










## Well-being Top Tips

This weekend, the government has released some guidance on how we can all protect our mental health and wellbeing during the coronavirus outbreak. Here are **10 easy things** you can do to help **keep your mind healthy**:

1	<b>Stay connected with others</b>	Maintaining relationships is important. You can <b>stay in touch</b> with your friends and family through phone calls, messages and social media. There are lots of apps where you can video call multiple people at the same time, like Zoom, House Party, Skype and WhatsApp. Try a <b>group video chat</b> with several of your friends or family – on House Party you can play games and do quizzes at the same time!	
2	<b>Stay physically active</b>	Current government advice says that you can leave the house for <b>one form of exercise a day</b> , e.g. a run, walk, or cycle, so make the most of it and get out of the house once a day. Don't want to leave the house? <b>No excuse!</b> Join <a href="#">Joe Wicks</a> every morning at 9am on YouTube for 'PE with Joe', an easy 30 minute workout you can do in front of your TV - you could video call your friends at the same time!	
3	<b>Talk about your worries</b>	It's <b>totally normal</b> to feel a bit worried, scared or helpless about the current situation. It's <b>important to talk</b> to people you trust; doing so may help them just as much as you. If you don't feel you can speak to your friends or family, there are lots of <b>helplines</b> you can try. Check out our <a href="#">updated emotional well-being page</a> on the <b>school website</b> for suggestions.	
4	<b>Look after your sleep</b>	Try and <b>go to bed</b> at the same time you would normally – it's important to maintain regular sleeping patterns. <b>Avoid screens</b> an hour before bed, don't drink anything with caffeine and create a restful environment. For more ideas on how to get a good night's sleep, visit the <a href="#">Every Mind Matters</a> page.	
5	<b>Manage your media</b>	<b>24-hour news</b> and constant social media updates can you make you more worried. Try and <b>limit the information</b> you get (e.g. only once a day) and make sure you are <b>getting the facts</b> from a reliable source. E.g. <a href="#">www.gov.uk</a> or the <a href="#">NHS website</a>	
6	<b>Take time to relax</b>	Taking time to <b>relax</b> and to <b>clear your mind</b> can help you manage your emotions and improve your wellbeing. Try <b>downloading a mindfulness app</b> like <b>ThinkNinja</b> , start a new book or have a bath.	
7	<b>Make a new daily routine</b>	Like it or not, <b>life is different</b> for all of us at the moment, and it's going to be this way for a while. It's important to establish a <b>new daily routine</b> . Try to set a time to get up and a time to go to bed. During the day, engage in <b>useful and meaningful</b> activities like schoolwork, cooking, exercise, helping around the house, or phoning a friend. It might help you to <b>write it down</b> .	
8	<b>Do things you enjoy</b>	You are being set schoolwork to do by your teachers, but it's just as important to spend time doing <b>things you enjoy</b> . <b>Adapt</b> your hobbies so you can still do them inside. You may like to <b>post your ideas</b> on social media or video sharing websites so other people can try them too. For example: like football? Try <b>toilet roll keepie-uppies</b> like these <a href="#">athletes!</a>	
9	<b>Set yourself goals</b>	<b>Setting goals</b> and achieving them gives a sense of <b>control</b> and <b>purpose</b> . Think about things you want to do that you can still do at home. It could be watching a film, reading a book or learning something online. You could <b>keep a lockdown diary</b> or <b>write a blog</b> . You could even start to <b>learn a new language</b> using an app like Memrise or Duolingo.	
10	<b>Keep your mind active</b>	Try not to just stare at a screen all day. Keep your <b>brain active</b> by reading, writing, playing board games, doing crossword puzzles, number puzzles, jigsaws, drawing, painting, gardening – find something that works for you!	

For the full government guidance on maintaining a healthy mind, please visit:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>