HOW TO LOOK AFTER YOUR MENTAL HEALTH DURING A TIME OF UNCERTAINTY

You're likely to be in a period where the amount of worry you experience is going to be higher. Anticipate this and be ready to find out how well you can tolerate this level of worry

1 Speak to friends or family and ask how they cope with uncertainty. Could you learn anything from them?

2 Think back to past experiences where you have coped well with uncertainty and and pick out what really helped you feel better back then

3 Take each day one step at a time. Focus on the present moment. A routine can help give you some structure

4 In times like this, increase your focus on self care and kindness. Take time to slow down, to breathe, to connect and to relax

5 You're likely to be having lots more worry-type thoughts. Be ready not to react to them. Make a commitment to noticing them, rather than trying to respond to them

6 Rumination is a common factor during times of uncertainty - If your mind starts to wander, use your senses to refocus on what you are doing in the present moment

7 Write down a list of helpful facts that you want to stay focused on, so when your mind wanders, you come back to solid ground

HOW STUDENTS CAN GET READY FOR THEIR SCHOOL DAY DURING LOCKDOWN

Find a place in your house which is quiet and conducive for learning

Plan and structure your day to include work, downtime, exercise, fresh air and family time

Make sure you are eating 3 well balanced meals each day. Don't forget to stay hydrated

If you are worried or struggling with a piece of work use an online tool to complete work with classmates or contact your teacher

Engage in live teacher contact where available

Get changed out of your pyjamas into comfortable clothes to work in

Get into a regular sleeping pattern. Try and maintain consistency with the time you go to bed and wake up

Set yourself small, realistic and flexible targets each day for work. This will help maintain a sense of motivation

Avoid too much screen time. Take small breaks if you have been on the computer for a long time

Stick to your school timetable where possible. Planning and structuring your day will help bring a sense of routine

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10 WAYS YOU CAN IMPROVE YOUR MENTAL HEALTH TODAY

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02 Take a break from technology. Switch off from social media

