

How to stay happy and healthy at home:

During these difficult times BT are helping to keep the nation connected with a range of Top Tips on Tech. The following technology is designed to improve your mental and physical wellbeing, to help you stay happy and healthy at home.

To use some of this technology you'll need to be connected to the internet. You may be charged for using Wi-Fi and mobile data, so make sure you check your allowance with your provider.



Tip 1

Guided meditation apps are a great way to relieve anxiety and stress. You can download them from the Play store on Android or the App store on Apple. Just search 'meditation' or 'mindfulness'.

Tip 2

Having a healthy mind is a good start but having a healthy body is important too. There are lots of apps to guide you through physical activities, but YouTube is a great place to find free workouts.



Tip 3

It's important to keep our minds stimulated and challenged. There's a whole host of options out there but we'd suggest a language learning app, online courses that you can follow at home and even podcasts - you can find more information from us on podcasts, by going back to [BT.com/tech-tips](https://www.bt.com/tech-tips)

Tip 4

It's not all about staying connected to ourselves, we need to stay connected to our friends and family too. We can do this with FaceTime on an iPhone or other video calling apps. You can also use WhatsApp to make video calls, for more information on that, check out our Top Tips for WhatsApp on [BT.com/tech-tips](https://www.bt.com/tech-tips)



Tip 5

It's important to find balance and manage our screen time whilst we're indoors. So try getting some fresh air (following government advice), play a board game or puzzle with someone you live with, or why not get creative by drawing or painting a still life.

For more Top Tips on Tech
visit: [BT.com/Tech-Tips](https://www.bt.com/tech-tips)



**BEYOND
LIMITS**