

The logo consists of the lowercase letters 'wqge' in a bold, serif font. The letters are a vibrant magenta color and are set against a light beige rectangular background. The 'w' and 'q' are connected, and the 'e' has a distinct tail. The background of the entire slide features abstract, overlapping geometric shapes in various shades of pink and magenta, creating a modern, layered effect.

wqge

Wellness Guide

A guide for Students: Taking care
of yourself during tough times

Taking Care of Yourself

It All Begins With YOU...

Consider:

- ▶ Staying active
- ▶ Chatting with your mates
- ▶ Being creative / cooking something new
- ▶ Taking a break from the news
- ▶ Making a music playlist
- ▶ Decluttering your room
- ▶ Watching / reading something that makes you laugh
- ▶ Learning something new

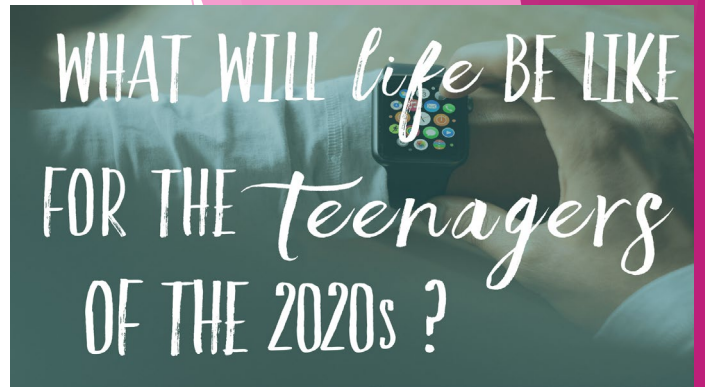
...TAKE CARE OF YOURSELF!

Don't forget to Unplug and switch off

Coping with Social Distancing

As a teenager your brain will go through a lot of changes and so you may find you react differently to your family members and even friends. That's completely normal. It's also important to remember that there is no right or wrong way to deal with this current situation. We have never lived through anything like this before in our lifetime.

GET TO KNOW YOURSELF....So much of everyday life for teens is taken up with school, social media and all the pressures that they bring. Perhaps this time would be a great opportunity to get to know more about yourself. If you understand who you are you are more likely to be content in the decisions, you make and the relationships you have with others. Imagine you are looking in a mirror...What do you see? What do other people see? What about the beautiful parts of you that you can't see? What are you grateful for about you? Jot down all the amazing things about you that you are grateful for...



How are you feeling?

During these very strange times, you may be feeling all kinds of unusual or weird feelings and emotions that you may not be used to. or you may be coping really well with lockdown. However, you are feeling, REMEMBER, it is OK to feel those emotions!! You may find it helpful to keep a log of any feelings that you may be having on a day today basis, so that you can ask for help or find something to help you if you are struggling. You can "check in" on your mood using emoji faces, jotting down "feeling" words or simply scoring your mood from 1 (bad) to 10 (good) -whatever works best for you! And if you are feeling strong emotions, just know that it is OK to feel them! And remember to ask for help from friends and loved ones if you need to.



Journal Prompts COVID-19

Get Jotting.....

Place your thoughts on Paper
and Bring them to Life!

- ▶ Do you think the pandemic has had any positive effects on your mental health? If so, what?
- ▶ How are you going to change your behaviour after the pandemic?
- ▶ What do you think some of the positive impacts the pandemic has had on the world?
- ▶ What about negative effects on your mental health?
- ▶ Write down 5 things you never realised you were grateful for before. Write about how you spent your time today. What have you learnt about yourself?
- ▶ What are your greatest fears and worries now?
- ▶ What things can you do to help manage these worries? Who are the people you miss the most?





A Selfie in Isolation!



We are currently living through a unique moment in history! We're experiencing lockdown, home-schooling, coming together as a community and a whole new bunch of emotions too! Self-isolation and the situation we are in will have its ups and downs. Let's give ourselves something to look back on by taking a 'selfie in isolation!' You can complete it as a family or on your own - it's your choice! Stay safe. Stay together. Stay at home.

