

THE PARTICIPATION TEAM

TOP TIPS FOR STAYING MENTALLY ACTIVE

Staying active isn't just about physical activity, it also includes keeping our brains active. With all of us having to stay at home for what may be a long period of time again, it is important to continue to challenge ourselves and keep our minds working as much as possible.

We can all use this time to learn something new, read the book we've been wanting to read to a while or get creative. Have a look through some of our top tips to keeping your mind active!

Test Yourself

It is important for those of you still in school to stay as up to date as possible with your school work and any tasks you have been set. However, you could also try out some brain teasers. You can download different games from app stores to really challenge yourself to think outside of the box. Try 'Brain Out' available on the App Store or [click here to access BBC Bitesize](#) for more education based quizzes.

Read a Book or a Magazine

Staying active at home isn't just about physical activity and physical fitness, we also need to keep our minds active! Reading books or magazines is a great way to relax, relieve stress and fully focus on something engaging, rather than staring at a TV or screen!

Play Board Games

Many board games require you to think strategically to help you win which will help your brain focus on something challenging and engaging. Some of our favourites are Monopoly, Risk and Scrabble. Don't have any? Get creative and make your own!



Stick to a Routine

It's very easy to quickly get out of a routine when staying at home all day. It is important to keep a sense of routine and make time for different activities. This not only has a massive positive impact on your mental health but it also gives you things to look forward to throughout the day and later in the week!

Have a Conversation

We all rely on technology for a lot of aspects of our day to day life. During this increasingly difficult period it can be easy to get absorbed into the online world. Make sure that every day, you turn all electronics off and have a conversation with those in your house about a topic that interests you or them! If you live by yourself, make a phone call rather than sending a text.



Learn Something New

Whether it is a new skill or maybe a language, challenging yourself encourages better mental activity and releases 'feel good' chemicals in your brain. It doesn't matter how you challenge yourself but why not learn something new in the process?

Get in touch:

Do you have any top tips for staying active and busy? What do you enjoy doing during lockdown?

Contact us by emailing VSK_Participation@kent.gov.uk