

Wellbeing Guide

Top tips for looking after your mental health and wellbeing during lockdown

STAY CONNECTED

Connecting with others is good for our mental health so try to find other ways to stay connected with friends and family.

You could try socially distanced walks, video calls, zoom quizzes, online games or chatting on social media.

ROUTINE & SLEEP

Write yourself a daily plan to stick to each day. This can help to manage your school work but also schedule in some fun things to look forward to.

Aim for 8 hours sleep – wind down (with no phone) for 1 hour before bed. If you find it hard to sleep try reading something boring!

DEALING WITH EMOTIONS

It is normal to be feeling all sorts of emotions right now.

Have a think about if your current ways of dealing with things are healthy or unhealthy and try to cut out the not so good ones. You could try:

- 7/11 breathing (in for 7, out for 11)
- Write down 3 good things that happen each day

MAKE TIME FOR FUN

Think about or write down 5 (or more) things you can do that make you feel good.

Now make sure you do at least one of these every single day.

This could be:

Drawing, reading, listening to music, exercising, talking to friends, watching netflix, making tiktoks – anything you fancy!

LIMIT MEDIA

Although it is good to keep up to date with news, too much can cause feelings of stress, anxiety and general doom and gloom. Try to have a set amount of media time then move onto something else.

If you feel this way go outside if you can – being in nature can help bring feelings of calm.

REACH OUT

If you are not feeling good then tell someone.

There will always be someone who cares and can try to help you. This can be friends, family, us here at school or someone else.

Have a look below to see what support there is and how to get in touch.

MORGAN VIRTUAL WORRY BOX

Is there something on your mind you would like to talk about?

We are here to help and support you.

Text or email and our Health & Wellbeing worker will get in touch.

07936040863

ddjporter691@glow.sch.uk

OTHER SUPPORT

Visit cool2talk.org for online counselling sessions, health info and lists of local services here to help you.

Young Minds Crisis Line – Text YM to 85258 or visit youngminds.org.uk

