

# Look after your mental wellbeing.

The following activities have been put together to try and help all stay safe and well during the current situation.



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

This can be used by everyone in the family. You don't have to do them in order. Pick a couple to do each day.

You can also get the app which will send you helpful notifications.

<https://www.actionforhappiness.org/calendars>

# Exercise...

Exercise can help lift your mood as well as keeping you physically fit!

<https://www.youtube.com/watch?v=bSXR6V9q6rM>

If you can get outdoors...do it!

**Spend time in the natural world** – An old Zen proverb says: “You should sit in nature for 20 minutes a day. Unless you’re busy, then you should sit for an hour.”

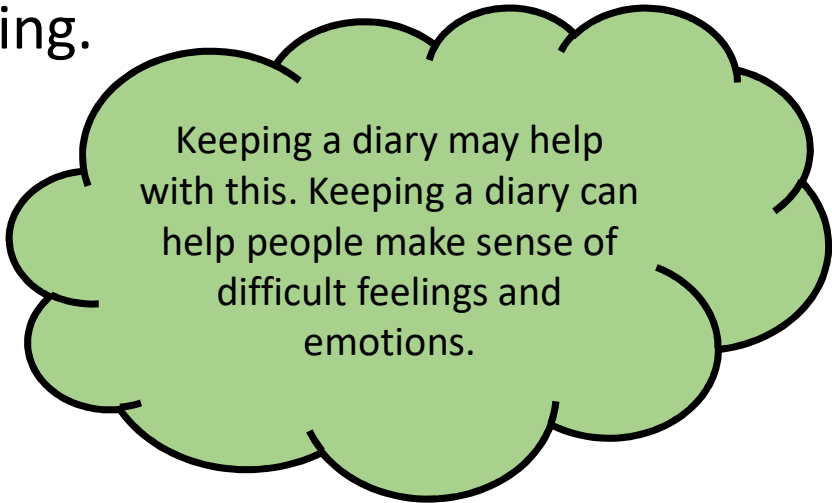
# Music

Listen to music you enjoy or that is calming...

<https://www.youtube.com/watch?v=1ZYbU82GVz4>

Make your own music...

Write your own lyrics or melody. You could also write a poem about the current situation or your feelings about what is happening.



Keeping a diary may help with this. Keeping a diary can help people make sense of difficult feelings and emotions.

# Play games...



- Play games you have at home
- Make up your own games
- Create your own games and play them with someone at home.

5	3			7			
6			1	9	5		
	9	8				6	
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8		7	9



Or...

**Watch a film or read a book** – escapism is a great way to switch off from reality and help your mind relax.

# 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.

# Suggestions from students...

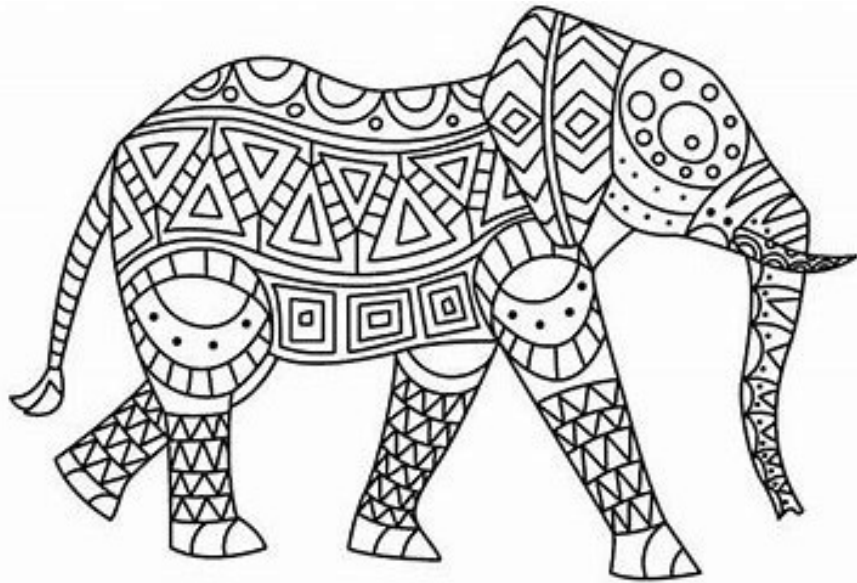
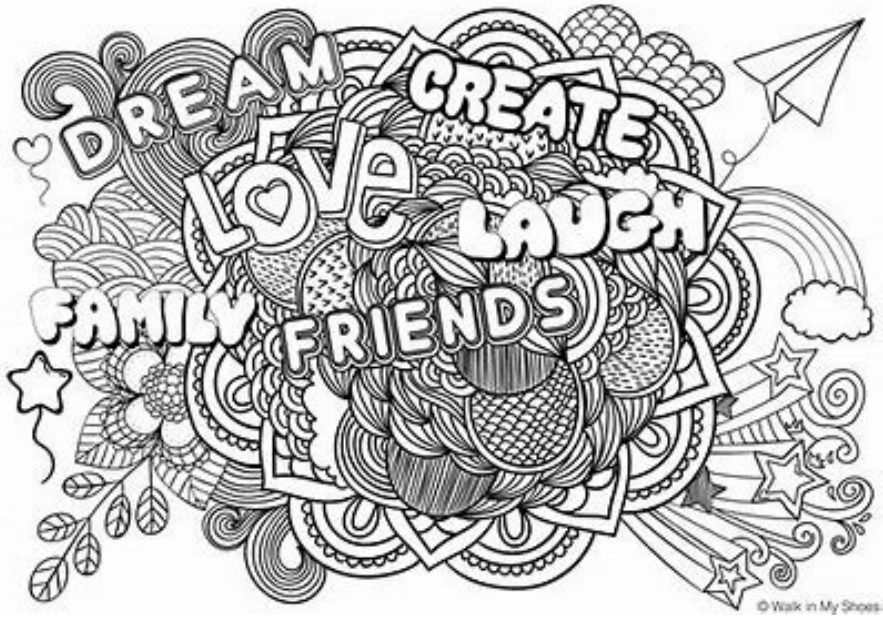
Mindfully draw or paint a picture- If you cant leave the house, find an image online or paint your garden or a family member. (See next slide for some colouring pages)

