

# 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

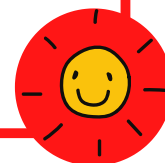


## PLAN YOUR DAY

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

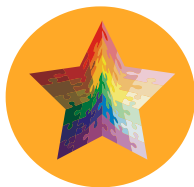
[Headspace](#)  
[Smiling Mind](#)  
[Online puzzles](#)  
[Podcasts](#)  
[Spotify](#)

# 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<br>       |                 |                                     |                          |                          |                                     |                          |                          |                                     |
| Build Skills<br>       |                 |                                     |                          |                          |                                     |                          |                          |                                     |
| Be Healthy<br>         |                 |                                     |                          |                          |                                     |                          |                          |                                     |
| Emotional Check In<br> |                 |                                     |                          |                          |                                     |                          |                          |                                     |
| Be in the Moment<br>   |                 |                                     |                          |                          |                                     |                          |                          |                                     |

# Plan your ideal day



# Plan your ideal day



Stay  
Connected



Build  
Skills



Be  
Healthy



Emotional  
Check In



Be in the  
Moment








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# Example Review your week

## #BeatTheBoredom Highlights

|   |   |
|---|---|
| <br>Talked to grandpa<br>Played cards  | <br>20 mins guitar<br>most days                        |
| <br>Managed 1 mile run<br>Got up before 10 am<br>every day                               | <br>Been enjoying<br>talking to Emma<br>every evening |
| <br>Made a playlist<br>Spent 5 mins listening to birds<br>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





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# Review your week


#BeatTheBoredom  
Highlights











Track your  
sleep

Week commencing:

|       |    |    |    |    |    |    |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |
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Rate your  
Mood

Mon Tues Wed Thurs Frid Sat Sun



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