



Concerns

Exams /
Assessments

'Catch up'

Keeping safe

Too many
people

Nervous
about seeing
everyone

Wearing a
mask all day

Routine



Routines promote healthy habits.



For people with busy schedules, daily plans can promote healthy lifestyle habits. Simple changes like packing your bag the evening before school or packing a more balanced diet will help you feel more organised.



Set aside time to focus on your physical health.



Reduce time on social media.

Healthy Eating

- Eat regular meals
- Do not skip breakfast
- Do not get dehydrated
- Eat a balanced diet and remember to:
 - a) include high fibre, starchy carbohydrates
 - b) Eat lots of fruit and veg
 - c) Eat more fish
 - d) Cut down on saturated fat and sugar
 - e) Eat less salt
- Get active and maintain a healthy weight



Exercise

Physical activity has a huge potential to enhance our wellbeing.

Even a short burst of 10 minutes' brisk walking' increases our **mental** alertness, energy and positive mood.

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.





Sleep

It is important to get a good night's sleep.

Few people manage to stick to strict bedtime routines.

Sleep at regular times - This programmes the brain and internal body clock to get used to a set routine.

Most adults need between 6 and 9 hours of sleep every night. By working out what time you need to wake up, you can set a regular bedtime schedule.

It is also important to try and wake up at the same time every day.



Winding Down

Winding down is a critical stage in preparing for bed. There are lots of ways to relax:

- a warm bath (not hot)
- writing 'to do' lists for the next day
- relaxation exercises, such as light yoga stretches, help to relax the muscles
- listening to relaxing music
- reading a book or listening to the radio relaxes the mind by distracting it
- using apps such as 'CALM'
- avoid using smartphones, tablets or other electronic devices for an hour or so before you go to bed as the light from the screen on these devices may have a negative effect on your sleep pattern



Anxiety

- **Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.**
- Everyone has feelings of anxiety at some point in their life. For example, you may feel worried and anxious about sitting an exam, having a medical test or job interview.
- During times like these, feeling anxious can be perfectly normal.
- But some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.

Coping Strategies

- Take a time-out
- Limit caffeine
- Take deep breaths
- Count to 10 slowly
- Do your best and accept that this is ok
- Accept that you cannot control everything
- Welcome humour and have a laugh!
- Maintain a positive attitude
- Learn what triggers your anxiety
- Talk to someone



Remember

You cannot control everything...

But, here are 10 things that you can control....



Sources of Support

Family

Friends

School Staff

Child Line

Familyworks Counselling

Useful Apps (I.e. CALM)

Text A Nurse service

Take 5



Connect

Connect with the people around you. Building these connections will support and enrich you every day.



Be Active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good.



Take Notice

Stop, pause, or take a moment to look around you.



Keep Learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course.



Give

Do something nice for a friend or stranger, thank someone, smile or volunteer your time.

See you on
Monday 22 March