Try some yoga- try this link to get started...

<https://www.youtube.com/watch?v=VaoV1PrYft4>

Mindfulness body scans and breathing-





Use one like this off the internet or create your own!



# Another stress-busting relaxation technique

**Pause** - make time during the day to take breaks or pauses. Pausing throughout the day can prevent stress from building up.

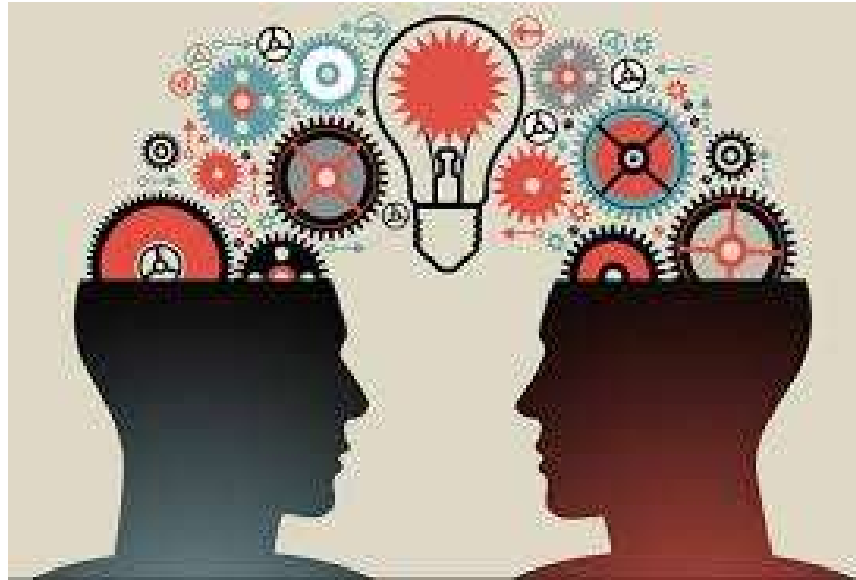
- Stop what you are doing.
- Look out of the window.
- Let your shoulders drop.
- Stretch.
- Allow your mind to calm down.

If you find yourself in a stressful situation such as a difficult phone call, a crowded train journey home or a looming essay deadline, give yourself time afterwards to pause and calm down.

# Teach yourself something new...

<https://www.open.edu/openlearn/free-courses/full-catalogue#>

Learning something new can help to make you feel good about yourself whilst also helping to you to develop knowledge and skills for the future.

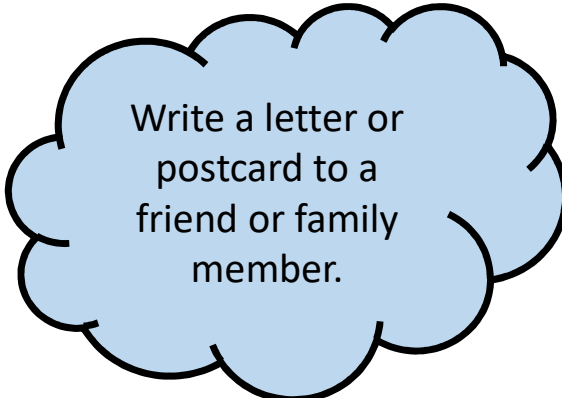


# Other useful links and ideas...

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

<https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/>

<https://www.dayofhappiness.net/#new>



Write a letter or  
postcard to a  
friend or family  
member.