



Summary of this page:

- Stay connected
- Look after yourself
- Create a new routine
- Keep a healthy diet and exercise regime
- Get outside in a private space or solo if possible
- Take care of your thinking
- Still seek professional support if this is needed

About looking after yourself whilst social distancing in lockdown -

According to Government advice, as of 23rd March 2020, we are all in a period of self-isolation or social distancing because of the coronavirus (COVID-19). It is particularly important to look after your mental health in a time like this. Isolation is an important step in helping to prevent the spread of the virus, and we all need to club together in this time to stay safe, but long periods of self-isolation can have an affect on your body and mind. There have been numerous tips on the internet and social media for keeping both active and stimulated.

Below are some simple suggestions that have been compiled for if you are struggling in this time.

Keep yourself informed – it’s important not to shy away from the facts of what is happening in the world but try to make sure that what you are taking in is from a reliable source. There are lots of exaggerated and false stories doing the rounds. There, also, needs to be a balance between keeping informed and not overwhelming yourself with information.



(For some kind acts and good news on Instagram, take a look at - good-news_movement, tanksgoodnews, kindnessprojectoc).

Stay active – staying at home could mean you’re spending a lot of time sat down, playing games and watching television. It’s important to keep yourself entertained, but it’s also important to vary your activities and keep moving. Not only is this good for your health, it can also help you to feel a sense of achievement and help with your sleeping pattern and stress levels. As difficult as it is to be outside right now, there are workout videos and tips on apps, such as YouTube.



Maintain a healthy diet – as well as exercising, keeping a healthy diet is essential. This is particularly important when you need to boost your immune system. Fruits, vegetables, seeds/nuts and green tea have all been proven to regulate the immune system and help the body to defend against disease.

Try to keep a routine – being at home a lot can make us feel as if there is no reason to get ready and get productive. However, in order to keep a sense of normalcy, it’s important to maintain some sort of routine. Even if that means setting an alarm in the morning, getting ready, and setting aside time for schoolwork. Your body’s immune system actually functions better when following a routine.



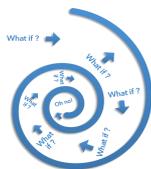
Take control of the things you can; try to let go of the things you can’t – there are lots of things right now that are out of our control. It can be extremely difficult to let go of the things we cannot control, and it’s a good idea to acknowledge how you are feeling about this, but trying to control things we physically can’t often just leads to anxiety. When you find yourself worrying about these things, try taking control of something you CAN physically change – tidying, reorganising, completing something. These things can give you a sense of being grounded when it feels as if everything is up in the air.

Connect with nature – try to get exposure to the outside world. Of course, social distancing means not being around other people, so this is not easily done. Although we are all being asked to stay indoors, we are being permitted to go outside for exercise once a day. You can, however, make the most of any private outdoor space or solo activities - try going out into the garden/balcony, going for a solo walk, or opening windows in your room.



Stay connected with others – if you are starting to struggle in the circumstances, try calling/videoing/chatting with a friend or family member – let them know how you are feeling, keep updated, play a game. Some social media can help you to stay connected and look for different ways that people are coping in this situation.

Make time for micro-lifts – “micro-lifts” are the small things throughout the day that help to lift you without you even realising. The effect of not getting these lifts throughout the day can be massive, so it’s important to try and create them for yourself. It has to be something that generates a sense of warmth or achievement – working out, learning a new skill, FaceTiming friends etc.



Try not to get stuck in a negative spiral – being isolated can lead us to overthink and lose optimism. It can be difficult not to use the extra time you may now have to reflect on all of the things that are not going so well. It’s important to limit this type of reflection - to break any issues up into smaller, more manageable chunks and to know that this time will pass. If you do need extra support with your mental health there are contacts at the top of the page, and our Student Welfare Officer is available to contact on email via lvb@leventhorpe.net



Deal with stressful situations at home - being stuck inside with others will naturally be frustrating and tensions might arise. You can diffuse tense situations by walking away from conflict until things have calmed down. If arguments are arising at home over things like cooking, cleaning and TV selection - you could create a rota for everyone to follow.