



A learning community unified by ambition and individuality



## Keeping your Mind Healthy during Self-Isolation—Take Aways for the Adults

Social media can be a helpful tool to stay connected. There are Facebook groups dedicated to sharing ideas to keep the family entertained during self-isolation. Twitter is super too, check out #stayathomechallenge and #workoutathome



*Stay safe and we will keep updating you daily via our school Twitter and Parent Mail.*

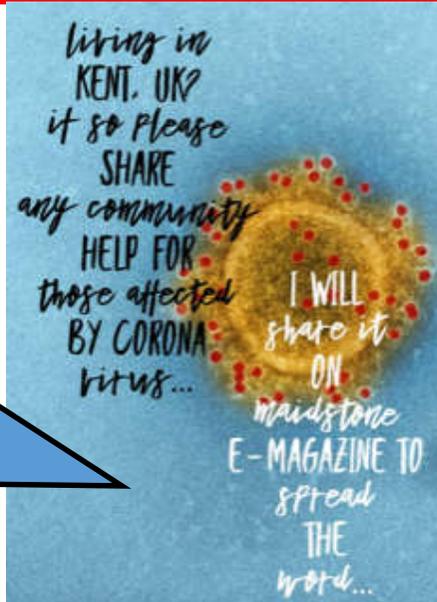
### ***Self-Care Activities... a few to get you started!***

Practice mindfulness. Apps such as Headspace and Calm are great, you can also find free guided meditations on YouTube.

Keep a journal. Sometimes, you need a physical manifestation of getting a thought out of your head in order to let it go or to make sense of it and process it effectively. It's also a way of managing anxiety in a way that you can control.

Eat slowly! Mealtimes may not be as rushed during self-isolation as during a normal working week, so take the time to savour your food and to dine together if possible and safe to do so.

Have a look for @maidstonepromo on Twitter or email liz@thinkwildmedia.co.uk if you can share details of community support for those affected by coronavirus or to seek local support for yourself and your family if you need it.



### Managing anxious thoughts in yourself and others

With anxiety, it is like you are 10 steps ahead. We sometimes call this catastrophising. It is helpful to be really aware of what you're thinking. Sometimes we are catastrophising, we're focusing on all of the 'what ifs?' Bring things back to what you actually know. Reassure yourself, calm yourself.

If you feel overwhelmed with information, it may be that you need to take time each day actively avoiding the news stories. Always be mindful though and ignore fake news stories. They are designed to feed anxiety!

Avoid telling anyone 'not to worry'. Our brain won't register the 'don't'. Right now, don't imagine that there is a parrot on your shoulder. I bet you ignored the 'don't' and imagined it!!



# A learning community unified by ambition and individuality



**An act of kindness in our community**

Elderly people are likely to be deeply affected by periods of isolation. We have lots of care homes and nursing homes in our local community. Perhaps you and your child would like to write a letter or draw a picture to send to the residents to brighten up their day?



## COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community

Think of others, consider your actions & be kind	Connect and reach out to your neighbours	Make the most of local online groups	Support vulnerable or isolated people	Share accurate information and advice



### Stay active!

The Joe Wicks 5 minute move videos on YouTube are perfect for children, even when they're stuck indoors.

If you are well enough to, enjoy a mini workout together with your child, exercise releases happy hormones.



Suggested clip 99 seconds

[www.youtube.com](https://www.youtube.com/watch) > watch

5 Minute Move | Kids Workout 5 | The Body Coach TV - YouTube

### Stay Connected

If you're self-isolating, keep in touch with friends and family using technology and social media. Reconnecting is crucial for our happiness, especially during challenging times. Perhaps you could set up a virtual book group for your child and their friends, an online art gallery if they're the creative type, or even singing together over Skype/FaceTime/video call! Togetherness and social connection will ease the potential loneliness of self-isolation for grown-ups and children alike.

## MANAGING CORONA VIRUS (COVID-19) ANXIETY

**For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

**For Kids!!!**

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

**For Quarantine/Isolation**

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



This fantastic checklist is from the Mind website which has a whole array of resources to support our mental health and wellbeing during this time of uncertainty.



[www.mind.org.uk](http://www.mind.org.uk)

### Checklist: are you ready to stay at home for two weeks?

- **Food:** do you have a way to get food delivered?
- **Cleaning:** are your cleaning supplies stocked up?
- **Money:** can you budget for any higher bills or expenses? Will you save money from lower transport costs that you could spend elsewhere?
- **Work:** can you work from home or not? If not, what are your rights to payment or benefits?
- **Medication:** do you have enough medication, or a way to get more?
- **Health:** can you reorganise any planned therapy or treatments?
- **Commitments:** can someone else help you care for any dependents, walk your dog, or take care of any other commitments?
- **Connectivity:** have you checked the contact details of the people you see regularly, like their phone numbers or email addresses?
- **Routine:** can you create a routine or timetable for yourself? And if you live with other people, should you create a household schedule? Do you need to agree how the household will run with everyone at home all day?
- **Exercise:** is there any physical activity you can do inside your home, such as going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?
- **Nature:** have you thought how you could access nature? Can you get some seeds and planting equipment, houseplants or living herbs?
- **Entertainment:** have you thought about things to do, books to read or TV shows to watch?
- **Relax:** have you got materials so you can do something creative, such as paper and colouring pencils?

