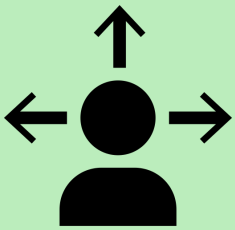
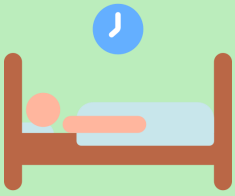
Tips For Staying Mentally Healthy



Do different things. Don't do nothing.

Watch what you eat. It is easy to grab a biscuit or 5 when you are bored or lonely, so try to resist. Or eat a carrot

Do a bit of exercise – run up and down stairs, watch Joe Wicks at 0900 on YouTube, tidy a room, dance. Whatever



SLEEP. Get a good night's sleep. Don't go to bed too late. Don't drink tea or coffee in the evening and have 1 hour of no-screen before bed

Try and read or listen to a book. There are some free ones here if you don't have them at home.
https://stories.audible.com/start-listen
https://www.planetebook.com/about/

Cut down on Social Media – set aside a timeslot to catch up with friends

Listen to music – dance to it even

Even better – make music. If you have no instrument, sing!

Draw or paint. Or make a model. Lego would be good

Write down stuff – jokes, poems, ideas, letters. Whatever you like. Try using a pencil – too much screen time = not good.

Keep in touch with friends and relatives – we are all missing each other you know

Get in touch with someone you've not spoken to for a while

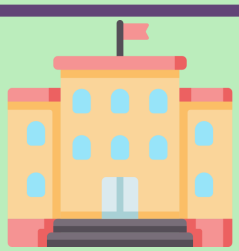
Do something kind or helpful every day – it is easy to annoy each other in the same house all day

If you are finding it hard to do difficult things, try a few easier ones first. That will get you going.

Learn something new, or learn a new skill

Enjoy nature. If you can't get out, feed the birds. Even watch a nature programme on tv.

Do some meditation/deep breathing – like yoga. If you don't know what it is, lie on your bed, clear your mind, close your eyes and breathe deeply and slowly, in silence.



Finally remember we will get back to school. This is not for ever.

Words adapted from https://alastaircampbell.org/

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