

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 Week 4

#### 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. Not only does it help you stay physically fit, but it is also good for your mental wellbeing.** <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

# 2

**Get enough quality sleep. It is good for your physical and mental wellbeing as well as your immune system** <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

If you struggle getting to sleep, remember this relaxation technique from last week [https://youtu.be/Q\\_diV-uqV9w](https://youtu.be/Q_diV-uqV9w)

# 3

In June 2020, YoungMinds reported that 80% of young people agreed that the coronavirus pandemic had made their mental health worse. This was often related to increased feelings of anxiety, isolation, a loss of coping mechanisms or a loss of motivation\* Remember to speak to someone if you are struggling. Let your form tutor know, tell a parent or family member, contact [www.kooth.com](http://www.kooth.com) or Childline 08001111

# 4

If you are feeling overwhelmed, take some deep breaths. Here are some **breathing techniques** you could try.

<https://www.childline.org.uk/toolbox/calm-zone/>

# 5

**Crystal Ball- Imagine 3 months from now. Draw or write what could look different, what challenges you will have faced and what positive changes you want to make**

Try to focus on things that seem possible to achieve like feeling more confident about school work, starting a new hobby or making a new friend. If it's hard to think that far ahead, you could start by imagining next week or next month.

<https://www.childline.org.uk/toolbox/games/build-your-happy-place/>

# 6

Create a space that is just for you. Choose things that make you feel happy, calm and safe, then drag them into your room. You can pick different designs and be as creative as you like

# 7

It's 'Safer Internet Day' on Tuesday February 9<sup>th</sup>.

Check out these tips for staying safe and positive online.

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/safer-internet-day-2021-top-tips/safer-internet-day-1>