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## **YOUR WELLBEING!**

You might currently be worrying about the unknown, the constant media updates or the virus itself and how this could affect your life. This may include being asked to stay home or avoid other people.

This might feel difficult or stressful. There are lots of things you can try that can help your wellbeing.

This information is to help you manage if:

- You are feeling anxious or worried about the current events
- You are asked to stay home or avoid public spaces
- You have to self-isolate. This means avoiding contact with other people and follow strict hygiene rules.

If you've been asked to stay home it might feel more difficult than normal and a little overwhelming and this could mean it is more difficult for you to take care of your mental health and wellbeing.

Some mental health problems can cause difficult feelings or behaviours. If you experience this, you might find it hard to hear advice. If this is making you feel anxious here are some things you could try:

- Don't keep re-reading the same advice or watching the media if this is unhelpful to you.
- Let other people know you are struggling.
- Breathing exercises can help you cope and feel more in control. You can find simple breathing exercises on the NHS website.
- Set limits for example only washing your hands for 20 seconds.
- Plan something to do after washing your hands. This could help distract you and change your focus.
- Make plans to video call friends and or family so you feel less isolated.

If you are worried you might run out of things to talk about then plan to watch a TV show or movie so you can chat the next day about it.

- Listen to a chatty radio station or a pod cast if your home feels too quiet.
- Plan how you will spend your time. It might help to write this down on paper and put it up on the wall.
- Try to follow your normal routine as much as possible. Get up at the same time and go to bed at the same time you would do usually. Set alarms to remind you if this will help.

- If you aren't happy with your usual routine this might be an opportunity to do things slightly differently. For example going to bed earlier, spending more time cooking as a family or do things you don't normally have time for like crafts.

### **Physical Activity**

Try to build physical activity into your daily routine, if possible. Most of us do not have gym equipment in our homes but there are still activities you can do. Exercising at home can be simple and there are options for most ages and abilities such as:

- Cleaning your home.
- Dancing to music.
- Going up and down the stairs.
- Seated exercises.
- Online exercise workouts.
- Sitting less. If you notice you've been sitting down for an hour just getting up or changing your position can help
- Spending time in green space or bringing nature into your everyday life can benefit your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger and make you feel more relaxed.

It's possible to still feel at one with nature even when confined to the indoors. You could try the following:

- Spend time with the windows open to let in fresh air.
- Have flowers or potted plants in your home.
- Arrange a sitting area near a window where you can look at the trees and sky or watch the birds.
- Grow plants on the windowsills. For example, you can buy seeds online.
- Listen to natural sounds, like recording apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in the garden if you have one or open the back door and sit on the doorstep.

There are lots of different ways that you can relax, take notice of the present moment and use your creative side these include:

- Arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling
- DIY
- Colouring
- Mindfulness
- Playing musical instruments, singing or listening to music
- Writing
- Yoga
- Meditation