



Surviving Self-Isolation and Social Distancing – Looking After your Mental Health

Social distancing and self-isolation can be really hard to deal with. It's normal to feel anxious, frustrated or bored, and if you're worried about the effect it will have on your mental health, you are not alone. Here are our tips for looking after your wellbeing during quarantine.

Stay Connected

- **Video Calls** – thankfully in this day and age we have a whole host of opportunities to keep in touch. It is really important to talk with family and friends regularly but safely. It can lift your mood and make you feel less lonely and isolated.
- Safe and positive **online community** – reach out online. But remember the online safety tips. Connect with people who are feeling the same as you and going through the same troubles and difficulties. Gaming can also help to take your mind off of things.
- **Reach Out** – take the time to talk and re-connect with people. Don't be afraid to make the first move.

Stay Calm

- **Mindfulness** – there are lots of videos / apps and websites that can help support mindfulness. Mindfulness is a practice of purposely bringing your attention and focus to the here and now. Here are a list of recommended apps / websites you can use for free:
 - Cosmic Yoga
 - Stop, breathe and think!
 - Smiling Mind
 - Calm
 - Dreamy Kid
- **Take a break** from the news and social media.
- **Plan your day** – Routines help you feel a sense of normality and order. Don't feel pressured to plan every second of your day. Be flexible and have an understanding that this isn't a normal situation. Don't forget to plan in fun and exciting activities to share as a family.
- **Read a book** – for some reading is the best form of escape. Oxford Owl and Amazon Kindle are providing free e-books to keep you going during this tricky time.
- **Feel productive** – I love a good list, but they are not for everyone. Try and complete one task a day that makes you feel like you've accomplished something, whether that be sorting your wardrobe or playing the board game that has been stuck in the back of your cupboard for 3 years.
- **Listen to some music** – never under-estimate the power of music. You can play calming relaxing music during mindfulness activities but also turn the volume up for a great feel, good song too. Go crazy, dance around, belt your favourite song at the top of your lungs!

Dealing with difficult situations at home

Being together is great but it can also be very challenging, particularly where children are involved.

- Ensure every member of the household has **somewhere to go to be alone**. Sometimes a time out from everything is just what you need.
- **Walk away from tense situations** – Maybe use your daily exercise to take a break and stop things escalating.
- **Create a rota** – This will outline a fair system and hopefully help to alleviate any potential arguments. You can use a rota for anything from TV time to helping around the house.

Here is a list of useful websites and organisations that can help if you are struggling.

Childline – www.childline.org.uk

Young Minds – www.youngminds.org.uk

North Staffs Combined Health Service (CAMHS) - <https://combinedwellbeing.org.uk/>

NSPCC – www.nspcc.org.uk

Place2Be – www.place2be.org.uk

ELSA-Support – www.elsa-support.co.uk

Anna Freud National Centre for Children and Families – www.annafreud.org

We are also here for you throughout this difficult time. If you would like more school support for your child regarding mental health and wellbeing, then please email SEND@bursley.staffs.sch.uk

