



CLEDFORD PRIMARY SCHOOL AND GAINSBOURGH PRIMARY AND NURSERY SCHOOL



Looking after your wellbeing while staying at home

We know that staying at home for a prolonged period can be a difficult and anxious time. It's important to remember to take care of your mind as well as your body and to get support if you need it. Read the guidelines from NHS, government publications and the World Health Organisation, as well as helpful tips for making the stay at home as stress-free as possible.

Advice from government, NHS and World Health Organisation:

Advice for self-isolation:

- plan ahead and think about what you will need in order to be able to stay at home for the full 14 days or longer.
- talk to your employer, friends and family to ask for their help to access the things you will need to make your stay at home a success.
- think about and plan how you can get access to food and other supplies such as medications that you will need during this period.
- ask friends or family to drop off anything you need or order supplies online, but make sure these are left outside your home for you to collect.
- make sure that you keep in touch with friends and family over the phone or through social media
- think about things you can do during your time at home.
- when you are feeling better, remember that physical exercise can be good for your wellbeing. Look for online classes or courses that can help you take light exercise in your home.

Advice for staying at home in the event of working at home and/or school closures:

- Minimize watching, reading or listening to news that causes you to feel anxious or distressed; seek information only from trusted sources. Seek information updates at specific times during the day, once or twice. Get the facts; not the rumours and misinformation.
- Expose yourself to positive and hopeful stories. For example, stories of people who have recovered or who have supported a loved one and are willing to share their experience.
- Take care of yourself. During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines and eat healthy food. Keep things in perspective.
- Stay connected and maintain your social networks. You can stay connected via e-mail, social media and telephone.
- Help children find positive ways to express feelings such as fear and sadness. Every child has their own way to express emotions. Sometimes engaging in a creative activity, such as playing, and drawing can facilitate this process.
- Maintain familiar routines in daily life as much as possible, or create new routines.
- During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents. Discuss COVID-19 with your children using honest and age-appropriate way. If your children have concerns, addressing those together may ease their anxiety. Children will observe adults' behaviours and emotions for cues on how to manage their own emotions during difficult times.

Helpful hints for staying at home:

Eat well

- Think about your diet. Your appetite might change if your routine changes, or if you're less active than you usually are. Eating regularly and keeping your blood sugar stable can help your mood and energy levels.
- Find out about getting food delivered. For example, you might be able to order food online for home delivery. Or you could ask someone else to drop food off for you.
- Drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink.

Stay active

- Build physical activity into your daily routine. Exercising at home can be simple and there are options for most ages and abilities, such as:
 - * cleaning your home
 - * dancing to music
 - * going up and down stairs
 - * seated exercises
 - * online exercise workouts that you can follow
 - * sitting less – if you notice you've been sitting down for an hour, just getting up or changing position can help.
- Spending time outside can benefit both your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed. Spend time in your garden or go on a walk but do not interact with others outside of your household.
- If you are self-isolating after having symptoms, the NHS advises not going for a walk.

Establish a routine

- Plan how you'll spend your time. It might help to write this down on paper and put it on the wall.
- Try to follow your ordinary routine as much as possible. Get up at the same time as normal, follow your usual morning routines, and go to bed at your usual time.
- Routine is important - especially for children who are already at nursery or school and will be used to routine. When people are faced with uncertainty or worry, having some certainties, like a routine, could really help.
- It's about getting a balance - having a structure and integrating some fun. It might be helpful to think about how we distinguish weekdays and weekends.

Sleep well

- Routine can also be maintained through our sleeping habits. Health professionals say that during time at home we should continue to wake up, get dressed and try to do something productive with the day.

Stay connected

- Keeping connected and speaking to loved ones through WhatsApp, Skype and phone calls can support our mental health during isolation.
- Support your community. People are being urged to check in on neighbours over the phone and call friends or relatives who may be struggling in isolation.

Try something new – look for positives

- Normally, throughout the day, we would experience positive 'lifts'. MIND say that it's important to try and recreate these lifts whilst in self-isolation. This could mean doing a new exercise, new hobby, puzzles, jigsaws, learning a new language or video chatting to someone. Keep your brain occupied and challenged.
- Cheshire libraries allow you to download ebooks, audiobooks or magazines from home for free, if you're a library member. Online library resources - Home / Libraries / eResources . If you are not a member, you can register online. Follow the link on Cheshire East website: home – libraries – eresources – in the right hand column is the link.

Environment

- Cleaning your house, doing laundry and washing yourself are important ways to help stop germs spreading. The NHS website has advice about how to stop germs from spreading.
- Your energy costs will probably rise if you're at home more than you usually would be. Think about how you can manage your energy use, or how to cover any higher bills. You could also ask your energy provider about any support they offer.

Manage news exposure

- Limit your news intake and be careful what you read. We can support our mental health by reducing what we read, watch and listen to in the news about coronavirus.
- We should avoid taking in too much that can make us feel uneasy, anxious or distressed about the situation. Social media accounts such as 'Good News Movement', 'The Happy Newspaper' and 'The Happy Broadcast' share daily positive stories.

Keeping busy

- See the school's website for useful links to websites for all subjects. All information can be found on 'Kidz Online' section.
- Children will have home task grids which are the same format as their homework grids. There are 3 activities to complete daily and then a range of tasks to choose from.
- Music – make instruments, make music, listen to music and have a good old sing-a-long.
- Gardening
- Board games so children, and adults, are not spending too much time in front of screens.
- Games in the garden, treasure hunts, den building, build a home for an animal, create a nature picture outside.
- Photography – use your camera or phone to take a range of photographs inside and outside.
- Learn something new online
- Baking
- Mindfulness colouring
- Online videos for a range of fitness and exercises including yoga for a more relaxing activity for body and mind.
- Reading – perfect time to dive into a good book or two.
- Children's books illustrator Rob Biddulph is hosting a 'draw along' video on Twitter every Tuesday and Thursday – or you can find them on his Youtube channel Rob Biddulph
- Keep an eye on BBC website for additions made to their BBC Bitesize page.

For more information regarding your mental health during this time, visit:

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/> Tips tailored to you