

Wellbeing...

In these unprecedented times there are a number of issues that may affect our mental health and well being.

It is important to recognise what these issues may be...

- Too much or not enough information
- Incorrect information
- Feeling powerless
- What will I do without ...?
- How do I deal with strained relationships?

It is also important to have strategies to tackle these issues when we notice them ...

Looking after your mental health



Southam
College

- Keep a structure to your day as much as you can, e.g. get up / bed times. Take control and create your own routines that fit with your circumstances. Its ok if this is different to your friends.
- Think about new things you could work towards / new skills you could develop – maybe, how to bake a cake, make tea for the family, a new craft, read a new genre of book, play a new game, play a new instrument, create a podcast...
- Write letters to friends and family who live further away. Its always good to check in with people and always great to get something in the post
- Be kind to others and offer to help – supporting others is a great way to boost our own mood
- Look up and out, not down and in

Be the best you can be!

Mental and physical health – stay active



Southam
College

- You can still...
- Go outside in the fresh air – walk, cycle, jog, run, play!
(within guidance set out by the Government)
- Think about online workouts you could complete at home
- Maybe take this opportunity to try new meals that include different healthy foods (as available)

Looking after yourself...

Try some of these ways to relax at home;

- Detox your devices
- Help tidy up (clear room, clear mind!)
- Take a hot bath
- Do some daily exercise
- Read a book
- Help with the cooking
- Call a friend
- Go out in the garden
- Write a letter to send to someone
- Watch your favourite movie that you haven't seen in ages
- Listen to music



Being kind... to yourself and others



- There will be times to step back to give yourself and others space. There will also be times when you will be a source of comfort. Don't underestimate how much good kindness can do.
- Extend the No Put Down Zone to people at home and online.
- You could reach out to your community – maybe write a letter to a local care home or send a positive message to groups on social media thanking people for things they do to help others

Social media and electronic devices



- Social media is a great way of staying in touch with friends and family, as well as staying up to date with the latest news and advice.
- However... consider limiting the time you use your phone and don't always have it next to you when you are working at home.
- Use only trusted sources of information and limit your time on media coverage.
- Stay safe online....

Keeping safe online

www.ceop.police.uk



If you've met someone online, or face to face, and they are putting you under pressure to have sexual contact, send images/videos or making you feel uncomfortable you should report to CEOP

Online safety support



thinkuknow.co.uk

Another online safety support website should you feel unsafe online or be worried about a friend online. There are lots of helpful resources on their website and it is all arranged by age groups to be as relevant to you as possible.

Worried and need to talk?



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

ChildLine can be accessed by students 24 hours a day. You can call or go online. On the webpage children can do a 1 2 1 counsellor chat. The site is busier than normal at the moment, but the site gives an indication of how busy by colour coding the wait. Students can enter in to the waiting room online and they will be connected with a counsellor as soon as possible.

Be the best you can be!

www.youngminds.org.uk

YOUNGMINDS

YOUNGMINDS

YOUNGMINDS

What to do if you're anxious about coronavirus

12 March 2020

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.

Talk to someone about how you're feeling

Arm yourself with the facts

Know what you can do

Don't overexpose yourself to the news

Stick to your normal routine

Find things that help you feel calm

Prepare

Dealing with self-isolation

Be the best you can be!

Its ok not to be ok.



Southam
College

Are you a young person in crisis?

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

YOUNGMINDS

YOUNGMINDS

YOUNGMINDS

If you were in immediate danger or at risk of significant harm then always call 999

Be the best you can be!

Mental health support apps



Southam
College



There are hundreds of brilliant apps out there for mental health support, such as 'CALM', 'MINDSHIFT' or 'BE MINDFUL'

If you want to download any apps take a look at the NHS 'Mental Health Apps' and they list the ones out there that are recommended to use.

<https://www.nhs.uk/apps-library/category/mental-health/>

Be the best you can be!

Most importantly...



Southam
College



in a **World**
where you can
be anything
be **Kind**

Be the best you can be!