I have been staying home since...

Life in lockdown means...

I have enjoyed...

I miss...

My self-isolation highs are...

My lows have been...

I am thankful for...



Health and Nutrition

As a teenager, your body is going through many physical changes - changes that need to be supported by a healthy, balanced diet.

► By eating a varied and balanced diet, you should be able to get all the energy and nutrients you need from the food and drink you consume, allowing your body to grow and develop properly. Some important nutrients to be aware of are:

- Iron
- Vitamin D
- Calcium

► Eating healthily doesn't have to mean giving up your favourite foods. It simply means eating a variety of foods and cutting down on food and drinks high in fat and sugar, such as sugary fizzy drinks, crisps, cakes and chocolate. These foods should be eaten less often and in smaller amounts. If you're watching your weight, a healthy, balanced diet is the way to go. Dieting, skipping breakfast or starving yourself don't work.



Here are some tips to help you eat more healthily:

Don't skip breakfast

Skipping meals won't help you lose weight and isn't good for you, because you can miss out on important nutrients. Having breakfast will help you get some of the vitamins and minerals you need for good health.

Get your 5 A Day

Fruit and vegetables are good sources of many of the vitamins and minerals your body needs during your teenage years. Aim to eat at least 5 portions of a variety of fruit and veg a day.

Healthier snack ideas

Cut down on food and drinks high in fat, sugar and salt, such as sweets, chocolate bars, cakes, biscuits, sugary fizzy drinks and crisps, which are high in calories (energy). Consuming too many calories can lead to weight gain and becoming overweight.

Stay hydrated

Aim to drink 6 to 8 glasses of fluids a day - water and lower-fat milk are both healthy choices. Even unsweetened fruit juice is sugary. Your combined total of drinks from fruit juice, vegetable juice and smoothies shouldn't be more than 150ml a day - which is a small glass.

For example, if you have 150ml of orange juice and 150ml smoothie in one day, you'll have exceeded the recommendation by 150ml.



Feeling tired?

If you often feel run down, you may be low on iron. Teenage girls are especially at risk because they lose iron during their period. Try to get your iron from a variety of foods. Some good sources are red meat, breakfast cereals fortified with iron, and bread.

Vitamin D

Vitamin D helps keep bones and teeth healthy. We get most of our vitamin D from the sun, but it's also available in some foods.

Calcium

Calcium helps to build strong bones and teeth. Good sources of calcium include milk and other dairy products, and leafy green vegetables.



Stress and Sleep



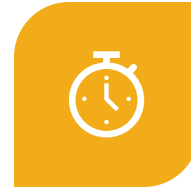
AT THIS UNCERTAIN TIME THERE IS A GLOBAL SENSE OF ANXIETY. WHETHER ITS WHEN TURNING ON THE NEWS OR TALKING WITH FRIENDS AND FAMILY, IT IS HARD TO ESCAPE FROM.



-WE HAVE BEEN ASKED TO STAY IN OUR HOMES WHICH MEANS WE DON'T MAINTAIN OUR USUAL ROUTINES. THIS MIGHT INCLUDE INCREASING OR DECREASING WORK, DAILY ACTIVITIES, AND SPENDING LESS TIME WITH LOVED ONES, OR MORE TIME WITH THOSE IN OUR HOUSEHOLDS.



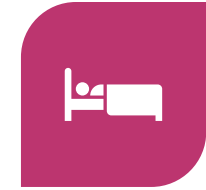
-WE ALSO GET LESS EXERCISE AND LIGHT EXPOSURE WHICH ARE TWO VERY IMPORTANT REGULATORS OF SLEEP. SLEEP EMPOWERS AN EFFECTIVE IMMUNE SYSTEM, HEIGHTENS BRAIN FUNCTION, ENHANCES OUR MOOD AND IMPROVES MENTAL HEALTH.



