

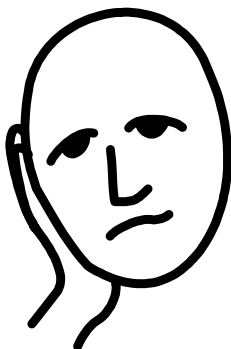
MENTAL WELL BEING



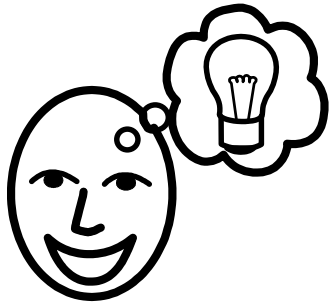
Thinking about Coronavirus
can be worrying.



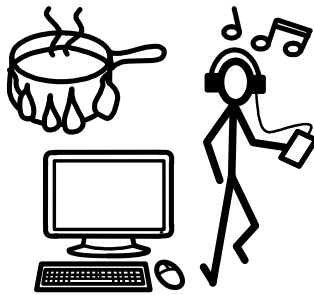
We might have to spend
some time at home to self
isolate.



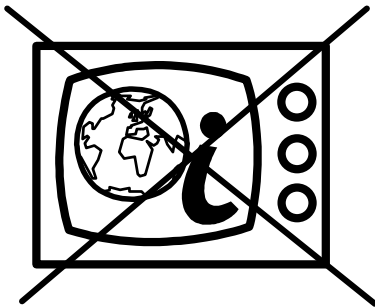
This may be boring or
stressful.



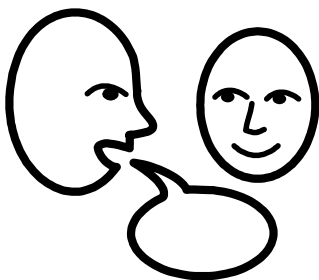
Here are some tips to be happy in self isolation at home.



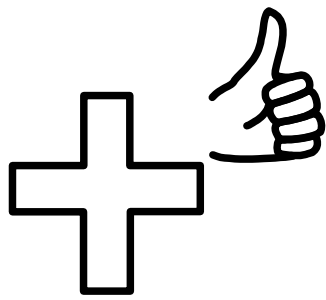
You should try to do different activities every day.



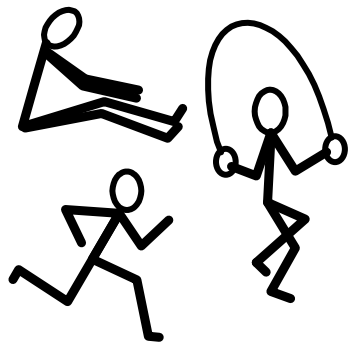
Do not watch the news if it makes you anxious.



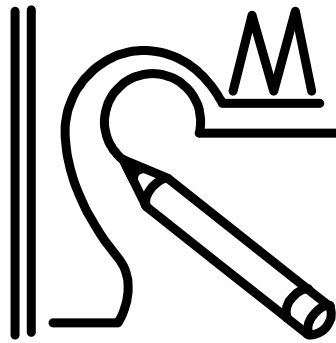
Talk to someone if you are feeling worried.



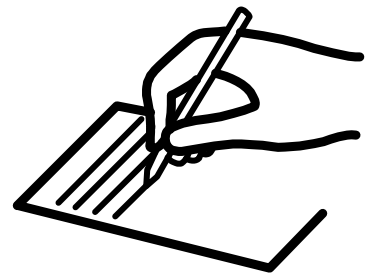
You can do lots of activities to support your well being.



