

Spring 2020: Wellbeing Toolbox

CONNECT

ae
ACTIVE

TAKE
NOTICE

KEEP
LEARNING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

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Top tips to keep you on track:

Get up at the same time each day.

- Use the alarm on your school iPad!

Wash, get dressed and eat breakfast like normal.

- Avoid too many PJ days.

Organise your day.

- During the week, follow your timetable!

Do exercise.

Do your school work.

Take breaks.

Help out.

Have time to relax.

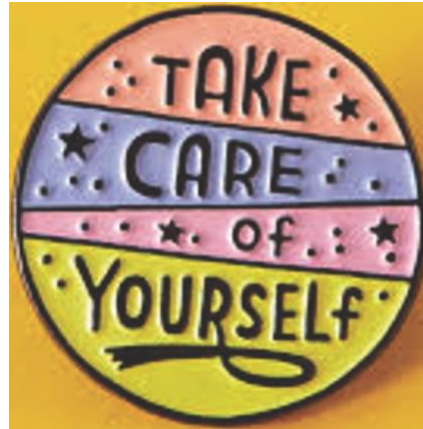
Eat well.

Don't look at the news/negative posts too much. Distract yourself.

Get creative or find out something new.

Try to learn something new or develop a skill. It will give you a boost.

Wellbeing Toolkit 2- Taking care of yourself

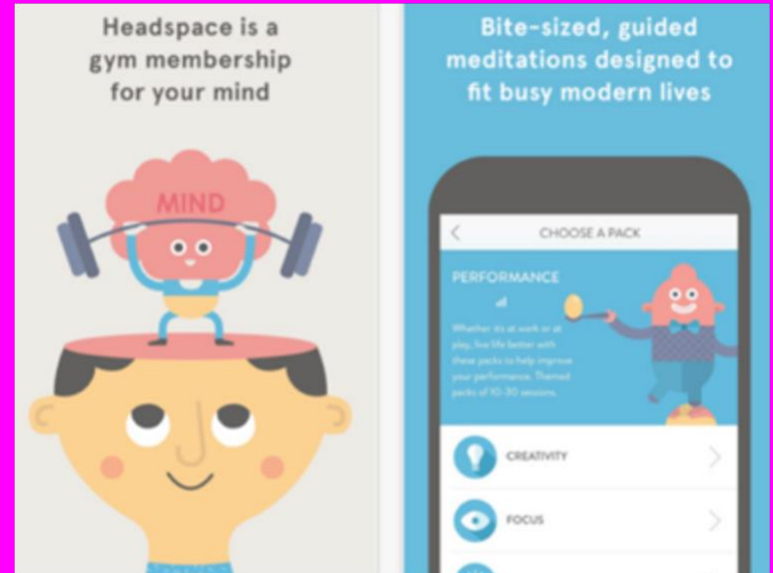


Wellbeing activities - Some suggestions:

SELF CARE FOR AT Home

- ♥ baking/cooking
- ♥ drawing/painting
- ♥ read books
- ♥ journal
- ♥ do an indoor workout
- ♥ yoga/stretch
- ♥ open a window
- ♥ daily gratitude
- ♥ call/facetime friends & family
- ♥ listen to new music/podcast
- ♥ declutter & organise
- ♥ have pamper day
- ♥ stay hydrated

Try the Headspace App



Wake up and make your bed!



How is your morning routine?

Get dressed and brush your teeth!



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Eat breakfast



Home School



BEITMoRNIN4 RoVTINE RECIPE



PREPARE TO BE PRODUCTIVE

WRITE YOUR TO-DO LIST THE niGHT BEFORE

GET A GOOD niGHT SLEEP



GET UP EARLY



READ



EXERCISE



HAVE BREAKFAST

1. :: ✓

START WITH THE WORST JOB

4THEfABIToRY



BE CoNSISTeNT

“Wake up every morning with the thought that something wonderful is about to happen.”

Wellbeing activities - Some suggestions:

ANXIETY



Share your Concerns

Share your concerns with a trusted person, like your family, therapist or partner. Sharing your concerns might not make the fear leave, but will give you a safe platform to voice your feelings and get support and validation.