03 Engage in some fun exercise for 30 minutes. It is great for boosting mood and reducing anxiety

04 If you are feeling anxious or low then try speaking to a friend or family member about how you are feeling

05 Write down 3 good things that you have achieved today

01 Try and eat a well balanced diet throughout the day

06 Make sure you are getting a good nights sleep

07 Practice some self care. Take a break, have a bath or go for a walk. Do something for yourself

08 Engage in some deep breathing or progressive muscle relaxation

09 Challenge your negative thoughts in a thought diary

10 Stay in the present moment and focus on one thing at a time
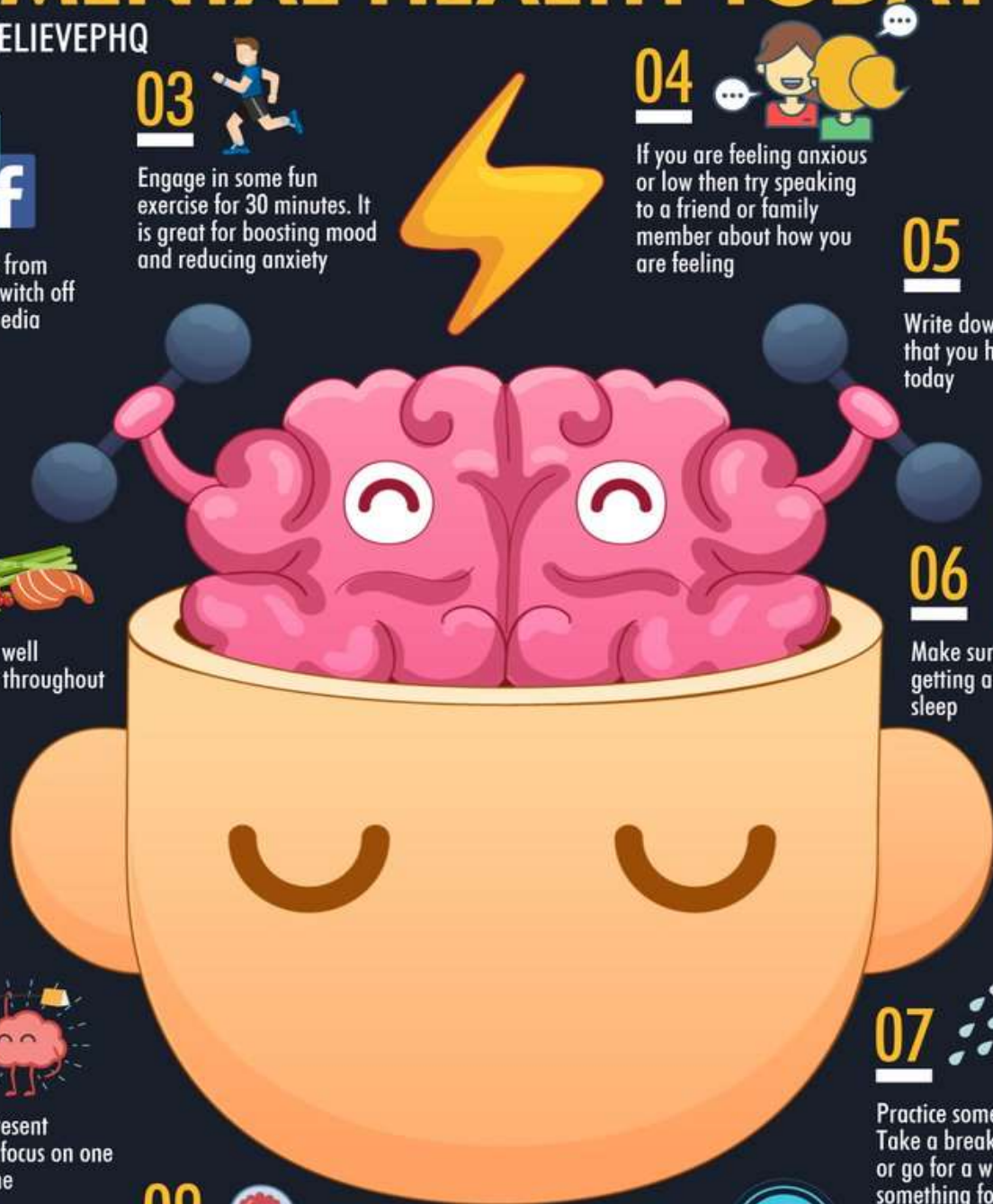
HOW TO HELP SOMEONE WHO IS FEELING LOW DURING LOCKDOWN

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01 Encourage them to stay connected to their friends or family and support them to schedule time into their week to stay connected

02 Work with them as part of a team to learn a new coping skill (E.g. deep breathing) and practise it with them online

03 Encourage them to set some small and achievable goals that they can set and work through each week

04 Identify a list of self care activities that they can engage in each day.

05 Be there for them. Be patient and understanding. If they need extra help try and support them through mental health charities or their doctor

06 Work through an activity planner and schedule in some activities that bring a sense of pleasure and achievement

07 Make sure they are taking care of themselves physically (Sleeping well, eating healthily, being active)

08 Help them to find a new skill or hobby that they can look to master over the coming weeks

09 Identify some activities they can take part in which will boost their mood

10 WAYS TO BE KIND TO YOURSELF DURING LOCKDOWN

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1. Make sure you find time for self care throughout your day and week

2. Find opportunities to engage in some relaxation techniques or deep breathing

3. Before bed each night Identify 3 good things you have achieved each day

4. Find activities which you can do which provide you with a sense of pleasure and achievement

5. Be aware of negative thoughts and emotions. Try to notice them without judgement

6. Be accepting of any mistakes you make

7. Try and focus on things which are in your control

8. Don't put pressure on yourself to get everything done

9. Slow down, take your time and fully engage with activities

10. Recognise your positive qualities and think about how you can use them in work, relationships and with friends and family

8 MENTAL HEALTH ACTIVITIES TO WORK ON MENTAL FITNESS WITH YOUR FAMILY

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03
Each night before bed sit down with your family and identify 3 good things that you have all achieved each day. This is great way for boosting mood

04
Work with your family to identify each of your strengths and how you can use them in the coming weeks

05
Each morning when you wake up engage in some imagery. Close your eyes and as a family imagine yourselves being in a happy and relaxing place. A simple tool to help you relax

06
Allocate some time every day where you can all talk about what you are thinking and how you are feeling

02
As a family work together to effectively problem solve. Come up with all the solutions to a problem and put an action plan in place to overcome any worries you might have

07
As a family schedule time into your week where you can all do things that provide you with a sense of pleasure and achievement

01
Spend 5 - 10 minutes engaging in some slow and steady breathing. A great way to relax

08
When engaging in tasks or activities encourage your family to try and use all their senses to be present with what they are doing