

# SUPPORTING YOUR MENTAL HEALTH WHILE BEING AT HOME

## Get set up for the day



Although you will have extra time in bed without having to go to school, it's important to wake up around the same time every day. This will help to stabilise your internal clock and improve your sleep overall. You will feel more energised, refreshed and more able to concentrate.

Have a go at tracking what time you go to bed for the next week and how you're feeling the following morning:

	Time I go to bed	How am I feeling? (tired, lethargic, moody, awake, focused etc.)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

## Getting ready

Stick to your usual morning routine – wake up, get washed, get dressed, have breakfast as if you are getting ready for school. Keeping a routine helps us to cope with change and stay in control.

It's important that you stay physically and mentally active during this time. Here are some ideas you can try. How about ticking them off as you complete them. Some are left blank for you to add your own ideas.

Go for a walk/run	Complete a home workout on YouTube	Facetime with friends	Complete jobs around the house	Complete a word search	Drawing
Baking	Cook something new	Read a book or magazine	Watch a film or TV show	Colouring	Tidy your bedroom
Sort through your clothes and personal items	Learn a new skill	Learn a new language	Keep a diary	Arts and crafts	Do some school work
Play a board game	Listen to music	Practice photography			

## Daily Timetable

Here is an example of a daily timetable that you can use to structure out your day. Use this to schedule in fun activities and your study periods. A blank template is available for you to use on the following page.

8am	Wake up, get washed and dressed	<b>Today's goals</b> 1. Be awake and ready by 8:30am 2. Do some exercise outdoors 3. Be asleep by 10pm 4. 5.
9am	Eat breakfast, check social media	
10am	Complete maths worksheet	
11am	Read a book	
12pm		
1pm	Make lunch	<b>Things to do</b> Complete maths worksheet Tidy my room
2pm		
3pm	Go for a run	
4pm	Facetime friends/play on PlayStation	
5pm		
6pm	Have tea	
7pm		
8pm	Watch something on Netflix	
9pm		
10pm	Bed	

If you can't print out this template, perhaps make your own on a piece of paper or in a notebook.

8am		<b>Today's goals</b>
9am		1.
10am		2.
11am		3.
12pm		4.
1pm		5.
2pm		<b>Things to do</b>
3pm		
4pm		
5pm		
6pm		
7pm		
8pm		
9pm		
10pm		

## Gratitude

The coronavirus outbreak makes it very difficult for people to feel positive. However, taking 5 minutes out of our day to write down what we are grateful for helps to increase our positivity and self-esteem, makes us feel happier and reduces stress.

All it involves is making a note of the things that you are grateful for each day either on a piece of paper or in a notebook. You can decide how long your list is each day and how much detail you want to go into. The great thing about this is that you can look back on these when you're in need of a pick me up.

*For example: I am grateful to be healthy.*

Have a go at making some of your own:

I am grateful ...

I am grateful ...

I am grateful ...

I am grateful ...

I am grateful ...

I am grateful ...

I am grateful ...

## Anxiety

Anxiety is a normal response to the current situation and some people may find it harder to cope more than others.

Deep breathing is an excellent way to manage anxiety and can be used anywhere at any time. Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

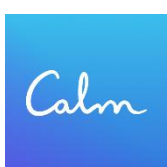


**Progressive muscle relaxation** relies on tensing and relaxing the muscles throughout your body. Additionally, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension.

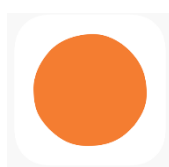
Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

<b>Feet</b>	Curl your toes tightly into your feet, then release them.
<b>Calves</b>	Point or flex your feet, then let them relax.
<b>Thighs</b>	Squeeze your thighs together tightly, then let them relax.
<b>Torso</b>	Suck in your abdomen, then release the tension and let it fall.
<b>Back</b>	Squeeze your shoulder blades together, then release them.
<b>Shoulders</b>	Lift and squeeze your shoulders toward your ears, then let them drop.
<b>Arms</b>	Make fists and squeeze them toward your shoulders, then let them drop.
<b>Hands</b>	Make a fist by curling your fingers into your palm, then relax your fingers.
<b>Face</b>	Scrunch your facial features to the centre of your face, then relax.
<b>Full Body</b>	Squeeze all muscles together, then release all tension.

