

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.kooth.com>

1

Keep active. Keep to a normal eating and sleeping routine. This will help boost your immune system too. <https://www.nhs.uk/live-well/>. It is ok to have bad days too. Just make sure you talk to someone about how you feel and try to focus on something that will make your next day better.

2

Be kind. A kind word or gesture can mean so much to someone. It could be something as simple as reading a story to a sibling or messaging a friend to see how they are.

3

During these difficult times it's easy to feel unsure about the future. Think about where you want to be and what you want to be doing in the next few years and believe you can do it. Watch this inspirational clip by acclaimed artist George The Poet. 'Impossible', is a spoken word piece about self-belief in the face of personal battles and doubtful outsiders. <https://youtu.be/eAJUbK8rkCO>

4

There are things we can all do to look after our mental wellbeing. **Every Mind Matters** can get you started with a free NHS online plan, showing you simple steps to help manage anxiety, to sleep better and boost your mood. Get your own Every Mind Matters mental health action plan here. [Your Mind Plan | Every Mind Matters | One You \(www.nhs.uk\)](https://www.nhs.uk/your-mind-plan/)

5

Train your mind to reframe unhelpful thoughts. It takes practice but it will improve your outlook and happiness.

<https://youtu.be/Y71wViNy6wQ>

<https://youtu.be/tfkhkFwCtXs>

6

Having difficulty getting to sleep? Feeling stressed or anxious?

Try this **progressive muscle relaxation technique**. You might feel a bit silly at first but it will help calm you down and relax. https://youtu.be/Q_diV-ugV9w

7

It is normal for us to worry a lot during times of uncertainty. The pandemic has caused people to worry more, sometimes about things that wouldn't usually bother them.

Think back to the PSHE lessons on 'The Worry Tree'. Remember to use the technique. Some things you can't do anything about, so put them away in an imaginary box.

But if you can do something, make a plan. <https://www.nhs.uk/apps-library/worrytree/>