

# A Guide for Children and Young People : Emotional Wellbeing: Looking after yourself

Developed by the Croydon Mental health Support Team





**Are you OK  
south west  
London?**

There is a lot of uncertainty around the current Coronavirus outbreak, particularly as the situation is constantly developing and the information about the virus remains incomplete.

Understandably, this is causing a lot of worry and anxiety for people, particularly around how to stay well and healthy as well as not pass the virus onto vulnerable loved ones.

Given the recent recommendations around social distancing, staying indoors, working from home and schools closing (as a way to reduce our, and vulnerable others, risk of exposure to the virus), it's likely that loneliness and anxiety may develop for some.

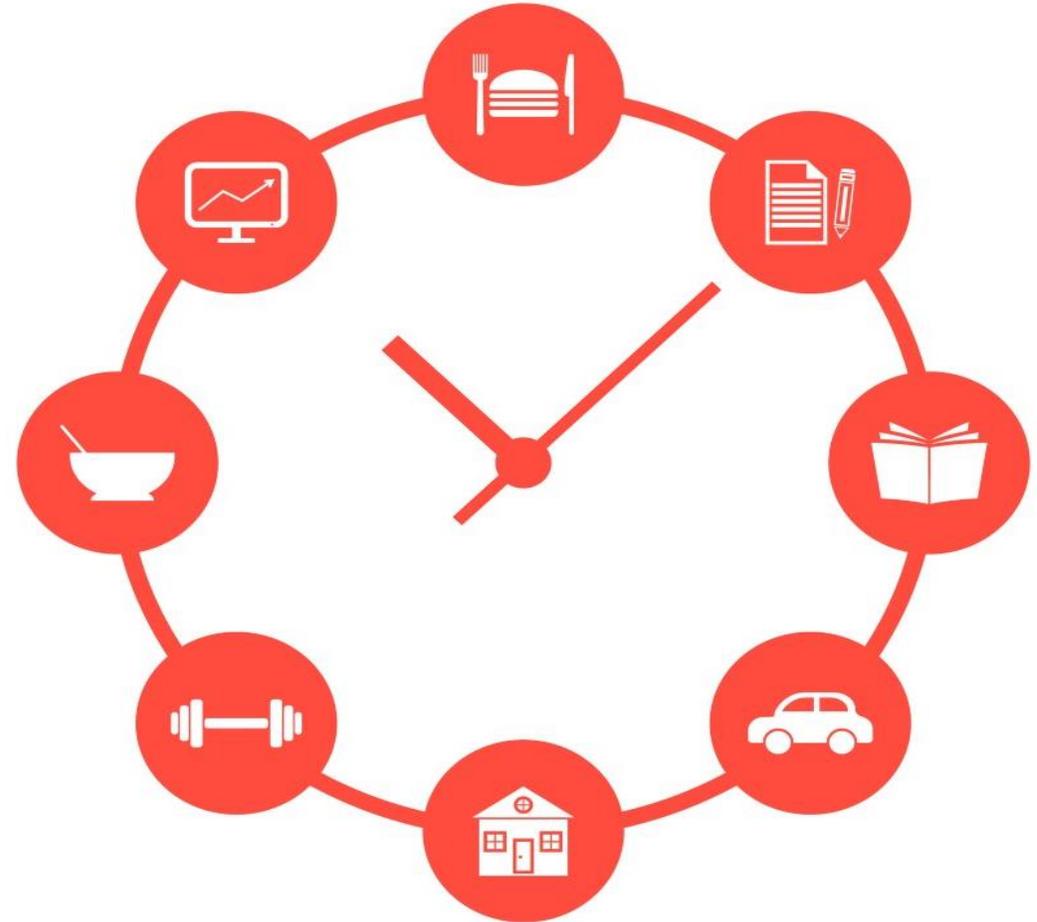
**Good mental health and positive wellbeing can help you better cope with the Coronavirus disruption and the uncertainty it's creating**

# 3. Look after yourself

Self-care includes focussing on things you can control (like good hygiene) instead of those you can't (stopping the virus).

Where possible:

- Maintain your daily routine and normal activities
- Eat healthy meals
- Get enough sleep
- Do things you enjoy and are in line with your core values



# 3. Look after yourself

Consider:

- Creating a daily routine that prioritises your wellbeing and positive mental health
- Including activities such as taking a walk, meditating, yoga, exercising which can help you relax and have a positive effect on your thoughts and feelings
- Including activities that give you a sense of accomplishment or purpose e.g. completing work, helping others, cleaning the house, gardening, arts and crafts, phoning someone etc.

# Example daily routine

Before 9am	Wake up	Eat breakfast, make your bed, get dressed
9-10am	Morning exercise	Family dog walk, yoga, dance video exercise app. etc
10-12am	Academic/work time	No electronics Complete study or work tasks or revision
12:00	Lunch	
12:30pm	Chore time	e.g. wipe kitchen table, wash up, clean bathroom etc
1:00-3:00pm	Academic/work time	Electronics okay Complete study or work tasks
3:00-4:00pm	Creative time	Drawing, lego, craft, music, cook, bake, imaginative play, writing, reading
4:00-5:00pm	Fresh air	Walk, play outside, bike, run
5:00-6:00pm	Dinner	Connect with family
6:00-8:00pm	Free time	Connect with friends via phone, messages, chat
8:00pm onwards	Bedtime	relaxation and wind down for bedtime (relaxation/mindfulness apps)



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# Keep Active

Build physical activity into your daily routine.

Cleaning your home/ room.

Dancing to music.

Going up and down stairs

Online exercise workouts

Getting as much sunlight, fresh air and nature as you can. This can be in your garden, local park (if possible), or woodland.



## Fit activity FOR kIdS what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



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# Try and focus on things that are positive in your life

Find opportunities to amplify the positive stories of local people who have experienced the virus and have recovered or who have supported a loved one through recovery and are willing to share their experience.

Link to video of people singing in Italy lockdown:  
<https://www.youtube.com/watch?v=R0laEJqETiY>



# Reach out to others and support people around you

Assisting other people in their time of need and reaching out to someone who may be feeling alone or concerned can benefit both the person receiving support as well as the helper. Ask a trusted adult for help if you have a friend who seems depressed or very low.

Avoid only talking about the Coronavirus.

