

Support during remote learning

During the current coronavirus situation lots of organisations are offering specialist advice for how to keep well and stay safe. See the links below if you need help from outside organisations. See the [help](#) page and the other specialist health and wellbeing pages if you need some other guidance. General advice for taking care of your wellbeing is on the pdf document [here](#). Try the checklist at the bottom of the page for daily activities to keep you well, and explore the other resources too. The Internet is overflowing with great advice and activities to keep us all going! Remember, it's OK if you are struggling, or finding things hard, or just need to slow down and take a nap. You don't have to be productive all the time.

If you are experiencing any of these issues or are worried about someone else, try the links below for guidance. **Please talk to a trusted adult as well:**

- Worries about [self-isolating](#) or social distancing
- Worries about how to keep [healthy](#) during coronavirus
- Worries about [coronavirus](#) in general. Also [here](#) from the BBC.
- Mental health guidance from [Public Health England](#) and the NHS [Every Mind Matters](#) resource
- [Anxiety](#)
- Feeling [anxious](#)
- [OCD](#)
- [Eating Disorders](#)
- [Low mood/suicidal thoughts](#)

HOW TO DE-STRESS AT HOME



GET EXTREMELY INTO BAKING



JUMP ON A VIDEO CALL WITH FRIENDS



CLEAN AND ORGANIZE



IF YOU CAN, TALK IT OUT WITH A PET



WRITE OR DRAW



DO A YOUTUBE WORKOUT

@LIZANDMOLLIE

Here are some useful text lines if you are struggling and want to speak to someone anonymously:

- [Young Minds Crisis Messenger](#)
- [Give us a Shout](#)
- [Crisis Textline](#)
- [Childline](#)
- [The Mix](#)
- [Kooth](#)

COPING WHEN YOU'RE OFF SCHOOL

Schools in the UK have closed and you might be spending a lot of time at home, especially if you've been unwell.

You might be worried about losing time to prepare for exams or having them cancelled, not being able to see your friends or having to cope with [family arguments](#). You might be upset about having to leave school, or relieved that you're away from it.

There might also be times when staying at home will make you feel unsafe. Whatever's happening, [we're here to support you](#).

There are lots of things you can do to try and make things easier:

- **Talk to people**
You might not be able to speak to all the people you normally turn to for support. But it can help to talk to people at home, your friends online or to [Childline](#). Talking about what's happening and how you're feeling can help you realise you're not alone.
- **Make time for yourself**
Take time every day to do something that helps you to feel good or proud. If you're not sure what to do, use the [Calm Zone](#) for ideas and tools to help you relax.
- **Keep busy**
Being stuck at home can be boring and stressful sometimes, especially if you don't get on with your family. Staying busy with things like schoolwork or hobbies can help you cope.
- **Look after your health**
Try to exercise if you can, and make sure you're [eating healthily](#) and getting plenty of sleep.
- **Ask questions when you're not sure**
Whether you're worried about how to see the GP, what's going to happen in your exams or anything else it's important to [ask an adult](#) you trust about what you can do. If you normally get support and it's ending, it can help to ask about what else you can do while you're off.
- **Make a routine**
Having time off can be great for a few days, but after a while it can have a big effect on your mood or things like your sleep. Doing things like setting an alarm in the morning and keeping to a routine can help you to [take care of yourself](#).

Go to [this](#) website (Childline) if you want to read the guidance above in greater detail or follow the links. [This](#) website has information for young people, carers and schools about how to support wellbeing.

Want some distraction? Try the games [here](#) on the Childline website. Want to calm down? Try [here](#).

If you're struggling with your mental health right now:

mellow doodles



CORONAVIRUS REWARD STICKERS



[Here](#) is an amazing website with LOADS of ideas for things you can do to look after yourself. It's almost like a bingo! Which ones make you feel better?