



Top tips on looking after your wellbeing while at home

Try to stick to a routine

Make yourself a day or week planner. Get up at the same time every day and try to not have too many late nights. Schedule in time to work but also times to do some online stuff with friends.

<https://www.canva.com/create/weekly-schedules/>

Stay in touch with family and friends

Send letters, have a group chat or give people a call. There are also some great support groups to help with specific needs and worries.

<https://youngminds.org.uk/blog/>

Try to eat regularly and healthily

This is always important but especially at the moment. Set yourself a five fruit and veg a day challenge. Use your schedule to set some physical activity every day.

<https://www.nhs.uk/change4life>

Learn to cook new things

Now is a great time to develop your living skills. Even if it is just making everyone a cup of tea. There are some great online videos and websites to help.

<https://www.jamieoliver.com/>

Limit you use of social media

It's important to keep in touch with family, friends and the world but remember there is a lot of "Fake" stuff out there which can be scary and upsetting. If you are looking for news keep to a trusted source.

<https://www.bbc.co.uk/newsround>

Find ways to help others

Now is the time for us to show that we care. Even if you can only do stuff with the people in your home it still makes a difference.

<https://mentalhealth.org.uk/coronavirus/random-acts-kindness>

Learn something new and useful

Now is a great time to try something new, learn a new skill or just get better at something you have already tried. Even better if it is something useful like baking!

<https://thegreatbritishbakeoff.co.uk/>

Talk to people and let them know how you are feeling

This one is really important. Let people know if you are worried or you don't understand something. Talk to people at home, talk to trusted friends or other people who care for you.

There are lots of people ready to help:

Childline 0800 1111

<https://www.childline.org.uk/>

<https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/>