



TOP TIPS

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, 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 or get creative. Have a look through some of our top tips to keeping your mind active!

TOP TIPS TO STAYING MENTALLY ACTIVE

Test Yourself



It is important for those of you still in school to stay as up to date as possible on 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 you to think outside of the box. Try 'Brain Out' available on the App Store or head over to [BBC Bitesize](https://www.bbc.com/bitesize) for more education based quizzes.

Read a book/magazine!

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



Play Boardgames



Many board games require you to think strategically to help you win, this 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 making 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 your brain 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?

Look out for ideas about staying active, being creative and much more in the upcoming weeks! You'll find them all on the [Kent Cares Town](#) website.

Also, take a look at our [Instagram page](#), participation_team, for fun daily updates.



We love to hear from you too so why not contact us at VSK_Participation@kent.gov.uk or through the [Contact Us](#) pages on the Kent Cares Town website!

THE PARTICIPATION TEAM