



## Tips for Looking After your Emotional Wellbeing During Isolation and School Closures

- It is really important to look after your general health where possible as this can have a huge impact on your emotions. Being asked to stay at home means you may do less exercise. Exercise is really important for your emotional wellbeing.
- There are a number of things you can do at home to keep yourself active. Walk in your local area (unless we are told to stop doing so), walk the dog, go for a run, go on a cycle ride, exercise in your garden, do some cleaning or gardening, use a trampoline, use a hula hoop, use your stairs to walk up/down on.

You can use the videos below to inspire your exercise or try some from YouTube

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

<https://watch.lesmillsondemand.com/at-home-workouts>

<https://www.bbc.co.uk/news/uk-51933762>

- Make sure you are sticking to your routines where possible. It can be very tempting to sleep in or nap during the day but sometimes this can make us feel worse. Regular bed times and similar sleep/wake times are good for keeping our bodies in a routine.
- We are very lucky to have lots of open spaces and parks where you could go for a walk or run. Being outdoors – even if this is on your doorstep or in your garden will lift your mood.
- Learn something new, staying at home is an ideal time to learn a new skill, some new words in a different language, a new recipe, or some key facts about a certain topic. Learning something that interests you is extremely good for your wellbeing.
- Do something creative – make a photo collage, learn how to draw something new, paint your nails, learn some origami, or build something. This gives us a sense of achievement and is guaranteed to lift your mood.
- Connect with others using technology. It is important to keep connected with your friends and family.

- Think about your social media use- whilst it can be very good for connecting with your friends and family members- it can negatively affect our wellbeing. Limit your social media use where you can. You can put your phone on flight mode if you still wanted to use it for other things like listening to your music.
- Be careful with the information you read. There is lots of incorrect information online about the Corona virus- only trust information that comes from the government or NHS websites. Misinformation or reading people’s opinions may increase your anxiety unnecessarily.
- Think about how much time you spend talking and reading about the current situation as this can affect your wellbeing. It’s perfectly fine to say to people ‘can we talk about something else..’ or log out of social media/ click off news websites to give your brain a break.
- You may find that with everyone staying at home that it is busy and more stressful. You may need to ask for time or space out. Run a bath or use head phones and relaxing music to switch off and have some time for you. There are lots of free relaxation apps (Headspace, CALM) or music on YouTube.

### Useful Sources of Further Support

<https://www.southtynesidelifecyclementalhealth.nhs.uk/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<b>KOOTH</b>	Free, safe and anonymous online support for young people aged 10-25	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>Childline</b>	Telephone , email or online chat counselling support	<a href="https://childline.org.uk/get-support/">https://childline.org.uk/get-support/</a>
<b>HopeLine UK</b>	Advisors trained to help you focus on staying safe from suicide. They can provide advice and support that may help you to stay safe.	0800 068 4141, or text 07786 209697
<b>The Mix</b>	Offer a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support.	0800 808 4994
	(OVER 13s) –Young person	<a href="http://www.themix.org.uk/">http://www.themix.org.uk/</a>

<b>The Mix Online</b>	info/advice/ message boards	
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<b>Wellbeing.info</b>	Local support information	<a href="http://wellbeinginfo.org/self-help/young-people/#.WASR43kVCUk">http://wellbeinginfo.org/self-help/young-people/#.WASR43kVCUk</a>
<b>NTW Printable Leaflets</b>	Self Help Leaflets for Young People or Their Families	<a href="http://www.ntw.nhs.uk/pic/selfhelp/">http://www.ntw.nhs.uk/pic/selfhelp/</a>
<b>NHS Choices Young People's Hub</b>	Information, advice and useful video clips about Mental Health	<a href="http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx">http://www.nhs.uk/livewell/youth-mental-health/pages/Youth-mental-health-help.aspx</a>
<b>HeadMeds</b>	An information guide about mental health medication	<a href="http://www.headmeds.org.uk/">http://www.headmeds.org.uk/</a>
<b>Alumina</b>	Online Counselling for young people who self-harm	<a href="https://selfharm.co.uk/alumina">https://selfharm.co.uk/alumina</a>

### Peer Support Message Boards

On message boards like [The Mix](#) or [Childline](#) you can share how you're feeling with other young people, as well as asking for information and suggestions for support

There might be other message boards or online groups that you find. But sometimes **you might see posts, images or comments that are upsetting**. It's a good idea to look for groups that:

- have moderators, who can make sure everyone sticks to the rules
- have guidelines about what you can and can't post
- are for your age group
- make you feel better, not worse
- don't encourage you to do anything dangerous or harmful to yourself.

### Support in a Crisis

If the young person is open to a service currently- You can contact that service for urgent support.

A young person in crisis can be triaged through the non- emergency ambulance number 111 (\*please note this service by be extremely busy\*)

You can also contact Children & Young Peoples Service - If you are under 16

**Intensive Community Support Team**

0191 5665500

***If you or a family member is an immediate danger to themselves or others then call 999***