-ESTABLISHING A ROUTINE CAN FACILITATE A SENSE OF NORMALITY EVEN IN ABNORMAL TIMES. THERE ARE MANY THINGS YOU CAN DO THROUGHOUT THE DAY AS WELL AS BEFORE BED TIME TO HELP RELAX YOUR BODY AND MIND. IN PREPARATION FOR A GOOD NIGHTS SLEEP!



RESERVE YOUR BED FOR SLEEP



IT IS IMPORTANT TO CREATE AN ASSOCIATION IN YOUR MIND BETWEEN YOUR BED AND SLEEP. FOR THIS REASON, WHEN YOU ARE STUDYING FROM HOME TRY NOT TO BE WORKING FROM YOUR BED. ALSO TRY TO AVOID BRINGING A LAPTOP INTO BED TO WATCH A MOVIE OR SERIES.

Sleep-specific aspects of your daily schedule can include:

Wake-Up Time: Set an alarm for a specific time to wake up, try your best not to be tempted to press the snooze button repeatedly, which can trigger more anxiety about being tired and waking up. Get up and start your day!

Wind-Down Time: Given the stress of the pandemic it is important to allow yourself more wind-down time, this can include your usual preparations for bed such as brushing your teeth, taking a bath or just putting on your pyjamas. As well as light reading, meditation and stretching. THIS IS WHERE IT IS IMPORTANT TO TRY AND LIMIT YOUR SCREEN TIME SUCH AS PHONES, LAPTOPS AND TELEVISION.

Bedtime: Try to choose and stick to a consistent time to actually turn out the lights and try to fall asleep. Listening to a meditation or mindfulness podcast can help if you struggle to get to sleep, as well as trying herbal remedies such as lavender oil or pillow spray.

Tips for Sleeping with Anxiety



Schedule Sleep



Exercise



Meditate



Dampen Noises



Lessen Light



Improve Bedding

Give yourself structure to help you sleep!

Consider setting yourself a basic daily routine, which will occupy and stimulate your mind and you are allowing yourself to achieve small goals throughout the day. Whether its in between working from home, home schooling, or enjoying a film or series on Netflix!



- Showering and getting dressed even if you aren't leaving the house.
- Eating meals at the same time each day.
- Blocking off specific time periods for work and exercise, e.g. going outside for a walk.



Maintaining a routine

- ▶ In order to feel as normal as possible during these times, you could follow a daily routine.
- ▶ Consider planning a schedule of balanced activities.
- ▶ Plan enough time for each subject.
- ▶ Try studying at a set time and designate a place in the home (if you can) to studying.
- ▶ Make notes/study as soon as possible after your online lesson with your teacher.
- ▶ Limit your study time to no more than 2 hours on any one course at one time.
- ▶ Make sure you have breaks! Why not get some afternoon fresh air. To stop the monotony include some creative time i.e. try baking or making a collage etc.
- ▶ You could also help with the family chores (offering as opposed to being asked should get you the thumbs up).



Some inspiration!

Here are some links that can help inspire you to try something new, whether its trying a new recipe in the kitchen, listening to a podcast or motivating yourself to try a quick workout!