There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease your anxiety and clear your mind of anxious thoughts. You could try **calm** or **headspace**. Other apps you could try to help ease your anxieties are **Worry Time**, **Feeling Good**, **Smiling Mind** and **Clear Fear**.



Calm



Headspace



Worry Time



Feeling Good



Smiling Mind



Clear Fear

Why not also try some yoga as a way to relax and also get some gentle exercise which can boost your mood? There are lots of YouTube videos you can use to suit your ability and level of mobility. Here are some videos to get you started:

### Yoga for Beginners | Teens Yoga Class

<https://www.youtube.com/watch?v=6KJgTouHHeE>

### Yoga for Teens | Yoga with Adrienne

<https://www.youtube.com/watch?v=7kgZnJqzNaU>

### Calming Yoga for Stress Relief and Anxiety

<https://www.youtube.com/watch?v=Nw2oBlrQGLo>

### Yoga for Bedtime | Yoga with Adrienne

<https://www.youtube.com/watch?v=v7SN-d4qXx0>

Here are some links to relaxing music that you can listen to whilst practising yoga or meditation:

### Yoga Music

<https://www.youtube.com/watch?v=urTtMT-1-KI>

### Relaxing Yoga Music

<https://www.youtube.com/watch?v=NqC1lMa10eE>

### Namaste Music

<https://www.youtube.com/watch?v=pXWTinvfZ9w>

There are also some guided meditation videos you could try:

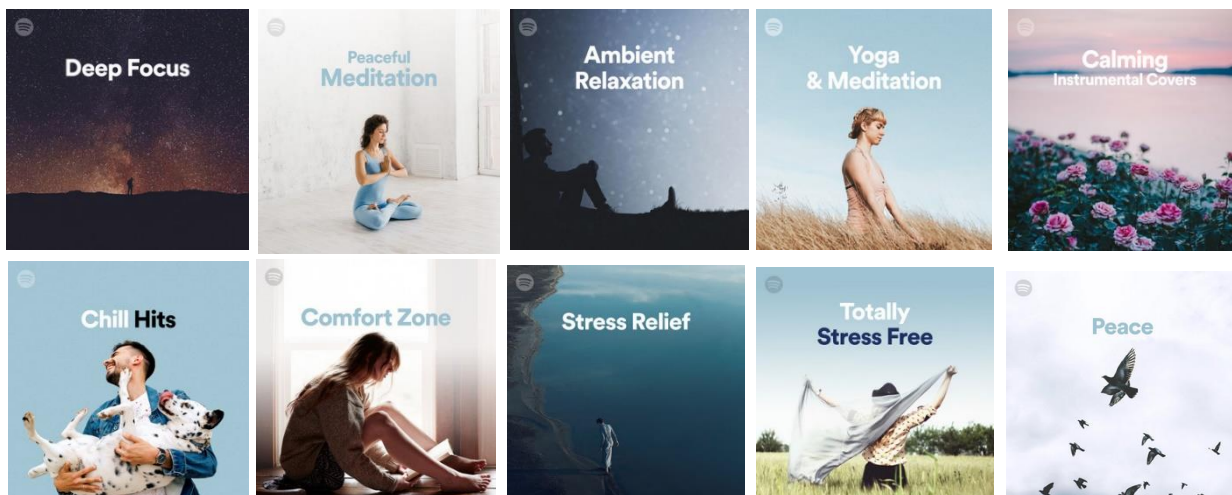
### Mindfulness – Walk in the Woods Meditation

<https://www.youtube.com/watch?v=m1lxQP5cOG4>

### Mindfulness – Zen Garden Meditation

<https://www.youtube.com/watch?v=Ao241Glpp0M>

If you have Spotify, here are some relaxing playlists you can listen to throughout the day. However, if you don't have a premium account, there will be adverts in between songs. Spotify is free to download on your App Store.



## Mindfulness Colouring

Mindfulness colouring is a relaxing and calming activity that improves your focus. It can help you to focus on what you are doing in the present moment rather than thinking about the past or the future. By paying attention to the present moment, we feel more relaxed. Here are some colouring sheets you can print. Alternatively, if you don't have access to a printer, you can download the following apps:



Happy Colour by  
Numbers



Colouring Book for  
Me

Or if you have a colouring book at home, or can buy one, you can use that too.

