



# Maintaining good well-being whilst in lockdown



A guide for students  
Jan 2021



# Hello and welcome!



During times like this, we need to look after our mental health and wellbeing. You can't always know what's happening, but you can focus on looking after yourself.

The following guide will give you some ideas and then it is up to you to decide what helps you. If it works, keep doing it. If it doesn't, stop and try something else.

These are well researched ideas that work...give something a go!



# Organise your day



Organising your day can give you a sense of satisfaction, as well as keeping you feeling grounded and in control.

You could create a list of things to do or a timetable for your day. Some days may go to plan, others might not. Remember that tomorrow is another day.



# Stay connected.

We all need people to turn to and communicate with. Whilst social media can be useful, it can be really helpful to physically talk to family members, friends and trusted adults.

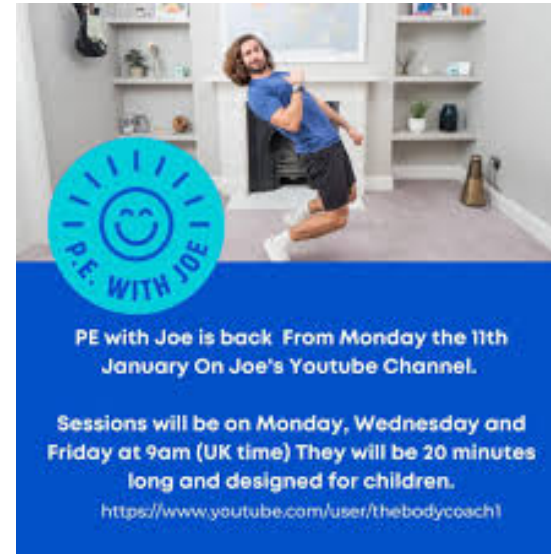
Why not phone a friend or FaceTime them rather than just sending them a message?



# Physical exercise

Exercise releases endorphins (hormones) which have a positive impact on mood; so regular exercise can improve your mood and wellbeing.

It is important to choose an activity you feel comfortable and safe doing. You could take part in a YouTube exercise class or dance to your favourite song.



# Home Workout

1. Pick six exercises from the list below
2. Do each exercise for 40 seconds with a ten second break
3. Rest for two minutes
4. Do each exercise for 30 seconds with a ten second break
5. Rest for two minutes
6. Do each exercise for 20 seconds with a five second break

**PRESS UPS    BURPEES    BEAR CRAWL    SIT UPS**

**AIR SQUATS    CHAIR SQUATS    STAR JUMPS**

**PLANK    SHADOW BOXING    LUNGES    SKIPPING**

**JUMP SQUATS    LYING LEG RAISES    TABLE PULL UPS**

**FOOTBALL KEEP UPS    WALL SQUAT HOLD**

**RUN UP AND DOWN THE STAIRS**

From:  
<https://www.schoolofhardknocks.org.uk>

# Healthy Eating

Eating a balanced diet can help keep our bodies and minds healthy.

Try to avoid drinking too many fizzy drinks or eating too much sugar as this can cause your blood sugar to spike and then crash. You may feel good for a short while but then you will feel rubbish.

Why not make your own nutritious meal or try your hand at baking?



## Everyday you should try to...

- 1 Eat an orange or a kiwi fruit
- 2 Add a handful of berries to your breakfast/snack (strawberries, blueberries, raspberries, blackberries)
- 3 Eat some green vegetables with your meal (broccoli, spinach, peas, kale)
- 4 Avoid junk food like takeaways & fast food
- 5 Try and limit how much sugar you are eating/ drinking
- 6 Drink plenty of water!

## Ready, Steady...Cook!

Why not get creative with your time by putting on your chef's hat and experimenting in the kitchen? Even better, you might get brownie points for cooking for the family! BBC Good Food ([www.bbcgoodfood.com](http://www.bbcgoodfood.com)) has some brilliant and easy recipes for teens, so there's no excuse!

From:  
<https://www.schoolofhardknocks.org.uk>





# Take time away from technology



Sometimes technology and social media can be extremely useful but sometimes they can be completely overwhelming.

Try to have a break and make time to do something you love such as art work, crafting or another creative activity.



## Have a laugh!

Having a laugh can help you feel better. It is known to lower blood pressure and release endorphins (feel good hormones) that make you happy.

Why don't you watch a funny video on YouTube, share a joke with someone or read a funny book.





## Sleep

Try to keep good sleep patterns as this is really important for good mental health. Go to bed at a reasonable time and avoid too many long lie-ins.

Ditch your mobile phone and other devices at bedtime.

# Useful Organisations

## Young Minds

**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)  
**Text:** 85258

This anonymous text service provides free, 24/7 crisis support across the UK. The service address issues such as: suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues.

## Childline

**Website:** [www.childline.org.uk](http://www.childline.org.uk)  
**Ring Free:** 0800 1111

You can talk to other people in the message boards anonymously and get support with all sorts of things like family worries, eating problems, self-harm, phobias, puberty, hobbies, and much more. Exam stress of eating problems, sexting or self-harm, relationships or racism. Childline has info to help you with all sorts of worries



**kooth**

**Free. Safe. Anonymous.**

Kooth is an online Mental Health platform for young people. **Need to talk?** Chat to our friendly counsellors.

Articles & Advice   Live Chat   Live Forums

<https://kooth.com> go!

Kooth offers advice on the go. We're by your side when you need us most. for ages 11 - 25



<https://www.themix.org.uk/>

0808 808 4994

# Keep going...

We all need to take good care of ourselves

Why not try at least one of the ideas, but try to do it everyday for at least a few days to see if it helps to improve your well-being?

For further ideas click on the following link:

<https://www.schoolofhardknocks.org.uk/Handlers/Download.ashx?DMF=f6a8b664-37eb-4d4b-8dc3-7fed3d867238>



*Self-care is giving the  
world the best of you,  
instead of what's left  
of you.*

Katie Reed