

TOM CHAPMAN- COVID-19 HEALTH TIPS - THE BARBER MAGAZINE

5 Mental Health tips

- Connect with others – This may seem like a bit of a weird tip to give when you are in a time of social distancing and potential lockdown and isolation. However, this is more important than ever before. Loneliness and isolation are big killers and hugely damaging to our mental health. If you're at home with family, make the most of it as we are all normally too busy to spend any quality time together with work, school and various social events. Also, use the technology we have to speak to people face to face with video calls, set up group chats and take time to call an elderly relative that may be stuck at home alone, that may make their day bearable!
- Physical activity – The gyms may be closed, but we can still get outside as long as we stay two meters away from others, we can go for a run or if we have a garden then even better. I read an article about a man who ran a marathon on his balcony while in lockdown in France! It can be done! Failing that we have access to loads of free online exercise videos, you can complete daily on streaming services. Getting some form of exercise in most days over this time of isolation will hugely improve your mental health and energy levels.
- Never stop learning is a phrase we associate with the hair industry, and there shouldn't be any reason to stop now. Take this time to watch some of the millions of hours of hair tutorials online and maybe you have an old mannequin head under the bed or in the attic you'd forgotten about? Know all there is when it comes to hair? Learn a language, read a book, hell you could even write a book. Learning gives you a sense of self-worth and accomplishment.
- Give and be kind. This may be a little hard, again while in social isolation, but we can share our knowledge via the tech we have holding free webinars or writing a blog or articles. We can still be kind, by being aware of those around us and looking out for the people in need, if there are any isolated older neighbours you can grab food or other supplies for please do help where possible.

- Mindfulness, this doesn't have to be meditation in the traditional form, it just needs to be you thinking about the moment itself. This can be whilst going for a walk and thinking about the sounds you are hearing, the way the ground feels under your feet, the smells around you and your breathing. However, it can also be sat at home playing Nintendo with your son. I found this out recently. My normal life consists of cutting hair, running The Lions Barber Collective, being Global Barber Director for 1922 by JM Keune (and any project/product planning that is going on at the time, writing articles, writing my next book and of course family life. So when I sat with my son and played on a games console (first time I have in probably 15 years) all I thought about was the game itself, my son's reactions, the controller in my hands and trying not to lose to a 4-year-old. I forgot about everything else for that moment and felt refreshed afterwards.