

TOP TIPS TO MANAGE YOUR WELLBEING

Stay Positive, Keep Learning

It's hard for even the most optimistic among us to stay positive when the news is all doom and gloom. It's true that we need to take this virus seriously, but we do not need to become a COVID-19 expert, nor fill our minds with every detail from dawn until bedtime. Instead, let's try to keep positive so that we have the energy and resolve needed to better cope during this difficult time. Here are some things we can all try to do as a family:

1 LIMIT YOUR INTAKE

You could watch 24-hour news channels, read endless tweets, or visit countless websites and be bombarded with the angst of the moment. Instead, choose a single news source and decide how much limited time you'll spend with it each day. Then stick to your plan.



2 STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is enormously important for your mental and physical health. Plan your day with time for work and play. This will help you stay positive, calm and productive.



3 MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make!



4 LIMIT SCREENTIME

Especially as our learning has gone online, now more than ever we need to be mindful of how we use screen time and try to do as many things in the real world as we do in the virtual. Remember, no screens an hour before bedtime!



5 GO OUTSIDE, STAY ACTIVE

Spending time in the sun is essential for wellbeing. Make time everyday to be outside in your garden. If you don't have a garden, use the 'one exercise a day outside' rule to get out for a walk with your family wherever you can safely. Staying active is really important, even little and often, to keep fit, boost your mood and build your strength.



6 TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have worried or anxious feelings. Talk to family and friends online and share how you feel and if you are able to, listen to others. Reach out to your immediate community especially those neighbours or relatives that are isolated. Be grateful for each other.

