



Looking after your mental well-being during home schooling..... Lockdown#3



Being a teenager is difficult no matter what, and the coronavirus disease (COVID-19) making it even harder. With school closures and cancelled events, many teens are missing out on some of the biggest moments of their young lives — as well as everyday moments like chatting with friends and participating in class.

For teenagers facing life changes due to the outbreak who are feeling anxious, isolated and disappointed, know this: you are not alone.



There are loads of things we can all do to look after our mental wellbeing, and taking any time you can for self-care is massively important, especially now.

Knowing what steps, we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us - and that goes not just for today but for the future too.



Here are few strategies to help maintain your motivation & mental well-being.

- **Try to keep to a structured routine.**

Try to keep your “school days” at home, as if you were attending school. For example, still get up, washed and dressed as you would normally. Follow your daily school timetable. By accessing all live lessons, you will be keeping on top of your daily learning. Try to keep to the same break/lunch time. If where possible, arrange virtually meet with friends during social times via group video calls, this way you all could still have your lunch together. By keeping to a routine, it helps us to maintain our positive well-being.

- **Have a separate learning room in your home.**

If possible try not to use your bedroom as your “classroom”. This so you can separate school from your own personal time. This will also help to reduce spending time on your own, reduce feeling lonely and isolated.

• STAYING CONNECTED



Rather than sitting in your bedroom, try to engage with family more.

Watch a movie together, play games or even just sit and have a conversation. If you are worried or stressed, talk to someone in your household. It is important to talk through our emotions, it can help to reduce them.

Stay connected with Friends, with today's videoing technology here are many things you could do. You arrange group video calls, you could do an online exercise video together, play video games or still able to watch a movie a together.

It is a proven fact that laughter increases the endorphins that are released by your brain. Activate and relieve your stress response.

• GET OUT

Although you are to reduce outdoor time, you are still allowed to go out for an hour a day. This can be done with 1 person from your household or 1 person from a support bubble. Exercising and getting fresh is good for our mental well-being. Again, you could use this time to talk and stay connected.

• Self-Care



Self-care is important for anyone of any age, but in our teen years as our bodies and minds are constantly changing and adapting, it is vital. Self-care is looking after your physical and emotional health and can be any activity that assists with making you feel happy, healthy and positive.

• Tips for self- Care:

Practice mindfulness- https://youtu.be/NjZKPw_zjik

Apps such as, Headspace or Calm

Listening to your favourite music, having a bath/shower pampering yourself, learning a new hobby, reading a book or even watching your favourite boxset.

Mental Well-Being Support

If you feel you are becoming overwhelmed/struggling to cope with your emotions. It is important you act on them straight away to get the support.

There are many places you can access support such as,

School- You can contact Sam Mavin Emotional Well-Being Practitioner at emotionalhealth@sacredheart.npcat.org.uk

KOOTH- www.kooth.com

Youngminds- www.youngminds.org.uk OR text Crisis Messenger text YM to 85258

Childline -0800 1111 www.childline.org.uk

CAMHS Crisis Team - 0300 013 2000