

Tips for managing your emotional and mental wellbeing during school closure

1. Minimise watching, listening or checking the news too frequently, especially if it makes you feel anxious.
2. Don't assume that everything that you hear online, or from other people is true – check your information.
3. Keep a good routine. Get up in the morning, open the curtains, get washed and dressed and have a healthy breakfast. Keep, roughly, to a school day. Check your work and split it into hour long chunks with short breaks in between.
4. Follow the guidelines issued by the government to keep yourself and your family/friends safe.
5. Think about how you can make a positive contribution to your community. Perhaps you might email a person in isolation, help with some shopping or send pictures to a care home.
6. Stay in contact with people and talk about things other than Corona Virus. Try actually talking on the phone – you feel more connected when you hear someone's voice.
7. Do some exercise – there's lots you can do at home or in your garden. Look up on line workouts, or set up circuits in your garden that your whole family can join in.
8. Spend time with your family, this is valuable time that in today's hectic society we don't often get. Play games, talk and do activities together such as baking, make a meal or learn a new skill together.
9. If you are feeling frightened, worried or low, or are concerned that someone else you know is then talk to someone. You can speak with your family/carers, you can email pastoral staff (see links) or contact any of the national organisations listed (see links)

To feel fulfilled by the end of the day you should have:

1. Done something productive (school work)
2. Done something fun
3. Connected with others
4. Done some exercise
5. Got some fresh air and daylight, even if it's just through a window