



WOODSIDE HIGH SCHOOL

WELLBEING GUIDE

WAYS TO LOOK AFTER YOUR MENTAL HEALTH

As news about coronavirus (COVID-19) dominate the headlines and public concern is on the rise, taking care of your mental health is as important as looking after your physical health.

There are many ways to keep a sense of control in order to ease coronavirus anxiety:

➤ **Get accurate information from legitimate sources**

Limit yourself to reading information only from official sources like the World Health Organisation (WHO), or the BBC. These credible sources of information are key to avoid the fear and panic that misinformation may cause.

➤ **Set limits around news on COVID-19**

Try to avoid excessive exposure to media coverage. Constant monitoring of news updates and social media feeds about COVID-19 can often make you feel more worry and distress. Consider turning off automatic notifications and taking a break from the news. Setting boundaries to how much news you read, watch or listen will allow you to focus on your life and actions over which you have control.

➤ **Look after yourself**

Where possible, maintain your daily routine and normal activities: eating healthy meals, getting enough sleep and doing things that you enjoy. Consider creating a daily routine that prioritise your wellbeing and positive mental health. Activities, like taking a walk, meditating or exercising, can help you to relax and will have a positive impact on your thoughts and feelings.

➤ **Reach out to others and support people around you**

Keeping in touch with your friends and family may ease the stress caused by COVID-19. Talking through your concerns and feelings may help you find ways of dealing with challenges.

➤ **Acknowledge your feelings**

It is normal to feel overwhelmed, stressed, anxious or upset, among a wide range of other emotional reactions, in the current situation. Allow yourself time to notice and express what you're feeling. This could be by writing them down in a journal, talking to others, doing something creative, or practicing meditation.

The mental health charity 'mind' have further advice on wellbeing [here](#).



1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

2. There are lots of things you could try to help build stronger and closer relationships:

- Do if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- Arrange a phone call with friends you have not seen for a while
- Try switching off the TV to talk or play a game with your, friends or family
- Visit a friend or family member who needs support or company (if safe to do so)
- Make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart
- Don't rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people
- Be physically active Being active is not only great for your physical health and fitness.

Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Some of the things you could try include:

- Try learning to cook something new. Find out about healthy eating and cooking tips
- Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint

ONLINE ACTIVITIES

- Recipes of meals that can be made with [canned food](#).
- Learn a new [card game](#) to play with your family.
- Learn a [dance](#) that is trending on TikTok.
- A list of museums that are offering [free virtual tours](#)
- A variety of general interest [videos and articles](#) (updated daily)
- Watch a [TEDTalk](#) on a topic that interests you
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- Learn to [play an instrument](#) online
- '[Google Arts and Culture](#)' have teamed up with 500 museums and exhibitions to bring featured exhibits to you
- Learn how to draw in a different style (e.g- [manga/anime](#))

OFFLINE ACTIVITIES

- Read a book on topic you don't know about
- Draw/paint
- Listen to music that you don't normally listen to- ask your family for recommendations!
- Help with DIY in the home
- Stargaze in your garden
- Help to cook a meal for your family
- Learn how to plait/braid your hair into new styles
- Help to look after the garden
- Learn to knit
- Learn to play an instrument

USEFUL CONTACTS

Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day. Website: <https://www.kooth.com>

Childline

0800 1111 childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix

themix.org.uk

Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our [moderated discussion boards](#) and [live chat room](#).

Papyrus

helpline: 0800 068 41 41 papyrus-uk.org

Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.

Bereavement

Grief Encounter

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

Supporting bereaved children and young people
Their helpline, grieftalk, can be contacted from 9am-9pm Monday- Friday.
0808 802 0111.

Winston's Wish

Freephone National Helpline (Monday to Friday, 9am to 5pm) on 08088 020 021.

Cruse (Bereavement Care) Helpline

The helpline is open Monday-Friday 9.30-5pm (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings (open until 8pm), 0808 808 1677.

APPS

Stay Alive

Stay alive is a free suicide prevention app that helps its users to stay safe from acting on their thoughts of suicide. Downloading this app means that the help and information someone may need when managing thoughts of suicide is easily accessible, helping them to stay safe.



Self-help Anxiety Management

This app is helpful for helping the user manage their anxiety. The anxiety tracker can help the user better understand things that make them feel anxious, whilst the self-help toolkit allows them to learn new skills around anxiety management. Some people have found this app helpful to use whilst waiting to access further long-term support or to build on their existing anxiety management skills.



Moodometer

This NHS app allows the user to track and understand influences behind their mood. Acting like a mood diary, this app can be helpful in identifying triggers that can impact on low mood and also suggest ways to lift your mood.



Grief: Support for Young People

This app was created by Child Bereavement UK and bereaved young people. It targets young people aged between 11-25 years old who have been bereaved and are in need of support. It provides the user with information and real life experiences about feelings such as grief that people may experience following a bereavement. It also offers information about where users can access further support if needed.



Calm Harm

This app can be used to help the user manage urges to self-harm. It's a private app and can be password protected. The help and advice provides suggestions of 5-15 minute categorised activities that can help the user 'ride the wave' of an urge to self-harm. The user is signposted to resources that the app determines may be helpful. These suggestions are based on the users answers to questions about what triggered their urge to self-harm.