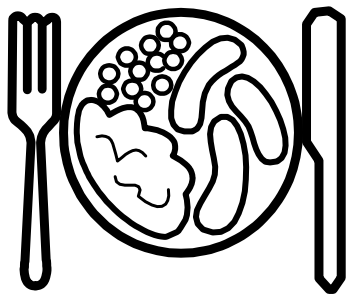
Exercise



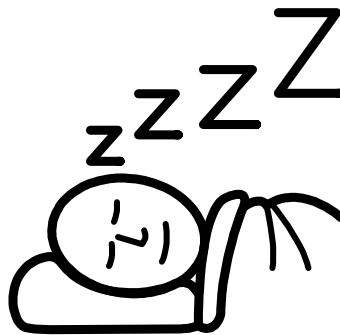
Draw



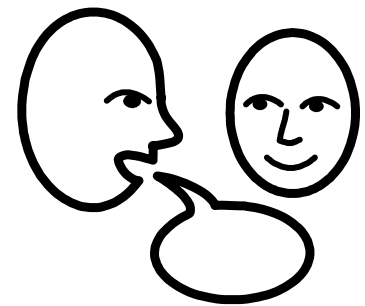
Write



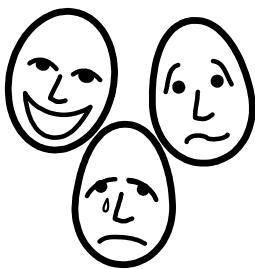
Eat well



Sleep



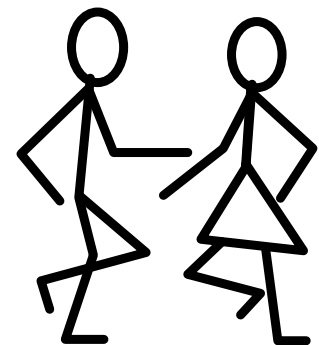
Talk to others



Check how you are feeling



Listen to music



Dance!



If you are feeling worried
you can try these activities:



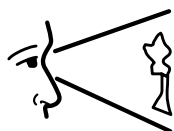
Breathe in through your nose



Breathe out through your mouth

5x

Do this 5 times



Say 5 things you can see



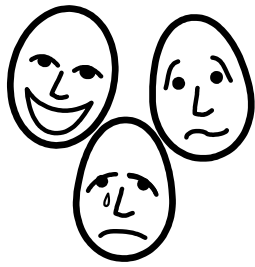
Say 4 things you can hear



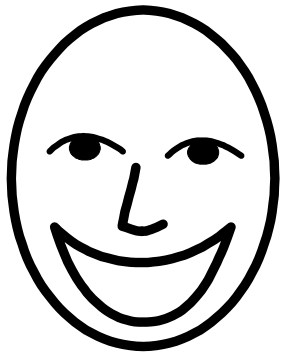
Say 3 things you can touch



Say 2 things you can smell



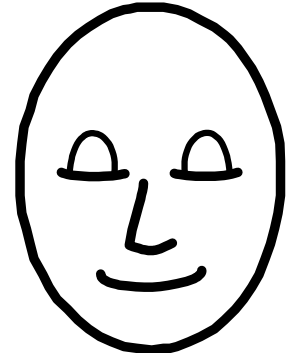
Today I am feeling:



