

Tips for looking after YOU

STAY CONNECTED



It's really important to stay connected with friends, social groups and family – online, phone or post

Reach out to:

- Those you haven't spoken to for a while
- Someone who may be feeling isolated
- People at home
- Help those less techy to get on social media
- Arrange a virtual party / gathering
- Host a virtual game night

BUILD SKILLS



Set yourself a challenge – now is a great time to learn a new skill

- Who do you want to be? Go for it
- Find at least one thing to do each day which makes you happy
- Do a job around the house
- Choose a set time and place to complete school work

BE HEALTHY



Keep to a healthy routine

- Sleep: set a time to be up by
- Eat
- Exercise
- Chill
- Fresh air

If you're feeling sluggish and tired you probably need to move!

EMOTIONAL CHECK IN

Notice your emotions

- Share concerns with other people – it helps
- Take time to listen to other people's concerns – you might not be able to fix it for them but being heard helps
- Have fun with someone
- Avoid constant news feeds

Notice your mood and what makes you feel better or worse



BE IN THE MOMENT

Calm your body and mind – it's important to take a break from our thoughts even only for a few minutes

- Change focus
- Be in the now
- Relax your body, breathe into your tummy
- Absorb yourself in an activity
- Try a mindfulness app

The more you practice the more it will help when you most need it

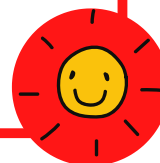


PLAN YOUR DAY

When normal routines have gone it can be disorientating

- Make the most of this time
- Take care of yourself

Make a plan and
#BeatTheBoredom



BRAIN DUMP

List

- What you like doing
- What you want to achieve
- People who are important to you

Ideas & Apps

Stay Connected



Start a podcast with friends
Give someone a call/ videocall
Eat a meal with family
Do a gamenight with family
Catch up online through gaming
Organise a quiz online

There are lots of platforms to connect with friends and family. School may send info about ways to link up
Always stay safe online - talk about concerns with someone responsible. FOMO and cyberbullying can affect mental health - check out [Thinkuknow](#) or [Own It](#)

Build Skills



Craft activities like amigurumi
Learn a signature dish
DIY / Gardening
Music production
Begin learning a language
Master the flip-flap football trick

[Duolingo](#)
[Seek by iNaturalist](#)
[Tasty](#)
[Sign BSL - learn British Sign Language](#)
[Fender Play Guitar lessons](#)
[BBC Bitesize Daily](#)

Be Healthy



Go for a run
Try yoga
Practice a tik tok dance
Set a regular alarm to wake up
Try an online fitness routine/class
Do Dry Monday - no energy drinks

[Map my run](#)
[Habitica](#)
[Yoga on YouTube](#)
[7 minute workout](#)
[Couch to 5k](#)

Emotional Check In



Keep a note of how you're feeling
Be kind to yourself
Keep a gratitude journal
Check in with a friend
Express yourself through art

[EpicFriends](#)
[Door43](#)
[Rise Above](#)
[Childline Toolbox](#)
[Kooth](#)

Be in the Moment



Play with pets
Try a three minute mindfulness exercise
Look for cloud animals
Do a jigsaw
Take time doing makeup / hair

[Headspace](#)
[Smiling Mind](#)
[Online puzzles](#)
[Podcasts](#)
[Spotify](#)

Create your ideas bank

Stay Connected: Name who you are going to check in with



Build Skills: What skills would you like to develop?



Be Healthy: List your top tips to keep you healthy



Emotional Check In: Who can you talk to if you have worries?



Be in the Moment: What activities do you find help you to feel calm?



Set some goals

	Activity	M	Tu	W	Th	F	Sa	Su
Example	Walking the dog	☒	☐	☐	☒	☐	☐	☒
Stay Connected 								
Build Skills 								
Be Healthy 								
Emotional Check In 								
Be in the Moment 								

Plan your ideal day



**Stay
Connected**



**Build
Skills**



**Be
Healthy**



**Emotional
Check In**



**Be in the
Moment**



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Example Review your week

#BeatTheBoredom Highlights

 Talked to grandpa Played cards	 20 mins guitar most days
 Managed 1 mile run Got up before 10 am every day	 Been enjoying talking to Emma every evening
 Made a playlist Spent 5 mins listening to birds Downloaded a mindfulness app	

Track your sleep

Week commencing: May 4th

Mon	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Tues	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Wed	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Thurs	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Frid	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sat	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sun	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18

Rate your Mood

Mon Tues Wed Thurs Frid Sat Sun



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Review your week

#BeatTheBoredom
Highlights











Track your
sleep

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