



## WHAT'S HAPPENING NOW?

You might be off school at the moment because you are having to self-isolate or quarantine.

For a short period of time you can't go out, see your friends and family or go to school. It might seem really frustrating, worrying or just very boring but as you know right now it's important to keep you, your family and friends safe and help prevent the spread of the virus.



The good news is that there are lots of things you can do to help you feel better, activities to help the time pass a bit quicker and people you can talk to for support and guidance.



While you are at home, even for a short time it is really important to look after your well-being – that means doing some physical exercise, connecting with your friends and family, seeking help for your worries and frustrations if they get too big to cope with and doing things that make you feel good.

If you need more ideas or people to talk to try some of these links below

### HELPFUL LINKS

[www.place2be.org.uk](http://www.place2be.org.uk)  
[www.youngminds.co.uk](http://www.youngminds.co.uk)  
[www.dorsetmindyourhead.org](http://www.dorsetmindyourhead.org)  
[www.camhsdorset.org](http://www.camhsdorset.org)

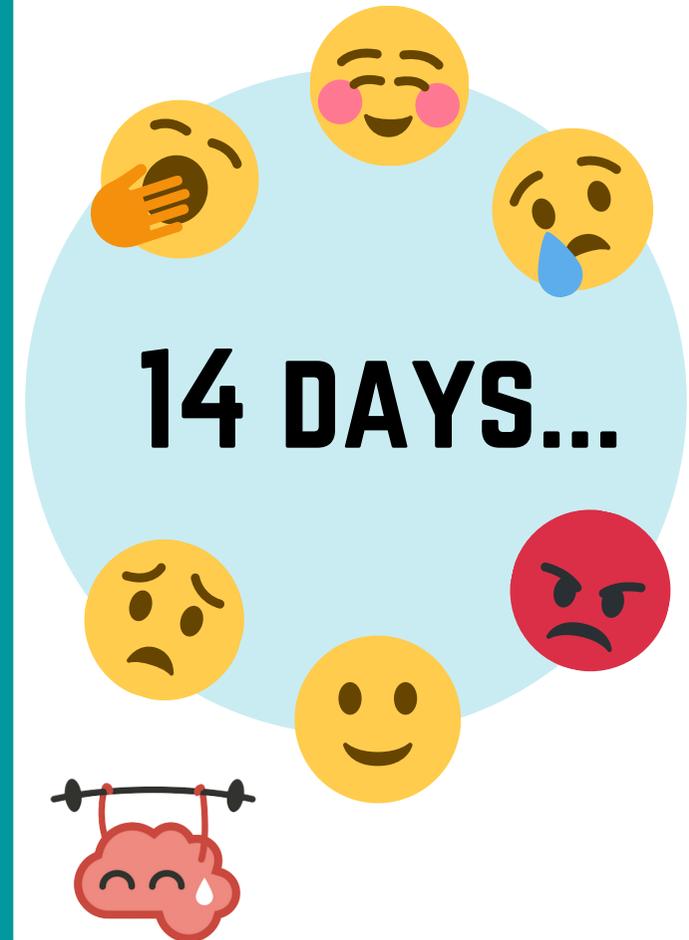
Think Ninja app  
Sanvello app  
Clear Fear app  
Mindshift app

Connections; A 24/7 helpline  
03001235440 for any mental health issues

[www.childline.org.uk](http://www.childline.org.uk)  
or call 0800 1111



## COVID SELF-ISOLATION



# 14 DAYS...



## HOW DO YOU FEEL?



You might be feeling happy or relieved to be at home for a couple of weeks and have plenty to do to keep busy. However, you might feel lonely, bored, frustrated or anxious/worried.

Or you might not know how you feel. This is ok – we are all feeling very differently about things right now and this is very normal in such uncertain and confusing times.

Everyone is adjusting to the changing rules right now and it can feel stressful and overwhelming – the important thing to remember is, however you feel you are not alone.

While you are at home, even for a short time it is really important to look after your mental and physical well-being. There are some ideas here to help you.

## KEEPING A ROUTINE- WHY IS DOING NOTHING SO EXHAUSTING??



The good thing about self-isolating is that you probably don't have to get up as early or stick rigidly to school hours. It's a good idea to try and keep to some sort of a routine including school work and some things you enjoy.



### KEEP TALKING



- Have an online lunch with others who are not at school.
- Call or message friends, is there anyone going through the same thing as you- How do they feel?
- Watch a film or play a game apart, but 'together'.



### KEEP ACTIVE!



- Set yourself a challenge. For example, start with 10 and do 1 more push ups or burpee's each day.
- Look up online workouts or yoga
- Learn a new dance each day



## BINGO

Give yourself a treat if you can tick them all off!

Call a different person every day.

Do an online work out at least 3 times a week.

List 5 things you're really proud of doing.

Try and juggle 3 toilet rolls

Print off photos and make a collage.

List 5 shows/films you really enjoy.

Make your own pizza / cake.

Complete a physical activity with someone else

Research 2 places you'd like to visit

Help with 1 job around the house each day.

Invent a new sandwich filling

Find a new podcast to listen to or book to read