

WELL-BEING

Be nice to others as then they will feel good and so will you.

Have a routine and plan how you are going to do things so they seem more normal.

Take time out of things to calm down and evaluate what's happened.

Don't spend all your time in your room alone because you are cutting yourself off from everyone, even your family. Make sure that you take time to talk to them.

If you are worried or have a problem tell someone to make it better.

Take time each day to talk to family or friends. This means you will feel connected. Also, the people you call will be grateful for it especially if they are bored or lonely. It will make you feel good as well.

Think positive thoughts not negative ones.

Exercise regularly as fresh air is good for you and you will feel refreshed afterwards.

Tidy your bedroom as a tidy bedroom feels

Don't look at the news that often because the news shows all the negative things that are happening which can make you worried or upset.

Have regular sleep patterns so get up and go to sleep at similar times each day. This means that you sleep better.

Do something that you are good at or enjoy each day to keep you happy.

so much better than a messy one and you will feel good.

Keep warm because as soon as you feel cold your mood feels worse so you end up having a bad day.

Go to bed at a sensible time so you aren't tired in the morning. Also, get up a bit earlier because then you feel better about yourself and you're more ready to face the day.

Smile 😊

If others have a problem just listen to them.



Make one space to do your school work in so there is a difference between school time and non school times.

Limit your screen time so that you aren't always on your phone. This means you have time to spend outside and with your family.

Eat healthy meals as they are good for you and help you feel better.