

Top Tips for looking after your wellbeing

If you are self-isolating or social distancing because of corona virus (COVID-19), it is important to look after your **physical and mental health**. Here are some tips that may help:

- **Establish a routine:** Establish a routine which includes a **balance of activities**. You should **not** be working on your school work for 5 hours a day. Below is an example of a timetable to help you create yours. **This is only a guide.**
- **Be flexible and kind to yourself.** Do not worry if your timetable or routine does not work every day.
- **Exercise:** Include time for exercise, (links and appropriate workouts sent from our PE staff on *Insight*).
- **Stay connected:** Agree on free time and time to **chat and connect** online and by phone with friends and family.
- **Stay calm:** Take a break from the news if you notice this is having a negative impact on your mental health. There are lots of great free mindfulness and yoga apps you can use to guide you through breathing techniques and meditation that can help ease your anxiety and clear your mind of anxious thoughts. For example Headspace
- **Sleep:** It is important you get enough sleep and stick to your term time sleep routines. Do not go to bed too late. Do not look at screens before bed time. Read a book or listen to some music which helps you to relax.
- **Eat Well:** Try and avoid snacking all day. Plan your meals with your family and try and ensure you have breakfast, lunch and an evening meal. Remember your fruit and vegetables. You will help yourself to stay mentally and physically well if you balance your food well and you do not only eat unhealthy snacks.
- **Feel Productive:** Make a list of all those things you said you would do but never get round to. It could be sorting out your wardrobe, doing some gardening, fixing things around your living space etc. These tasks can make you feel productive and give you a sense of accomplishment. If you want to take the time off to rest and not be productive, that's also fine too. Listen to your body.
- **Reach out for help:** If your living situation is difficult, please don't struggle in silence. Speak to someone you trust. Call a friend or a helpline. If you're worried about being overheard, you could try texting or emailing instead. See RAS website for support numbers and contact details.

Example routine - Be flexible and kind to yourself

9am	<ul style="list-style-type: none"> • Up and dressed! • Joe Wicks PE workout https://www.youtube.com/watch?v=Rz0go1pTda8
10.30am	<ul style="list-style-type: none"> • Complete an hour of school work set on <i>insight</i>
11.30am	<ul style="list-style-type: none"> • Get out into the garden if you can/ Do a job around the house? / Phone a friend.
12pm	<ul style="list-style-type: none"> • Complete an hour of school work set on <i>insight</i>
1pm	<ul style="list-style-type: none"> • Lunch break • Get outside if you can – remember social distancing
2pm	<ul style="list-style-type: none"> • Get connected!

	<ul style="list-style-type: none"> • Play a game on line with your friend, (remember to stay safe on the internet – top tips on the RAS website). • Complete a personal challenge. • Read a book. • Complete a Ralph Allen Taskmaster challenge -see RAS website)
3pm	<ul style="list-style-type: none"> • Complete an hour of school work set on <i>insight</i> or complete a personal challenge.
4pm	<ul style="list-style-type: none"> • Get connected! • Play a game on line with your friend, (remember to stay safe on the internet – top tips on the RAS website). • Complete a personal challenge. • Read a book. • Complete a Ralph Allen Taskmaster challenge, See RAS website)