



**10 Tips to help you  
cope during this  
unprecedented time**

**1. Keep your routines**



**2. Look after yourself**



**3. Exercise**



**4. Stay connected with others**



**5. Be mindful of where you get your information from**



**6. Take time out from worry**



**7. Name your worries to tame them**



**8. Make positive plans for the future**



**9. Axe Valley Academy**



**10. Know where to find help and support outside of school**



## 1. Keep your routines



Even if you don't have to go out because you are self-isolating, in forced isolation or school is closed, it is really important to keep your routines. This will help reduce anxiety and keep you as mentally and physically as well as possible.

- **Get up**
- **Get dressed**
- **Wash!**
- **Keep your normal school routine at home**
- **Keep to a good sleep routine**

## 2. Look after yourself



- **Eat a varied and balanced diet**, but don't be hard on yourself if this is not always possible
- **Drink plenty of water**
- **Plan ahead** - if you take medications, make sure that you have sufficient supplies
- **Get some fresh air every day**: try to get outside into the fresh air and still maintain social distancing for example:
  - Go for a walk in your garden, in the woods, park, fields, on the beach
  - Spend time in your garden or on a balcony
  - Open your window and sit by it

For more ideas on self-care visit: <https://www.annafreud.org/on-my-mind/self-care/>

## 3. Exercise



Even if you are restricted to being at home, there are plenty of ways you can exercise both in and outside of the house. Here are some ideas:

- Go for a bike ride
- Shoot hoops or kick a ball around your garden
- Use your trampoline if you have one
- Run up and down the stairs
- Facetime your friends and do a workout with them together
- Use online video workouts

Why not try some Tai Chi: <http://www.followmetaichi.com/all-videos.html>

## 4. Stay connected with others



We often share concerns about the negative effects of the internet and social media. But we live in a time when we have unprecedented access to people near and far.

How can you stay connected to people that you know?

- **Use age appropriate Social Media:** WhatsApp, Instagram, SnapChat
- **Facetime your friends and family:** FaceTime, Skype
- **Phone someone** or go really 'old school' and **write a letter or card** to someone
- Take a tip from the Italians - **sing out of your window!**

## 5. Be mindful of where you get your information from



Covid 19 is a new disease. Each day there are new developments and new information. It is easy to get caught up in false information and speculation which can be harmful and cause distress to you and others. Remember that even quality newspapers and TV channels can spread information that is not factual - they sell papers / TV time by using attention grabbing headlines.

- **Be selective** about where you get your information from.
- **Check the facts** before you share stories with other people.
- Where can you get **up to date and accurate** information and advice on Covid 19?

For **specific** advice about school closures, exams etc. only trust the Axe Valley website / Axe Valley Twitter and Facebook Page / emails/ letters home. Avoid passing on information that you have received from other sources.

For **general** advice about Covid 19 visit UK Government: [www.gov.uk](http://www.gov.uk) NHS: [www.nhs.uk](http://www.nhs.uk) World Health Organisation: [www.who.int](http://www.who.int)

## 6. Take time out from worry



Take **one day at a time**.

**Limit newsfeeds and updates:** stop refreshing.

**Unhook from devices regularly** so you are not constantly bombarded with messages.

Try and find something to do mindfully **that focuses your attention on something else**. Here is an example of how to do it: <https://www.youtube.com/watch?v=KBrAXNz5ZAc>

**Do something that you enjoy. Try something new:** learn to knit, origami, cook, learn a song or an instrument or a language - there are endless possibilities

**Study / revise** (Well we would say that!)

## 7. Name your worries to tame them



It is understandable to be more worried than usual at this time. This is a super helpful way to take control of your fears and worries.

1. **Name your worries:** write them all down, no matter how big or small.
2. **Separate the worries** into things that you have control over and things you don't.
3. **Do something** about the ones you have control over.
4. **Use if... then.....** : e.g. **If** I can't see my friends **then** I will Face time them at 4pm.

For more practical ideas on how to manage worries and anxiety .....

