

# Continuity of Wellbeing

## 1. Stay Calm

Acknowledge your feelings but rather than focus on the 'what if's', concentrate on what you actually know and the positives in your life.

## 2. Self Care

Look after yourself. Ensure you get a good night's sleep. Eat healthy. Exercise. Self soothe, reassure yourself and use relaxation techniques like mindfulness, deep breathing or meditation.

## 3. Perspective

It is ok to feel nervous but try to maintain perspective. Experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

## 4. Facts

Be mindful about where you are drawing your information from. Use reliable sources who are reporting responsibly and with balance.

## 5. Social Media

Take a break from news or social media, especially if there is no new information or you are feeling overwhelmed.

## 6. Activity

Maintain your day-to-day normal activities and routine. Where possible keep doing the things you enjoy.

## 7. Connection

Stay in touch with friends and family members. Chat and talk regularly.

## 8. Support

Don't be afraid to ask for support. This could be from friends, family, school staff or other organisations.

## 9. Hygiene

Follow the recommendations issued by qualified health professionals. Wash your hands regularly, cover coughs, disinfect surfaces and dispose of tissues properly.

## 10. Mix it Up!

Create a healthy and bright work space for yourself. Sit in a chair that supports your back. Stand up and walk around for a few minutes every half an hour. Give your eyes a rest from the screen by looking at something in the distance.



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COURAGEOUS