Limit your exposure

Limit the time you spend on social media and news outlets. This will give you some mental space for other things. Also if you are reading you need to make sure that the resource is reliable.



Take time to relax your mind

Take time every day to engage in an activity that brings you relaxation and serenity — or start doing a new one. Try sketching, reading, yoga - anything that makes you feel serene.



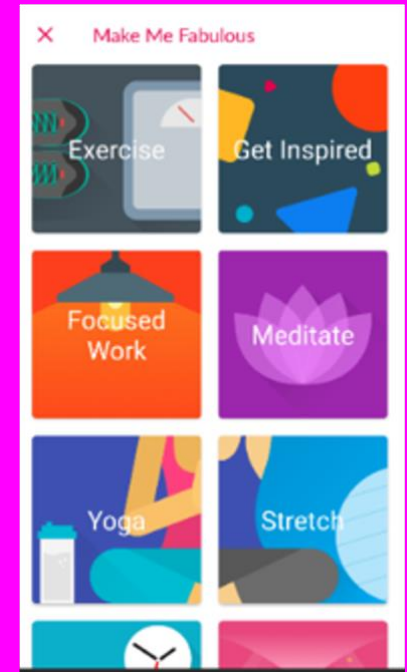
Ration your worry time

If you find yourself falling into repetitive habits because you are worried - Limit your "worry time" to a particular hour of each day and then try not to think about it for the rest of the day.

Try the Fabulous App



Fabulous is a science-based app that will help you build healthy rituals into your life, just like an elite athlete or top business person!



Develop good self-care routines

- Linking to this theme, we want to encourage you to switch off, stay calm and feel good!
- Take some time out and think about:
- How you are feeling now?
- What can you do to help yourself to feel better?
- Do something to relax, refresh and recharge.
- How are you feeling after this?
- Can you make some space to do some more 'self-care' activities?



- Look at the next slide for inspiration.

Look after yourself

Here are some ideas to inspire you:



Develop good self-care routines

SELF-CARE CHALLENGE

Be inspired by whatever the words mean to you.

1. Goals	11. Adventure	21. Stretch
2. Water	12. Favorite	22. Cozy
3. Forgiveness	13. Inspired	23. Love
4. Breathe	14. Hobby	24. Music
5. Rest	15. Cook	25. Journal
6. Laughter	16. Release	26. Sweetness
7. Food	17. Yoga	27. Solitude
8. Meditation	18. Sleep	28. Expression
9. Sweat	19. Movie	29. Pamper
10. Socialize	20. Movement	30. Nature

BlessingManifesting



<https://www.bbc.co.uk/news/av/newsbeat-52411394/coronavirus-dr-radha-s-five-mental-health-tips-for-lockdown>

Five top tips for managing your mental health

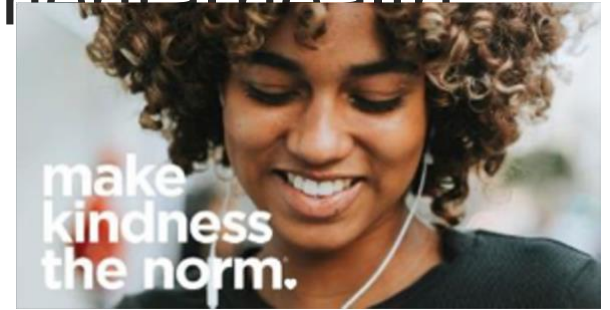
Acts of kindness

Watch this video: <https://www.youtube.com/watch?v=O9UByLyOjBM>

Your challenge for this week is to pick 1 day and do 5 acts of kindness.

It could be:

1. Smiling and complimenting someone (and really meaning it).
2. Offering to help with the chores.
3. Making someone food or a drink.
4. Speaking with a friend or family member and cheering them up.
5. Writing a letter or card to someone and sharing good news.
6. Making someone a small gift or creating a piece of art for them.
7. Saying thank you to someone who has helped or supported you and explaining the impact they have had.
8. Helping someone in your household with a task they are doing or motivating them.
9. Taking part in a fun activity (it could be one of the activities in this PowerPoint) with members of your family.
10. Being positive and respectful towards members of the public when you take your daily exercise.



Kindness is defined as the quality of being friendly, generous, and considerate.

- Think: What impact did that have on you and those around you?