

Looking After Your Emotional Health During the Coronavirus Outbreak – ADVICE FOR YOUNG PEOPLE

PEOPLE

1. Keep a routine

Get up at the usual time and go to bed at the usual time, eat meals at the usual time and try to stick to your online timetable as much as you can to complete your school

2. Get some exercise

Whilst you can't do the things you may normally do to exercise, like meet friends to play football, or go to the gym, exercise is still really important for keeping well both physically and mentally. There are lots of free online exercise classes at the moment – HIIT classes from Joe Wicks, online yoga and zumba classes, the Youth Sport Trust have daily exercise sheets, or make up your own but try and aim for 30mins of exercise each day. Try exercising with family or Facetime friends to make it more fun.

3. Stay in touch with friends and family

Use the phone or social media to talk to and message others, videocall/group chat on Instagram, with permission, use sites like Houseparty to be able to speak to friends. This is only temporary and you can support each other through it.

5. keep in touch with your school

They will be sending you emails, messages and maybe even online videos. You are still part of their community and they want to know you are ok. If you are worried about anything, get in touch with your school. They will want to know you are ok, and if you are not they will want to help.

4. Eat well

I know the temptation when you are out of routine is to eat at different times and not to eat your usual meals but it will make you feel tired, unhappy and unwell. Eat a healthy diet and keep your eating routine in place. Aim to eat a BALANCED diet, still enjoying treats but overall eating healthily. Follow the eat well plate if you are unsure of this

6. Keep busy

You will have a lot more free time than usual. As well as playing games online try other activities – whether it's baking, drawing, learning to play an instrument or a new language, reading a book, planning and making a family meal, tidying your room (!), helping out at home, writing to a grandparent, writing a blog, creating a YouTube channel, walking the dog (you are allowed out for exercise once a day), practicing your keepie uppie's, going on a virtual tour of a museum or famous landmark, watching a movie. Allow yourself enough time for rest and relaxation.

7. Don't watch too much news

Although it IS very important to educate yourself, just listen to what you need to know and limit social media news feeds which may be full of news about the Coronavirus. This may increase your anxiety. You must act on FACTS and not fear.

<https://www.annafreud.org/on-my-mind/self-care/>

! If you are feeling anxious or low and do not have anyone to talk to then there are many helpful people out there

Use **Kooth** (www.kooth.com) online counselling, **Giveusashout.org** a 24/7 help service Text 85258, **Connection** a 24/7 telephone helpline to provide direct help or tell you where to get more help 0300 1235440