KEEP CALM AND STAY AT HOME

Useful Websites

https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/

https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/

https://www.kooth.com

You should try to do at least one of these every day so that it becomes part of your routine ☺

7 Tips for Staying Healthy Week 5

1 It's Half Term. **You have worked hard since Christmas under unusual and at times difficult circumstances. Fill your days with things you enjoy. You deserve it.**

2 **Write a poem**. Watch this clip for some inspiration https://youtu.be/c6C7aANdgtQ It could be (but doesn't have to be) about how you feel about the year that we have just experienced, how you feel now or what you are looking forward to in the future. The choice is yours. Send your poems to kmercer@btrcc.lancs.sch.uk. There will be a prize for the best one.

3 **Keep active. Take part in the latest house challenge over half term.**

See @BTRCCHouse. You are allowed to meet one other person for a socially distanced walk. And fresh air is free!

4 **Draw a heart** or a star for yourself and write 3 kind words or messages to yourself. **Remind yourself** that you are funny, kind, caring, honest etc
Tell yourself what you are good at. You could do this for friends or family members who you know might be struggling too.

5 **Write down the three best moments of each day. Reflect on how your priorities, or what you consider to be 'good moments' might have changed over the past year. This isn't a bad thing. It is a great sign that you have learnt to appreciate different things in life**

6 Try finger hugging as a relaxation technique. Once you stop laughing at how silly it sounds, try it. It really does help to focus your mind. You can do it anywhere or in any situation and people probably won't even notice https://youtu.be/OWB9rZABQTo

7 **Dance & sing. Various studies have suggested that singing could potentially lower stress and make you feel happier (although, depending on the quality, the same might not be said for the people around you). This is because it increases chemicals in your body such as such as oxytocin, dopamine and endorphins. Dancing raises the heart rate, causes a release of feel-good endorphins into the bloodstream and helps reduce levels of cortisol – a stress hormone**