

# Self Isolation: Staying Mentally Healthy

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



**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 you fuel your body in the correct way. Eat the rainbow in fruit and vegetables!



**4. Exercise:** There are still many ways and means of staying fit. Go out for a walk or run in the morning 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. Stay connected with school staff and other professionals who can support you with your wellbeing if needed.



**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 within school.

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



**8. Supporting Others:** We all have a responsibility to help each other during this challenging period. If you can, assist family members or more vulnerable individuals with their shopping and 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 purpose every day. Develop a timetable of your daily activities and set yourself small goals. It will give you a sense of achievement.