Try this free and advert free app: <https://sam-app.org.uk/>

Or visit: <https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-youth/>

## 8. Make positive plans for the future



It is important to focus beyond the now. We don't know what is going to happen in the future, how long this will go on for, or what the consequences will be. It is easy to get lost in the difficulties and the details.

**Think about things you might plan in the future:**

- ⇒ In 3 months
- ⇒ In 6 months
- ⇒ In 12 months
- ⇒ In 5 years - what would you like to be doing, where, who with, what is your dream job / holiday / adventure: Create a **scrap book** or **poster** with your ideas

## 9. Trust Axe Valley Academy



- ✓ keep you up to date with the current situation and developments that affect your education
- ✓ keep you informed about how they will teach you
- ✓ tell you what you need to do and how you need to do it
- ✓ give you the right information, at the right time about revision and exams
- ✓ support you

And remember to **talk to us** and **keep in touch**. Your teachers and tutors will be very happy to receive emails from saying hello and generally checking in.

## 10. Know where to find help and support outside of school



Here are some other places that you can find help and support about coping with self-isolation, your health or anxiety.

### **ChatHealth 07520 631722**

ChatHealth is a text service for young people aged 13-19 to reach out to the School Nurse team for confidential advice on a wide range of issues such as bullying, emotional health and wellbeing, sexual health as well as illnesses.

### **ChildLine 0800 1111 (Freephone)**

Childline is a free and confidential service. It offers children and young people a safe way to explore their worries however big or small. Support is available by phone or online any time day or night plus there is lots of information and advice on their website on wide range of issues.

For more information please visit: <https://www.childline.org.uk>

### **The Mix 0808 808 4994 (Freephone)**

The Mix provides safe and confidential group chat and discussion boards, plus messaging support service and telephone counselling for young people under 25. If you need help immediately you can also text The Mix on their crisis messenger text service which provides free, 24/7 crisis support across the UK. text **THEMIX** to **85258**.

For more information please visit: <https://www.themix.org.uk/get-support>

### **Young Minds**

Up to date information for young people about self care while self isolating. Plus support and advice for young people that are concerned about their general mental and emotional wellbeing.

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

### **Online Counselling - Kooth.com**

Young people aged 11 to 18 years have access to online advice, self-help tools and counselling through Kooth.com. This is available 365 days a year and interactive counselling is available until 10pm every night.

For more information please visit: <https://kooth.com>

### **Papyrus HopeLine Tel: 0800 068 41 41 or 07860 039 967**

Support and advice for young people that are thinking about suicide.

<https://papyrus-uk.org/>

### **Child Bereavement UK Helpline 0800 02 888 40**

Support for children and young people who have had someone close to the die. They also have a free app. <https://www.childbereavementuk.org/>

## A pause for thought:

"AND THE PEOPLE STAYED HOME. AND  
READ BOOKS, AND LISTENED, AND  
RESTED, AND EXERCISED, AND MADE  
ART, AND PLAYED GAMES, AND LEARNED  
NEW WAYS OF BEING, AND WERE STILL.  
AND LISTENED MORE DEEPLY.

SOME MEDITATED, SOME PRAYED, SOME  
DANCED. SOME MET THEIR SHADOWS.  
AND THE PEOPLE BEGAN TO THINK  
DIFFERENTLY.

. AND THE PEOPLE HEALED. AND, IN THE  
ABSENCE OF PEOPLE LIVING IN  
IGNORANT, DANGEROUS, MINDLESS,  
AND HEARTLESS WAYS, THE EARTH  
BEGAN TO HEAL.

AND WHEN THE DANGER PASSED, AND  
THE PEOPLE JOINED TOGETHER AGAIN,  
THEY GRIEVED THEIR LOSSES, AND  
MADE NEW CHOICES, AND DREAMED  
NEW IMAGES, AND CREATED NEW WAYS  
TO LIVE AND HEAL THE EARTH FULLY,  
AS THEY HAD BEEN HEALED."

*'In the time of pandemic - and the people stayed home'  
Irene Vella, March 2020*