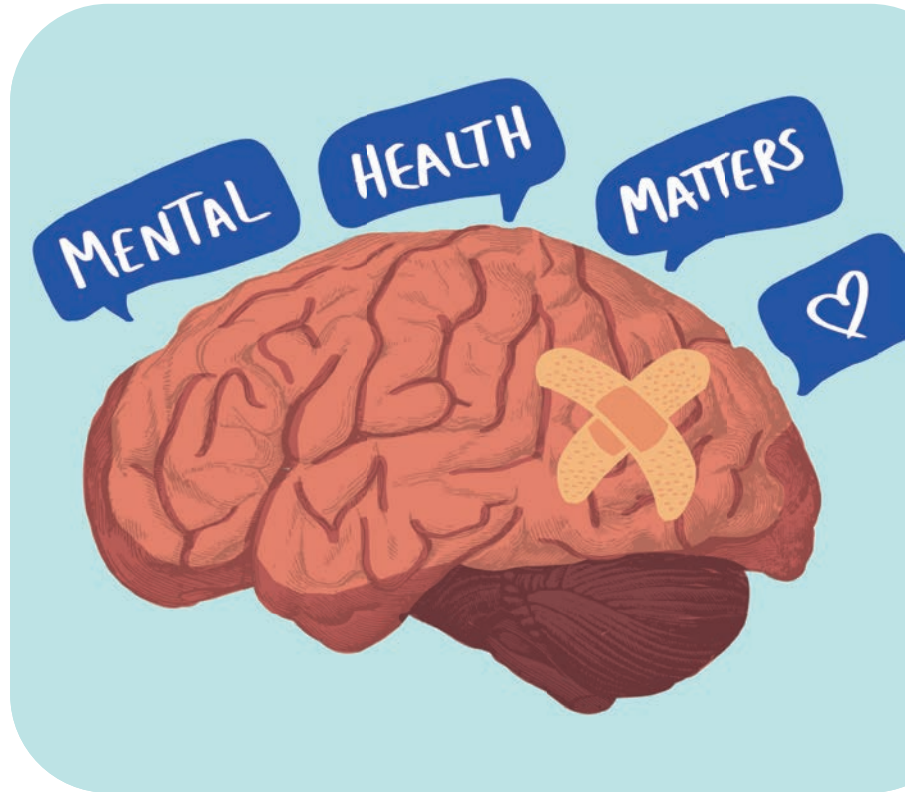
Some things that you can do to improve your mental health at home are:

- ❖ Have a routine - This can help people to feel more stable and gives structure to the time you spend at home.
- ❖ Regular exercise - Exercise is a great tool to use for coping with mental health struggles and to keep the body healthy. The NHS recommend 150 minutes of moderate activity per week and this can be done easily at home. It is also a great way to meet new people. Examples of these could include the use of exercise apps or Youtube which focus on home workouts such as yoga, pilates or HITT workouts.
- ❖ Eat healthy meals regularly - Trying to cook healthy home-made meals as often as possible keeps the body healthy and gives you the energy to cope better with mental struggles.
- ❖ Maintain some kind of social contact - This could be having friends or family over or calling someone to chat. Having that human connection is important as it helps combat any feelings of loneliness.

If you are worried about the mental state of someone when they're at home, it is important to check in on them. Ask them if they're ok, message them or call them and make them aware that they can call you if they need anything.

### Self-care

Very closely linked to mental health is self-care. Taking time for yourself at home is very important. It can help you to unwind after a long day or it can help to reset your mental state. It's important to find something that you enjoy and find relaxing. Self-care will look different for everyone and can be something really simple.



Some examples of self-care at home are:

- ◆ Exercising
- ◆ Having a bath
- ◆ Meditation
- ◆ Yoga
- ◆ Lighting a candle
- ◆ Reading
- ◆ Watching your favourite TV programme
- ◆ Cooking
- ◆ Gratitude

Self-care is the small things that you can do to look after your mental health and these things don't have to cost a lot of money. Your idea of self-care may also change over time. It can change depending on what you're going through and how you're feeling at the time.

Aside from physical activities self-care could also be setting boundaries with someone to protect your mental health or trying something new. The important message of self-care is not what it looks like but how it makes you feel.

## Cost of living

The current cost of living crisis in the UK has a huge impact on safety at home. This can be from mental struggles with finances or physical problems with your house.

The cost-of-living crisis is a period of time where the cost of essential everyday items increases at a rate higher than the income of an average household. Crisis says that the UK have been experiencing this since 2021. With this in mind, it's important to know where you can get help from and how to access that help.

There are many different types of income support available on the government website. They also have information on different support for bills and costs. For more information on financial help available see our Financial Wellbeing guide.

You can also find help from your bank or mortgage lender or financial advisers will often be able to provide support. The Citizens Advice Bureau is another good source of information. For anyone who is struggling with their mental health and wellbeing due to the cost of living, support is out there for you.



### Resources:

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.youngminds.org.uk/young-person/coping-with-life/self-care/>

<https://www.gov.uk/cost-of-living>

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>