



GUIDE TO SELF-CARE DURING SELF-ISOLATION



SCHOOL

Remember that the site is closed for now, but school life doesn't stop and your teachers and tutors are here to support you



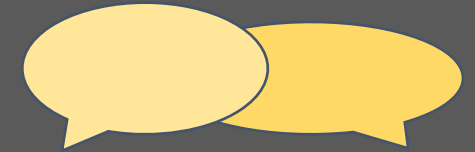
NEWS

Try to limit the times you read or watch news to once or twice a day. Try to avoid 'fake news' and fact-check information.



GOVERNMENT

Do the best you can to follow Government advice. It's very important we all do our bit to help! So don't leave home apart from exercise, shopping or for medical reasons.



COMMUNICATE

Keep in contact with friends by phone and video chat for some digital face to face time!



STRUCTURE

Get into a good routine and vary activities during your day - work-time, relaxation, time outside and with family are all important.



FOOD

Make sure you're eating healthy meals and a balanced diet. Eat at regular times - breakfast, lunch and dinner!

ASK FOR HELP IF YOU NEED IT

If you're feeling stressed, worried or anxious, talk to someone:

Kooth: www.kooth.com

The NHS: www.nhs.uk

Mind: www.mind.org.uk

Young Minds: www.youngminds.org.uk

Childline: www.childline.org.uk

Call on: 0800 1111