

During this time of isolation, whilst the COVID-19 pandemic disrupts our usual lives, it is really important that you look after your mental and physical wellbeing. Anxiety, uncertainty and isolation can really impact how you feel, think and act.

Here are some simple things you can do over the coming months, to help look after your wellbeing.

### Stay connected

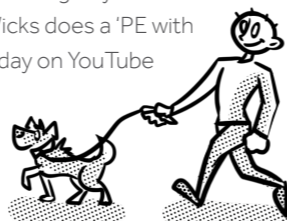
Keep in contact with people in different ways. We all need human contact – connection with others is really important. Keep in contact with your friends or family through FaceTime, Whatsapp or Skype.

Conversations and interactions will really help you at this time.



### Stay active

Make sure you do something active every day and try to get outside, if you can. Walking, running or cycling are great things to do. Get a skipping rope, do some yoga, offer to mow the lawn or even wash a family car. Keeping active is good for your body, but it is also good for your mind as well. It really will go a long way towards beating cabin fever. Joe Wicks does a 'PE with Joe' at 9am Monday to Friday on YouTube and there are loads of other great online videos and live-streamed sessions to help you.



### Eat well

This could be a challenge with some food shortages, but trying to eat balanced and nutritious food can make a huge difference to your health, immunity, your energy levels and your mood. Having more time at home is a great opportunity to spend time cooking with, or for, others. Try to be creative with some cheap and simple store cupboard recipes.



### Self-care

It's really important to practise self-care when you're isolating. Take that time to look after yourself. Try doing some meditation, yoga or have a bath. Limit the amount of time you spend reading the news or looking at social media and monitor your screen time. Take care of yourself, your mind and your physical health.

### Appreciate what and who is around you



Remember that everyone is in this together so keep talking to the family you live with. Go out for walks and spend time appreciating small things like nature, music, relaxing or reading.

### Sleep well

With your normal routine turned upside down, plus anxiety you may be feeling, it might be hard to sleep and that can have a really negative effect on your wellbeing. Try to keep a regular time for waking up and for going to bed. For at least an hour before bedtime, do some activities which make you feel calm. Maybe that's reading, meditation, writing a journal or tidying your space. A lot of people find avoiding screens is a good idea, though maybe your favourite TV show helps you switch off from the real world.



### Stay safe

Staying at home saves lives. The most important thing you can do right now, for your family and your whole community, is to follow the government advice to stay at home.



### Reframe your mind

Take some time to reframe your thoughts to keep positive. Try to think of this time as an opportunity to get something done or even to just pause, reflect and focus on yourself. It might be good to read a book, listen to a podcast, help around the house, draw or catch up on school subjects. Try to get into a positive frame of mind and remember... this won't be forever.



### Make a bucket list

Either on your own, as a family or even 'virtually' with friends, make a bucket list filled with ideas for fun things you'd like to do, then tick them off. It could be a games night, watching a film, doing an online workout or cooking a meal for your family. You could also create a bucket list of things to do, once isolation is lifted.



### Dealing with anxiety

Feeling anxious right now is perfectly normal, so don't ignore it. The worry for many people is becoming ill, not knowing when you will return to school or college or how the next chapter in your life will map out. Try to notice your own feelings and, if you feel very anxious, go and find something to do that will take your mind off it. Talk to your friends or family. Try some breathing exercises. Try writing your feelings down and get some fresh air every day.



### Try to keep a sense of normality

Creating and sticking to a routine can really help you to maintain a sense of structure and normality. Plan a daily routine of schoolwork and activities along with building in regular breaks and time to eat. Finish your structured day around 3pm and do what you normally would after school. Have a daily and weekly schedule and stick to a routine that works for you.

**People may be keeping their distance but we are all in this together.**