

Tips for looking after YOU

STAY CONNECTED



It's really important to stay connected with friends, social groups and family - online, phone or post

Reach out to:

- Those you haven't spoken to for a while
- Someone who may be feeling isolated
- People at home
- Help those less techy to get on social media
- Arrange a virtual party / gathering
- Host a virtual game night

BUILD SKILLS



Set yourself a challenge - now is a great time to learn a new skill

- Who do you want to be? Go for it
- Find at least one thing to do each day which makes you happy
- Do a job around the house
- Choose a set time and place to complete school work

BE HEALTHY



Keep to a healthy routine

- Sleep: set a time to be up by
- Eat
- Exercise
- Chill
- Fresh air

If you're feeling sluggish and tired you probably need to move!

EMOTIONAL CHECK IN

Notice your emotions

- Share concerns with other people - it helps
- Take time to listen to other people's concerns - you might not be able to fix it for them but being heard helps
- Have fun with someone
- Avoid constant news feeds

Notice your mood and what makes you feel better or worse



BE IN THE MOMENT

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes

- Change focus
- Be in the now
- Relax your body, breathe into your tummy
- Absorb yourself in an activity
- Try a mindfulness app
- Take a break from screens



The more you practice the more it will help when you most need it

PLAN YOUR DAY

When normal routines have gone it can be disorientating

- Make the most of this time
- Take care of yourself

Make a plan and
#BeatTheBoredom

