



Team BWS

Self-Isolation: Staying Mentally Healthy

1. Routine: Aim to keep your normal school route. Maintain consistent sleep patterns, work during the day between 9am-5pm and eat meals at regular times.



2. Micro-lifts: Give yourself small rewards throughout the day to lift your mood. This could be a phone call to someone, exploring a new activity or simply a hot drink.

3. Healthy eating: As exercising may become more challenging, it is important that you fuel your body in the correct way. Eat the rainbow in fruit and vegetables!



4. Exercise: There are still ways and means of staying fit. Go out for a walk or run in the morning or explore YouTube for online classes. Build this into your daily routine.

5. Stay connected: Keep in touch with friends and family by speaking over the phone. Organise in-house family activities. Email Form Tutors, Heads of Year or the school counsellor for pastoral support.



6. Limit technology: Following media coverage of the virus can fuel anxiety and negative thoughts. Take breaks from your phone throughout the day as you would do in school.

7. Learn: Use this time as an opportunity to learn a new skill or revisit an old hobby. Explore free MOOCs, read, play or listen to music.



8. Supporting others: We all have a responsibility to help each other through this challenging period. Assist more vulnerable individuals with their shopping and other daily chores. Small gestures will go a long way.

9. Positive thinking: Having more time to think can mean that you find yourself falling into a downward spiral, particularly given these challenging times. Keep yourself distracted by 'doing' rather than 'thinking'.



10. Purpose: Try and give yourself a purpose every day. Develop a timetable of your daily activities and set yourself small goals. It will give you a sense of achievement.

Humility Enjoyment Resilience Respect Discipline