Jamie Oliver Keep Cooking and Carry On-

<https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/>

The Body Coach TV-

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ>

Courtney Black Health and Fitness-

<https://www.youtube.com/channel/UC1s253G8dlat3GDKksP4fLQ>

Yoga with Adriene-

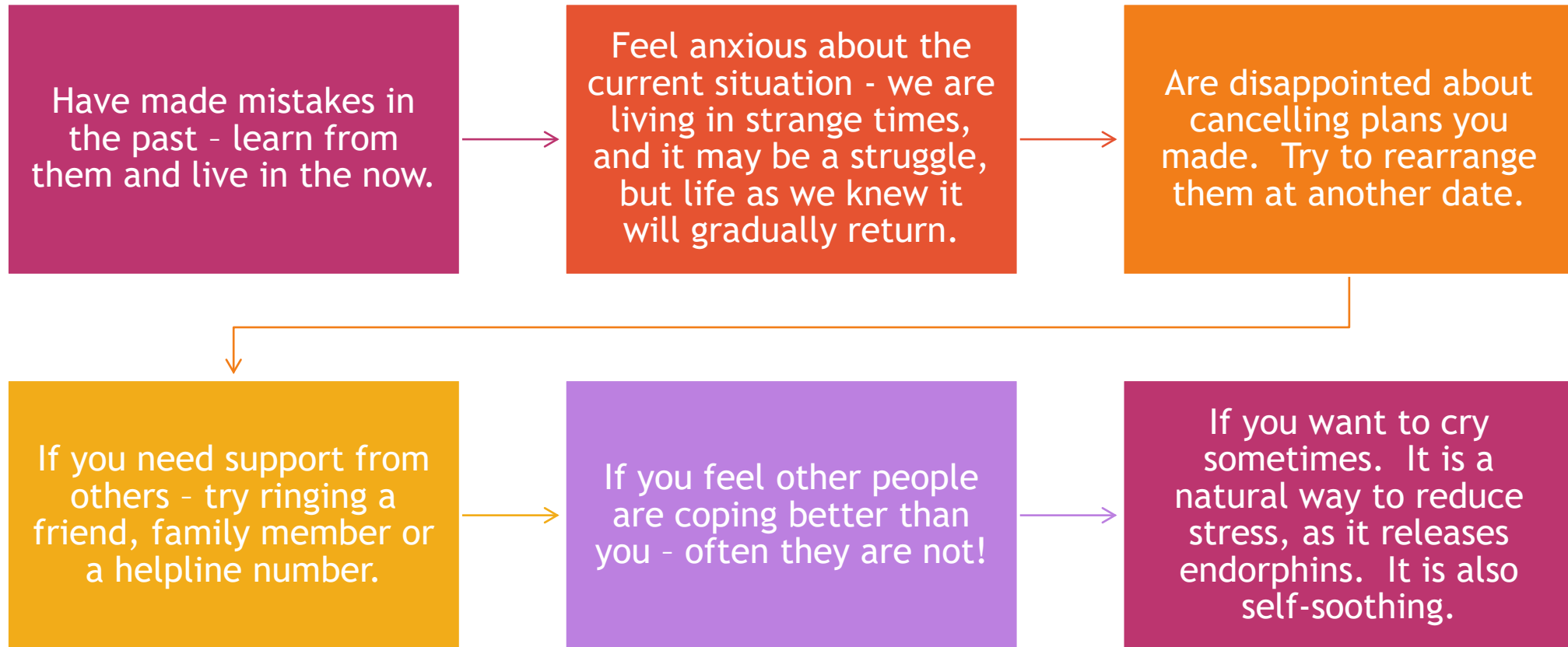
<https://www.youtube.com/user/yogawithadriene>

Fearne Cotton Happy Place podcast-

<https://podcasts.apple.com/gb/podcast/happy-place/id1353058891>



Don't worry if you...



Your experience is unique



Make time every day for your well-being



You are capable of finding solutions to your problems



It is no one's job to be everything to everyone



Always find time for the things that make you feel good



Sometimes self-care is exercise and eating healthy things, sometimes it is watching our favourite things on TV - whatever makes you feel better.



Note to self - I don't have to do everything at once. I will take one step at a time. I am only one person.



“Believe you can and you're halfway there”
Theodore Roosevelt

Things to remember



These are challenging times! It's OK to feel what you feel....be kind to yourself and take time to breathe, relax and do what you love



You are what you eat - try to maintain a varied and balanced diet (with the occasional treat of course!!)



Set and maintain a routine to provide some structure for your day



Check out our tips for sleeping well to make sure you're rested and ready to face the day!



Your experience is unique - but together we can get through this

Useful links

Here are some useful links that can provide some help and support for you and others during these difficult times. Don't be scared to reach out and talk to somebody...

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://papyrus-uk.org/>