Wellbeing - Top Tips

Set Daily and Weekly Routine

- We all enjoy a few days off from the routine, but having structure and purpose in our day and week really helps us feel better and supports our mental health.

- Balance your weekly routine and activities so there is a good mix of work (things that have to be done), rest and leisure/play.

- It can help by breaking down your day, so write a timetable.

- Make sure you get up and go to bed at about the same time each day. Make sure if possible you have regular meals times and gets lots of fruit and vegetables in your diet.

- Make sure you exercise each day.

Set Daily Achievable Goals

- You may want to make a 'To Do' list of your school work as well as your other responsibilities for the day and tick it off when you have completed each task.

- This will help to stop you feeling overwhelmed by all your work and responsibilities.

- Ticking off your completed tasks also provides a sense of purpose and achievement.

For example
Reading for the English essay √
My Maths √
Art
Seneca learning science task
Reading with a younger/older brother or sister
Cleaning my bedroom
Daily exercise
Skype a friend or member of your extended family

Create a Suitable Place To Study

With everybody at home there may be a lack of space but try and find somewhere you can work comfortably away from other distractions.

When you have done your work for the day tidy it away, for example in your school bag, so that you can then relax without the nagging reminder of the work you still need to do. You can then do something for yourself.

Make Time for Self-Care

- Taking care of yourself can really support your mood. This can include keeping a good sleep routine, eating a balanced diet, exercising within your own limits and taking care of any underlying medical conditions.

- Can you identify a self-care task important to you and add this to your routine. Maybe something you want to get better at, such as styling your hair or taking a regular walk.

- Limit how much news you are exposed to; whilst it is important to know and understand what is going on, exposure to news stories may increase anxiety and agitation.

The importance of Sleep

What if you were told that there is a miracle drug that makes you smarter, makes you happier, better looking, keeps you slimmer, reduces blood pressure, helps boost the immune system, reduce your chances of other chronic diseases such as heart attacks and its free. Would you want it?

It is sleep,

12 to 18 years old need 8 to 9 hours a day according to the Sleep Council UK

For more information watch these two videos:

PHE Rise Above The importance of sleep

ASAP science How to fall asleep in 2 minutes

Stay Connected

At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media,

- https://www.bbc.co.uk/newsround/52254282

Dealing with stress

CALM ZONE

There are lots of way to feel calmer. It's about finding what works for you. Try some of our breathing exercises, activities, games and videos to help let go of stress.

On this page
Activities and tools
Breathing exercises
Expressing yourself
Yoga videos
Play games
Ways to cope videos

ACTIVITIES AND TOOLS

Child Line Calm Zone for ideas for dealing with stress including yoga videos – click on the link

Be kind at home and online

In Summary

Be prepared	Make a plan	When & where to work best
Take a break	Eat & drink well	Get exercise
Avoid stimulants	Sleep well	Relaxation
Talk about it	Reward yourself	Keep it in perspective

Sources

Hampshire CAMHS NHS

https://hampshirecamhs.nhs.uk/issue/coronavirus-help-support-and-advice/

The Sleep Council

https://sleepcouncil.org.uk/

Public Health England – Rise Above for schools

https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview

https://www.bbc.co.uk/newsround/52227592