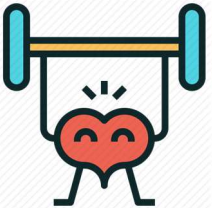


'Taking Care of My Wellbeing' Toolkit

(Ideas to support your wellbeing during a time of social distancing)



Keep a healthy weekly routine around your sleep, activity & diet. Try creating a timetable including lots of fun & interesting activities in the home/garden to ensure you have a structure to keep yourself busy. Try to keep sleep patterns similar to those whilst at school / work. Avoid skipping meals and ensure you are eating a healthy balanced diet. Remember to eat with your family rather than staying in your room!



Physical exercise has been proven to help reduce stress and anxiety, along with improving mood and overall wellbeing. Consider: Walking / jogging around the garden or local area (in line with government rules), doing house work / cleaning / gardening / decorating, or following YouTube fitness videos e.g. Jo Wicks. Getting some sun on your body outside will increase your Vitamin D and help boost your immune system – so get into the garden!



Practice mindfulness to help relax, manage thoughts, and quiet your mind e.g. body and breathe relaxation (bringing your full attention to your whole body and breathing – see Youtube videos on mindfulness practice), mindful colouring, meditation, soaking in a warm bath, listening and connecting with nature or other sights and sounds around you.



Connect with loved ones by talking openly and having a giggle with those in your house and via phone/video with others. Find more out about your parents/carers - ask them about their life, find out about what they used to do before technology, the places they have travelled, their previous jobs and ambitions. Make a list of all the special occasions occurring during this time period and how you may help each other celebrate them.



Pick up an old hobby you haven't had the time to do until now or start a new one - e.g. art & crafts, writing/poetry/drawing, music/singing, baking/cooking, reading/research, and jigsaws/puzzles. Keeping your mind and body active is important for good mental health and is a good way to distract yourself. Limit how much news you listen to and instead watch something entertaining that makes you smile.



Try to shift your focus to things you are grateful / thankful for which can help you feel good about things e.g. family, friends, love, health, current extra time with family. Write a list / create a poster of these things and put it up in your house. Spread love, hope and gratefulness to your community by drawing a picture and place it in your window so the world can see.



Create a bucket list / to do list of things you want to do and achieve in your lifetime, and what you are most excited to do when this is over. Perhaps draw your future and spend some time visualising what this may be like for you. It's important to stay positive and remember that things will get better. Talk with your friends on the phone / social media around meeting up again.



It is important to remind yourself that you are important, & you are going to lead a fun & enjoyable life. Difficult situations don't last forever & tomorrow is another day filled with new experiences & joy. Keep a diary of your strengths & all the positive things you achieve during the day no matter how small. Write about how strong you have been during times of difficulty & be proud of this. Remember...positives can be taken from any difficult situation.

