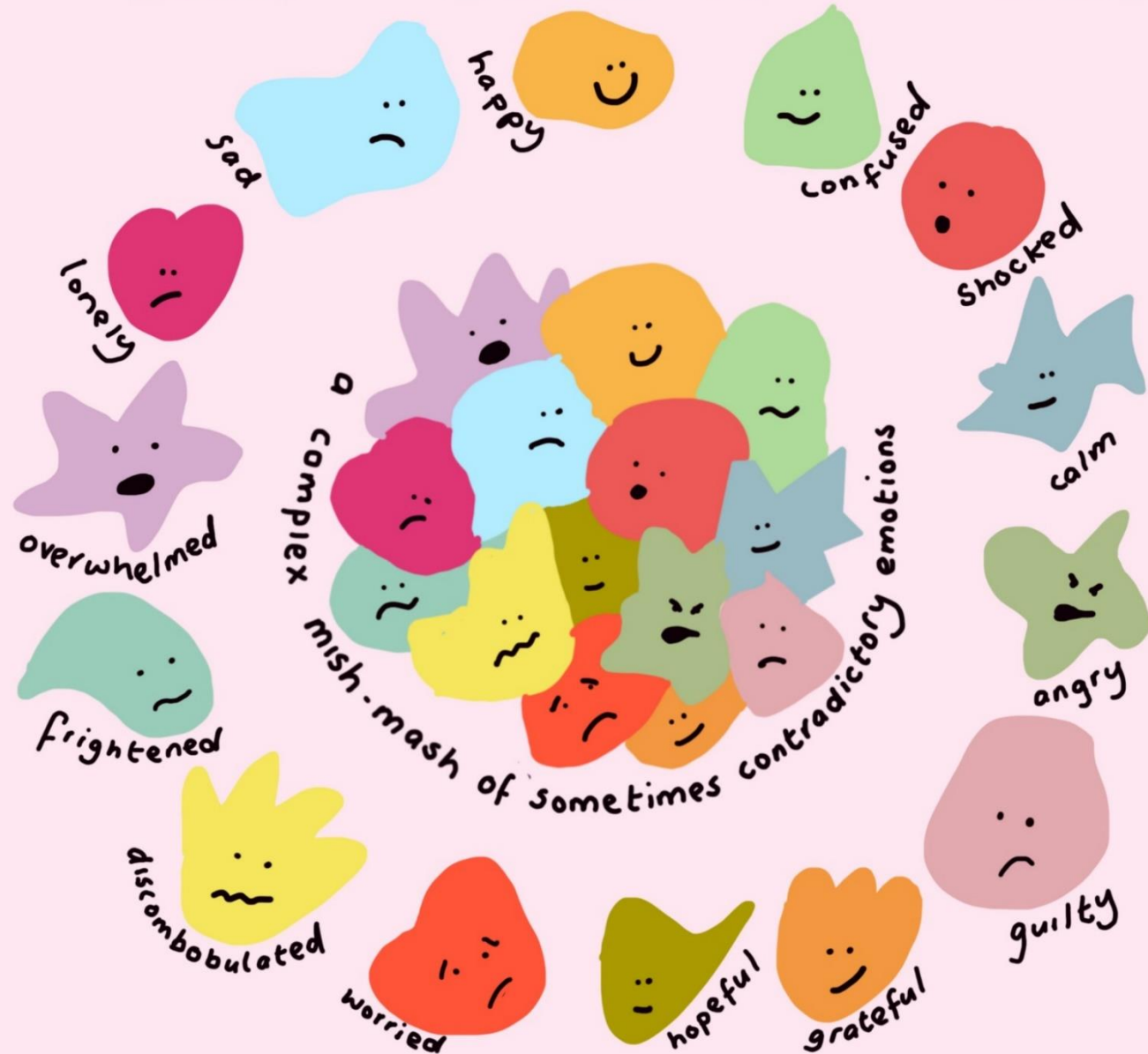


# Managing Mental Health & Wellbeing at Home

A guide for staff, students and parents

(JUST SOME)