### FINANCIAL SUPPORT AND ADVICE

This is a fast-moving topic, but there is up to date information on the Money Saving Expert website [www.moneysavingexpert.com](http://www.moneysavingexpert.com) that may be helpful. The advice also includes information about cancelled holidays, utility bills and sick pay.

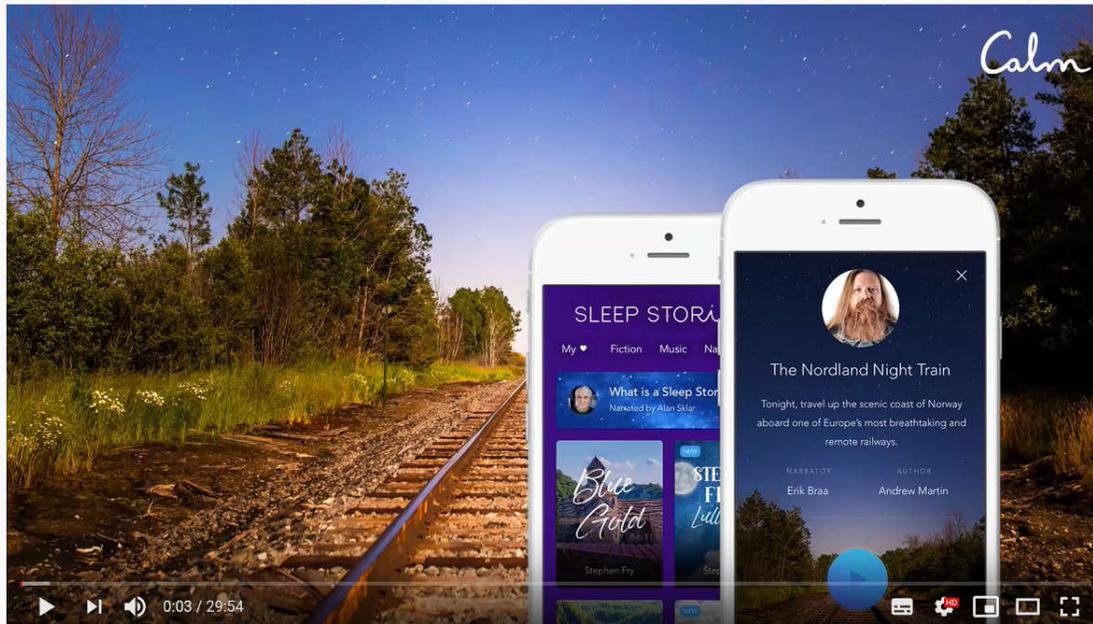
Can you ask your mortgage company if it is possible for you to go on a 'mortgage holiday' and not make payments for a few months? This could take the pressure off of the self-employed.

If you are privately renting, you could also ask your landlord as if they have a mortgage for the property they could be eligible for a payment break too.

HMRC have a dedicated COVID-19 helpline 08000 159 559 if you are worried about paying tax.

The Business Support Helpline is also offering guidance to self-employed people affected by COVID-19 0300 456 3565.





Calm Sleep Stories | The Nordland Night Train with Erik Braa

1,285,696 views • 20 Sep 2018

6.7K 760 SHARE SAVE ...

### Are you struggling to sleep?

Have you tried listening to Calm's free 'Sleep Stories' on YouTube? They're beautifully relaxing and may help you to get a more restful night sleep.

If you are struggling to get to sleep, you can also try to list things; this switches off our 'emotional' brain by engaging our 'logical' brain, so if you are finding it hard to dial down those worrying thoughts, try listing in your head. Animals in alphabetical order, types of flower... it can be anything!

If you are able to go to a shop, it is also worth trying bergamot essential oil, or to make a drink of cherry juice (available in health food shops) as these are known to help to release the sleep hormones.

### Keeping a routine

If you are self-isolating, it is important to try to keep a routine if you are well enough to do so. Getting up, washed and dressed and having activities planned to do will greatly help your mental health.

It may be worth thinking of plans before your normal routine changes, so that you can organise anything that you may need such as mindfulness colouring books, puzzles or household products if you are planning a spring clean!

You may want to share your plans with others, or coordinate ideas with friends and family. Could you set up a virtual book group, for example?



**Join a virtual choir!**  
Visit [www.marshchoir.com](http://www.marshchoir.com) for more information.