

# Lockdown 3.0

*How are you coping?*

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## **Purpose of the leaflet**

2020 was a year where everyone struggled and we didn't know if we was going left or right, the pandemic caused many issues and yet still problems continue as we start the year of 2021, this leaflet is going to give you the opportunity to take on board our different coping strategies.

## **Top tips to survive lockdown**

1. Create yourself a routine ( time you wake up daily, the Time you eat, the time you sleep)
2. Always keep in contact with at least one person (friend, family or online support services)
3. Find a hobby ( to relax or to remind yourself of the good things in life)

## **Home learning**

Home learning certainly looks and sounds hard but once in the swing of things everything should become easier, 80% of the UK teachers population has a typical response time of replying within 10 minutes. To make things easier for yourself start by waking up early ( at a reasonable time) and having some breakfast before setting up for the day's workload. Once you've eaten your breakfast and you're ready for the home school day break your work down therefore you don't get confused and let everything get on top of you. Follow your timetable carefully, take breaks as scheduled and contact your teacher when needed, at 3pm make sure all the correct work is submitted and then relax.

## **How can I relax in these difficult times?**

Although you may think and feel like it's impossible to relax it isn't. Most secondary students when asked by a teacher what their hobby is they say they are unsure, so to relax you could find yourself a hobby that you like doing which takes your mind off things for example you might like to play games on console while having earphones in. That's one way to relax but I would suggest blocking out all news and reducing time on social media apps like Facebook instead you could have a soak in a nice warm bath while listening to soothing music.

## What can I do when I'm feeling down?

*Remember to keep healthy physically and mentally, I say physically and mentally because your physical state can affect your mental state, regular exercise sends the correct hormones to your brain which allows you to feel better. A proper diet could also help.*

*However if regular exercise isn't working always ensure that you have the ability to speak to someone via person or phone, sometimes you feel alone with depression and anxiety but there's always somebody out there who wants to listen, you are NOT alone.*

*If you don't have the ability to speak to any friends or family there's always the opportunity of online services here's some examples?*

1. Mind, uk mental health charity, 0300 123 3393 or [www.mind.org.uk/](http://www.mind.org.uk/)
2. Samaritans, 116 123 or [www.samaritans.org](http://www.samaritans.org)
3. Childline, 0800 1111 or [www.childline.org.uk](http://www.childline.org.uk)

*Sometimes meditation can help so it's worth a try, why not give it a go?:*

<https://m.youtube.com/watch?v=inpok4MKVLM>

## Think brightly about the future

*Remember there's always something good in a bad situation, this pandemic may have stopped our plans holidays and birthdays etc but just think of what we can celebrate and achieve when it's all over.*

*Whoever you are reading this leaflet know that I am proud of you.*