# EMOTIONS THAT YOU MIGHT FEEL DURING THE COVID-19 PANDEMIC



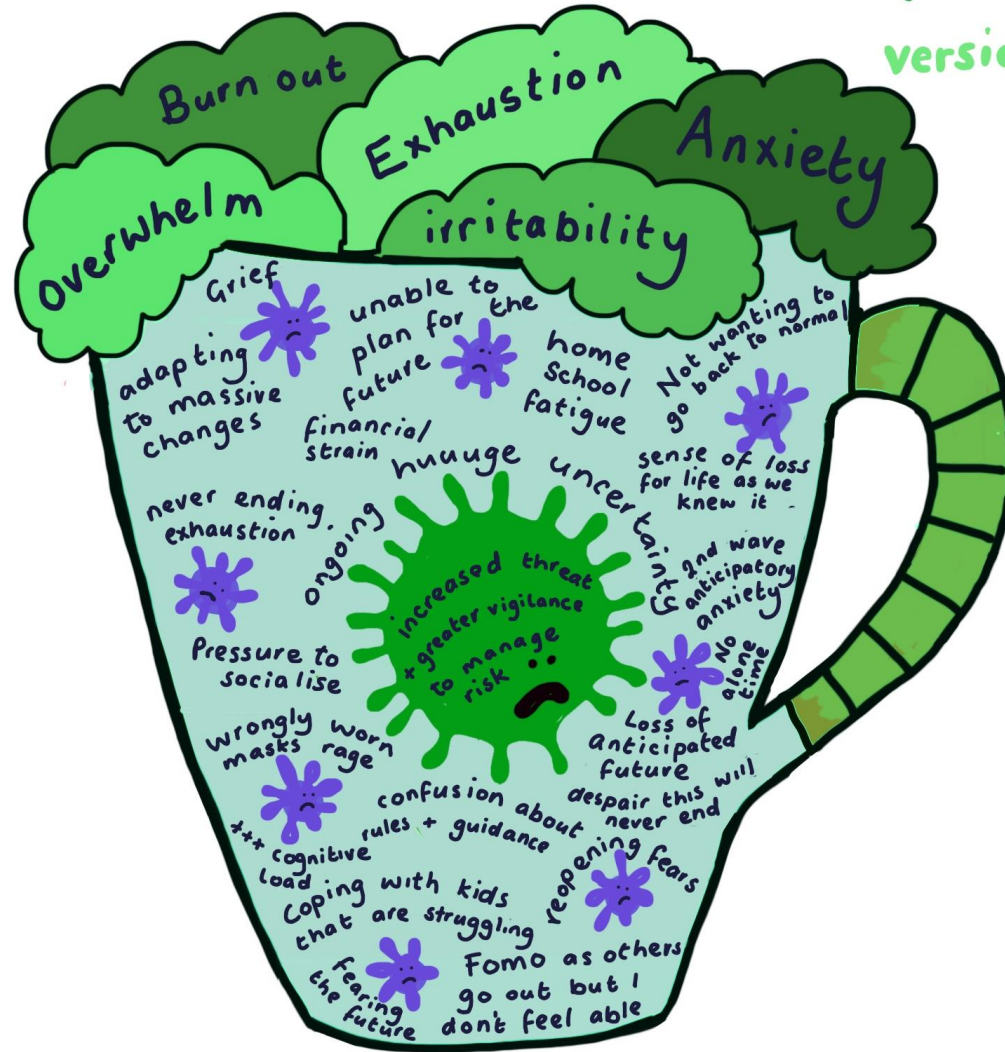
This is a new and uncertain time for all of us, so it is only natural that it will affect our mental health and emotions in different ways.

Remember, there is no right or wrong way to feel at the moment, and your days may be filled with ups and downs. However you may be feeling, it's always a good time to boost your mental health and wellbeing at home.

@thepsychologymum

# The Capacity Cup of Corona Virus Overwhelm

version 2.0



Everyone has a cup, which fills up with stressors, worries and emotions. Imagine the space inside the cup - It has a limited capacity and if it gets too full it will overflow.

@thepsychologymum

# What fills your Capacity Cup?



## Activity: What fills up your emotional capacity cup?

Draw/write in the cup what's been filling your cup.

Draw or write at the top of the cup what might happen if your cup overflows.

Now consider how you might empty your cup – How do you look after your emotions/wellbeing?

