

Make sure everything you read about the virus is factual - <https://www.gov.uk/coronavirus>
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

You absolutely **MUST** follow Government guidelines **EVERY DAY** no exceptions.
<https://www.gov.uk/guidance/national-lockdown-stay-at-home>

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 in Lockdown 3

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.thinkuknow.co.uk/>



1

Stay positive! At the end of every day write down one thing that you are proud of having done or achieved. If you struggle to think of anything, don't feel pressured. Just try again the next day.

2

Try to do some form of exercise every day. Joe Wicks is back on the TV and your PE teachers will also have some tips on how to exercise in lockdown. You are allowed to go for a walk every day too as long as you only go someone you live with, or ONE person from another household, keeping socially distanced.

3

Make sure you get 8 hours sleep a night. Stick to a routine, going to bed and getting up at the same time each day.

Getting enough sleep will help boost your immune system too.

<https://www.nhs.uk/live-well/>

4

Talk to people. If you are feeling overwhelmed, sad or anxious. Don't suffer in silence. These are all normal emotions. Talk to a trusted adult, your teacher or a friend who can tell someone on your behalf. Remember you can use www.kooth.co.uk too.

If you are worried about someone else, please tell an adult. Don't promise to keep it to yourself.

5

Do something enjoyable every day. Listen to your favourite music, dance, sing, bake, help someone, be kind. Gaming can be good for you too in short bursts, but too much can increase your stress levels. Download an audio book for free. Try to find somewhere quiet, relax, sit back and listen to a story <https://stories.audible.com/discovery>.

6

Eat healthily. Make sure you have fruit and vegetables every day and drink plenty of water. Making meals rather than buying prepared food is often cheaper and healthier.

<https://www.bbcgoodfood.com/recipes/collection/budget-recipes>

<https://realfood.tesco.com/recipes/collections/on-a-budget.html>

<https://www.asdagoodliving.co.uk/food>

7

Stay in touch with friends and family but remember all that we have discussed in PSHE about staying safe online and healthy usage of Social Media.

If being online is making you anxious or stressed, then take a break.