

## **Student Advice sheet for Covid19**

We've put together some top tips about looking after your emotional wellbeing during your time away from school. Remember: it's ok to feel sad, distressed, worried, confused, scared or angry when there is lots of worrying news happening and your routine changes.



### **Have a routine**

Your day-to-day routine will have changed, that's because your school has closed and you're working from home. Try to Keep to regular routines and schedules as much as possible and/or create new ones that include learning, fun activities and relaxing is really important. Make sure you plan some time for looking after yourself, whether it's reading a book or playing a game.



### **Try to stay in touch with others**



Talk to the people who make you feel better. This could be your family or your friends. If you can, try to get some virtual face-to-face time through apps like FaceTime or Skype. Or with the help of your parent / carer ask if you can set up a new group chat online.

### **Keep yourself healthy**

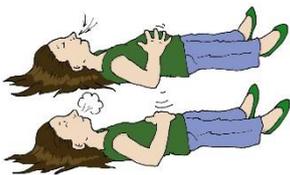
Make sure you're eating as healthy as possible, with plenty of fruit and vegetables, and make sure you're drinking enough water.

Try to get some exercise - either inside or by going outside once a day for a walk, jog or bike ride (remember to stick to the social distancing rules and only exercise by yourself or with people in your household). There are lots of free online exercise classes (Joe Wicks!!) that you can access. Make sure you're getting enough sleep too.



### **Take some deep breaths**

Deep breathing can really help you if you're feeling anxious or worried. You can do this exercise anywhere; you could try standing up, sitting down, or lying on your back. The important thing is that you're comfortable.



Inhale through your nose, holding for just a second, then exhale through your mouth. Try and take long, slow, deep breaths from your tummy. Do this for three to five minutes to clear your head, reduce your heart rate and blood pressure, and help you relax.

### **Find alternatives**

If you're feeling upset because an event you were looking forward to was cancelled, lots of people are now offering virtual ways to enjoy things through the

internet. Lots of musicians are live-streaming concerts, you can visit museums across the world virtually and you can watch e-sports if you're missing the football or rugby.