

Well-being tips for students during school closure

Here are **10** easy things you can do to help keep your mind healthy:

1	Stay connected with others	Maintaining relationships is important. You can stay in touch with your friends and family through phone calls, messages and social media. There are lots of apps where you can video call multiple people at the same time, like Zoom, Skype and WhatsApp. Try a group video chat with several of your friends or family if you haven't already. Take part in your TEAMS daily tutor challenges , these will keep you connected	 
2	Stay physically active	At the top of your tutor TEAMS page there are lots of ideas from the fabulous PE department about what you could do to stay active. Remember doing exercise, staying hydrated by drinking plenty of water and sleeping well all contributes to boosting your immune system . See the great challenges set by @DorsetGames – tweet your challenge to Dorset Games or us at school ☺. These challenges are on your tutor TEAMS page . Join Joe Wicks every morning at 9am on YouTube for ' PE with Joe ', you could video call your friends at the same time!	
3	Talk about your worries	It's totally normal to feel a bit worried, scared or helpless about the current situation. It's important to talk to people you trust; doing so may help them just as much as you. If you don't feel you can speak to your friends or family, there are lots of helplines you can try. Remember https://kooth.com/ and Chat Health 07480 635511	 
4	Look after your sleep	Try and go to bed at the same time you would normally – it's important to maintain regular sleeping patterns. Avoid screens an hour before bed, don't drink anything with caffeine and create a restful environment. For more ideas on how to get a good night's sleep, visit the Every Mind Matters page. https://www.nhs.uk/oneyou/every-mind-matters/	
5	Manage your media	24-hour news and constant social media updates can make you more worried. Try and limit the information you get (e.g. only once a day) and make sure you are getting the facts from a reliable source. E.g. www.gov.uk or www.bbc.co.uk	
6	Take time to relax	Taking time to relax and to clear your mind can help you manage your emotions and improve your wellbeing. Try downloading a mindfulness app like ThinkNinja , start a new book, listen to a book – Audible have made so many books free - or have a bath.	
7	Make a new daily routine	Like it or not, life is different for all of us at the moment, and it's going to be this way for a while. It's important to establish a new daily routine . Try to set a time to get up and a time to go to bed. During the day, engage in useful and meaningful activities like schoolwork, cooking, exercise, helping around the house, or phoning a friend. It might help you to write it down .	
8	Do things you enjoy	You are being set schoolwork to do by your teachers. It is also important that you spend time doing things you enjoy . Adapt your hobbies so you can still do them inside. You may like to post your ideas on social media or video sharing websites so other people can try them too. For example: like football? Try toilet roll keepie-uppies – see the clips on social media ☺ Try other things from the sport challenge list on your tutor TEAMS page.	
9	Set yourself goals	Setting goals and achieving them gives a sense of control and purpose . Think about things you want to do that you can still do at home. It could be watching a film, reading a book or learning something online. You could keep a lockdown diary or write a blog . You could even start to learn a new language using an app like Memrise or Duolingo.	
10	Keep your mind active	Try not to just stare at a screen all day. Keep your brain active by reading, writing, playing board games, doing crossword puzzles, number puzzles, jigsaws, drawing, painting, gardening – find something that works for you!	

Thank you to other local schools / organisations for sharing these ideas to collate on here.

For the full government guidance on maintaining a healthy mind, please visit:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>