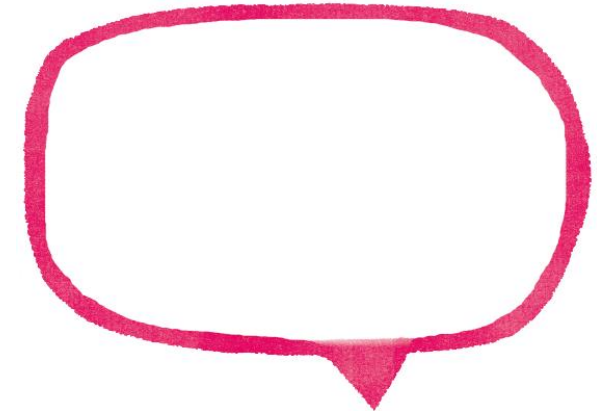


# What keeps you going?

Think of a time when things got tough. It might be a really difficult week or it might be a particular event when things were difficult to cope with.

Now think about what things you do or did to help you cope or to reset yourself, what are the things that get you through those times? Write a few in the bubbles.

Once you have identified the strategies that work for you, it's really important to make sure you take time to do them. If we keep doing the things that we know keep us going, when times get tough we can feel better equipped.







If there was one thing you could do that helps to **reduce stress, improve your memory, lowers blood pressure, strengthens your immune system, helps you maintain your weight and improves mood and focus**, wouldn't everyone be doing it? That one thing is getting good quality sleep! So it's so important we make it a priority.

### Sleep Self Care tips

- **A good morning routine.** Try to wake up at a similar time every day to strengthen the body clock.
- **Avoiding caffeine** 8 hours before bed.
- **A bedroom environment that helps you sleep.** You will sleep a lot better if your bedroom is cool, quiet, dark, clutter free and has a comfy bed.
- **Use music, reading or mindfulness** to relax before bed.
- **Switch your phone off** and keep it out of the bedroom.
- **Keep a notepad and pen** in your bedside drawer so you can write down any worries or even your to-do list.
- **A good night time routine.** We thrive on routine so try to do the same things each night before bed so your body knows the cues for sleep.



# 1. Get good quality sleep



For more information:  
[sleepcouncil.org.uk](https://sleepcouncil.org.uk) or  
[thesleepcharity.org.uk](https://thesleepcharity.org.uk)

# Activity: Square breathing



Bring your awareness to your breathing.

Inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, then rest for 4 seconds. Repeat.

Have a go at using this activity in your bed time routine.





Routine and structure can help at a time where there's lots of uncertainty, and doing the same activities each day can help create a comfortable, familiar space if you feel anxious.

Creating a timetable or forming a new routine can help you to stay focused and give you a clear idea of what you've got to do. Think about setting yourself a goal to achieve for each 'session'.

Sticking to a routine and adding structure to your day can also help to boost energy levels and decrease stress levels.

Don't forget to factor in breaks for physical activity, fresh air, or just some time away from your computer or workbooks.

Try creating your own personalised lockdown timetable. Factor in time for breaks and physical activity to boost energy levels where possible!



## 2. Create a new routine



**Activity:** Consider 3 things that make you feel good. Whether it's talking to friends, having a bath or grabbing a cuppa. Try and plan these 3 things in everyday for a week and notice the difference.

We all know how important getting outdoors is for our physical health but it is *as* important for our mental health too. Give your wellbeing a boost by getting outdoors and spending some time in nature.

Just an hour, or even half an hour outside is good for you on so many levels – our moods, alertness and sleep patterns are all impacted by daylight.

Research has shown that just looking at nature improves our ability to restore concentration so that we can focus for longer!

Being in nature has also shown to improve confidence and self-esteem, reduce feelings of stress and anger and can support overall wellbeing.



### 3. Get outdoors

**Activity:** When planning your day, try and create an opportunity to spend time outside. Go for a walk around your local area, ride a bike or spend time in a garden.



Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about ways to stay in touch with friends and family – by phone, messaging, video calls or social media.

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too.

If you cannot speak to someone you know or if doing so has not helped, there are plenty of helplines you can try instead (see section: 'Get more support').



## 4. Connect with others





# Activity: Do something together online

Whether it's baking, quizzing, watching a film or learning a new skill, it's great to do things together.

1. Think of an activity you enjoy (or a skill you would like to learn)
2. Think of who you would like to join in
3. Book in a time (perhaps weekly)
4. Have fun!



Our physical health has a big impact on how we feel and keeping physically active has huge potential to boost wellbeing.

But being active doesn't have to mean going to the gym or doing a particular sport. There are lots of ways to be active, find the one that works for you!