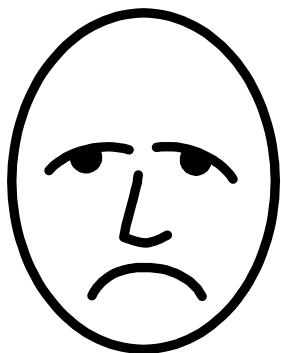
Happy



Worried



Calm



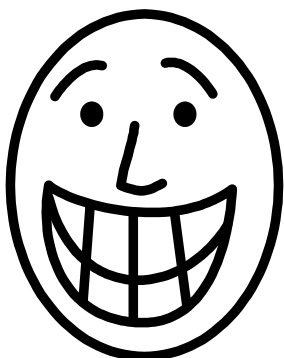
Sad



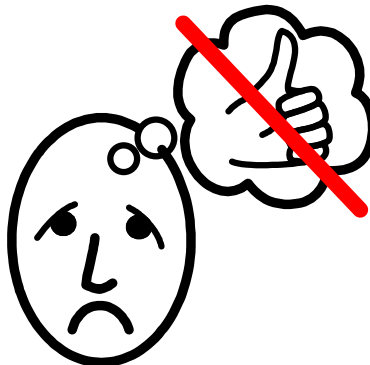
Silly



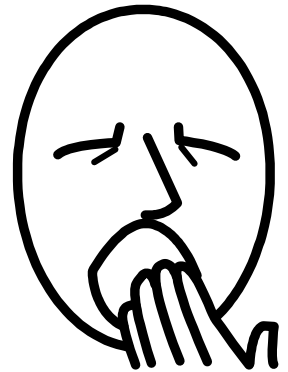
Frustrated



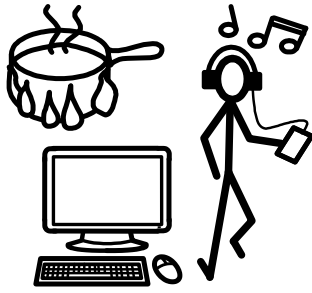
Excited



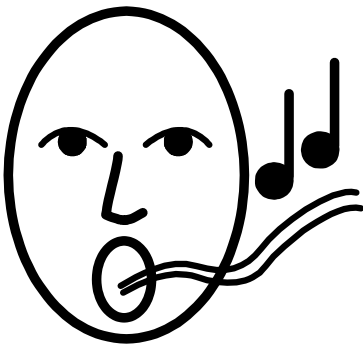
Disappointed



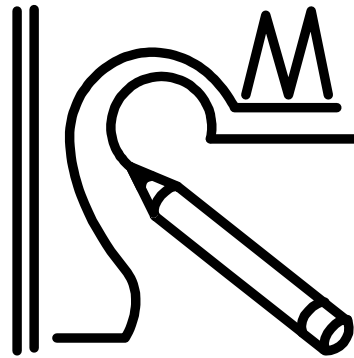
Sleepy



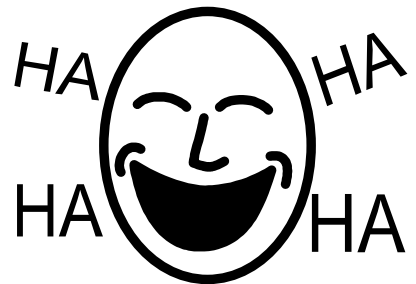
Today I will:



sing



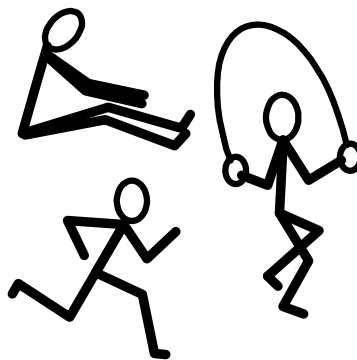
draw



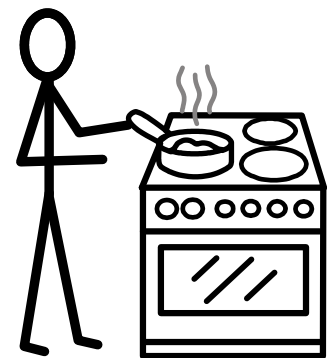
laugh



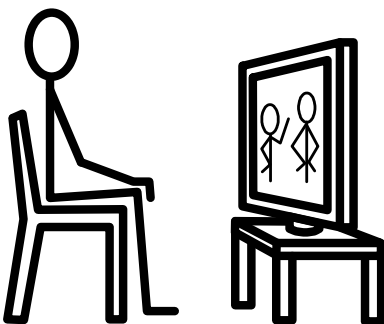
listen to music



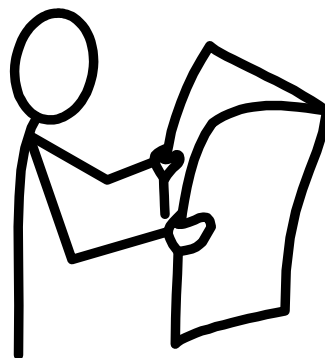
exercise



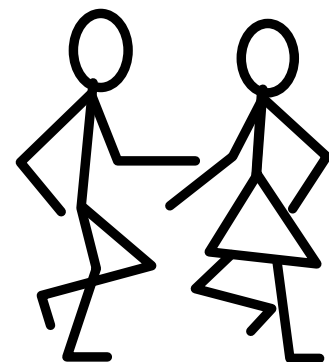
cook



watch TV



read



dance