

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?



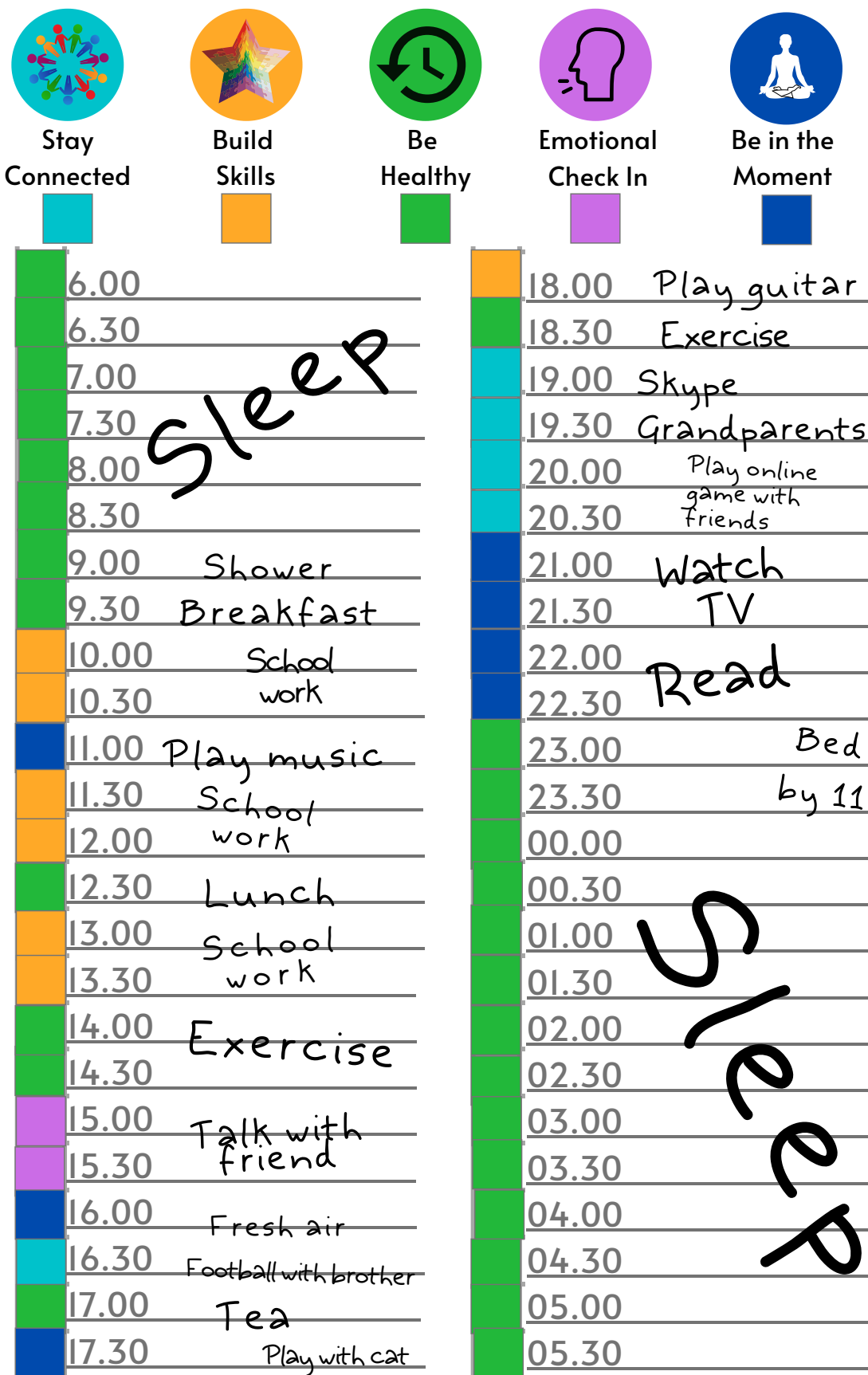
Be in the Moment: What activities do you find help you to feel calm?



Set some goals

	Activity	M	Tu	W	Th	F	Sa	Su
Example	Walking the dog	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Stay Connected 								
Build Skills 								
Be Healthy 								
Emotional Check In 								
Be in the Moment 								

Plan your ideal day



Plan your ideal day



Stay
Connected



Build
Skills



Be
Healthy



Emotional
Check In




Be in the
Moment



6.00	18.00
6.30	18.30
7.00	19.00
7.30	19.30
8.00	20.00
8.30	20.30
9.00	21.00
9.30	21.30
10.00	22.00
10.30	22.30
11.00	23.00
11.30	23.30
12.00	00.00
12.30	00.30
13.00	01.00
13.30	01.30
14.00	02.00
14.30	02.30
15.00	03.00
15.30	03.30
16.00	04.00
16.30	04.30
17.00	05.00
17.30	05.30


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

😊							*		
🙂	*					*			
☹️		*		*				*	
😞			*						

Review your week

#BeatTheBoredom Highlights

A 2x2 grid for weekly highlights. Each quadrant contains a circular icon and a grey rectangular placeholder for text. The icons are: top-left (group of people), top-right (rainbow star), bottom-left (clock), and bottom-right (person meditating).

Track your sleep

Week commencing:

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

😊							
😐							
😞							
😡							