Our memory, energy and ability to concentrate can suffer when we're dehydrated. Try to eat healthy, well-balanced meals and drink plenty of water.

Looking after our physical health also includes making time to rest and relax. It's really important that we find time to take regular breaks and switch off.



## 5. Look after your physical health





# Activity: The Daily Mile at home



Challenge yourself to do 15 minutes or more of walking, running or jogging in the fresh air – doing it at whatever pace suits you best.

Try do it each day, staying as local as possible. You could even try and get members of your household involved.

For more information:

[thedailymile.co.uk](http://thedailymile.co.uk) #thedailymile





The Mental Health Foundation defines kindness as 'doing something towards yourself and others, motivated by genuine desire to make a positive difference'.

When we are busy, facing big challenges or dealing with change we can forget to take care of our own wellbeing. It's really important that we look after ourselves during challenging times and this includes being kind to ourselves. Remember, being kind to yourself will look different for everyone.

A great place to start is by treating yourself with the same kindness and compassion that you show others. When your friend is having a hard day, consider what you might say to them and reflect this in your 'self-talk'. It's thought that people who develop self-compassion are more motivated, resilient, and more able to cope with life's difficulties. It can not only help us to feel happier, but also lessen feelings of anxiety and depression.

If you start to feel your inner critic creeping in, try to be caring and understanding with yourself instead. We all have good and bad days. Some days may be productive and full, and others won't. That is okay.



## 6. Be kind to yourself

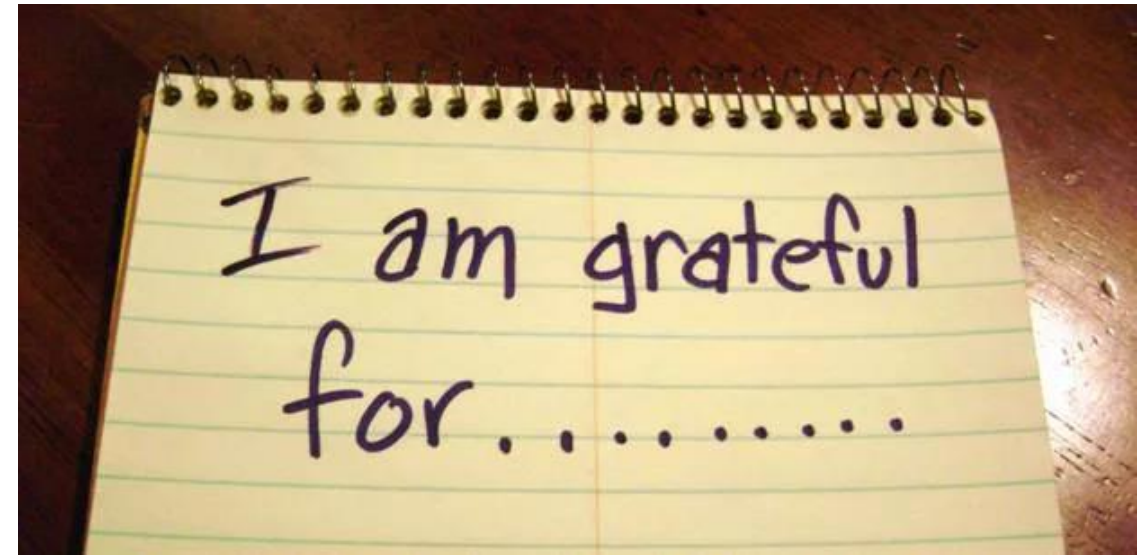


# Activity: Gratitude list



Gratitude is strongly linked with greater happiness, feeling more positive and can even improve health. Write a list of 3 things you're grateful for today. These can be very simple things such as 'I have a place to sleep', 'I ate today', 'someone cares for me', for example.

If you can, try do it every day this week and see how you feel.



- 1.
- 2.
- 3.



Free, confidential  
online support and  
chat service for ages  
11 -24



Mental health  
information and  
support and  
Helpline (Mindline)



Free information  
and support for  
under 25s



Videos and advice,  
free phone helpline



Information and  
resources tackling  
mental health  
discrimination



Young people's  
emotional wellbeing  
and mental health  
advice and support.  
Parent helpline.



Support for  
families to  
improve sleep



@SomparShare



## 7. Get more support

### Activity:

Who else could you go to for support?

Consider 3 people you would reach out to if you needed to talk.

IT'S OKAY TO  
NOT BE OKAY