

Coronavirus: How to protect your mental health

If you are feeling your anxiety levels rising due to the coronavirus outbreak, firstly, it is important for you to know you are not alone and secondly there are ways to protect your mental health during this difficult time.

So how can we protect our mental health?

If you find watching the news or the constant circulation of information on social media too much, limit the amount of time you spend reading or watching things that are not making you feel better.

Perhaps decide on a specific time to check in with the news. You can also mute stories or hashtags that are causing you any distress.

There is a lot of misinformation swirling around - stay informed by sticking to trusted sources. The following sources will provide you with accurate information:

- ✓ NHS website
- ✓ 111.NHS.UK
- ✓ GOV.UK website
- ✓ World Health Organisation (WHO)



How to keep yourself occupied

You will be provided with work to complete from subject areas and we recommend that you follow the structure of your timetable to help you keep a daily routine.

There is also a range of activities you can do to protect your mental health and wellbeing.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Stay connected with people

If you have to self-isolate it is important that you stay connected to your friends and family. We are lucky that social media and our phones allow us to keep in contact with the people we care about. There are different ways you can communicate online for example there are many games you can play against your friends - <https://papergames.io/en/connect4>



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

Be active

You may not be able to play group games such as football; however, that does not mean you cannot exercise. You can still go for a walk or run if you keep to social distancing guidelines. National Trust are to open parklands and gardens for free during coronavirus social distancing period, this is a good opportunity to walk and explore new areas. There are lots of free apps, YouTube videos and online resources to help you workout at home. The PE department will send some recommended links out to you.



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

Take notice

Remember the things that make you HAPPY!

Make a thankful jar – even in these difficult times, there are plenty of things to be grateful for.

Create a time capsule of things that bring you joy.

Plant some seeds and watch them grow.

Write a mindfulness journal or spend some time completing mindfulness art.

We had some wonderful photography entries, now is a good time to take notice of the beauty in your local surroundings.



EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF

Keep learning

Now is the time to develop a new skill and learn more about the world we live. Maybe you have an instrument that you have never mastered or a desire to learn how to crochet, origami (www.youtube.com/watch?v=wWVppdfYOx8&safe=active), a new language or to cook - now is the time! There are plenty of free tutorials online to help you learn new skills.

Are you interested in writing if so enter a young writers competition - <https://www.youngwriters.co.uk/competitions>

You may not be able to visit a museum but you can take a virtual tour of one - https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR3MqGu_OgxTkJdue9TFcfza7lappGL7pDq-D2AVhplDLH35jiPfcZrK6Qw

You could also take a virtual field trip to one of the following places:

San Diego Zoo - <https://kids.sandiegozoo.org/>

Mars - <https://accessmars.withgoogle.com/>

The Louvre - <https://www.louvre.fr/en/visites-en-ligne>



Your time, your words, your presence

Give

You may not be able to visit elderly relatives; this does not mean you can't show them you care. You could write them a good old-fashioned letter and a little care package to open with some photos and treats to make them smile. You could offer to collect food for them or items that they need.

You can also help out at home with the cleaning, cooking and washing!



"Nothing beats kindness." said the horse. "It sits quietly beyond all things."

If you need extra support, you can visit one of the sites below

www.mind.org.uk

<https://www.youthaccess.org.uk/services/find-your-local-service>

www.otrbristol.org.uk

www.kooth.com

Also, please remember we are practising social distancing for a reason and it does have the power to be successful.

