

Advice For Student Wellbeing When Working At Home

Create a Routine

- Routines help to maintain a sense of stability, structure our day and keep us grounded.
- Set your alarm to wake up at the same time every day.
- Change into clothes, as you would normally. Signal to your brain that you are moving into "Work Mode".
- Find a flat surface in a quiet space when you can sit and work. (Reclining on a sofa bed sends signals to your brain that it's time to relax or sleep.)
- Keep to a timetable of when you will complete work for different lessons. It may be a good idea at the start of the week to discuss the structure of your days/week as a family. Make a calendar for each person and post it some place where everyone can see it.
- Establish 1-2 windows of work time and stick to that schedule each day. A morning session and an afternoon session.
- Use your planner to log work completed. Use this as a checklist.
- Minimise distractions during your scheduled work time: no internet, TV, phone etc. Keep electronic devices for a "break".
- Keep regular break times and eating times. Make time for relaxation and recreation. You could walk, ride a bike or play a game.
- Have specific times to use games, social media etc.
- Routines can be a really useful tool to help us, particularly if we are struggling with lack of motivation.

Make Exercise Part of Your Routine

- Exercise is widely known to benefit both physical and emotional health.
- It can be particularly important if you are not attending usual clubs etc. Exercise can be done in your own home in a variety of ways such as those supported by the NHS in the link below:

https://www.nhs.uk/conditions/nhs-fitness-studio/?fbclid=IwAR0-Zn5qnimIIR5t4Yk_HLYN6UNgjepIfgOmxooukPhzNFEcD6Vm_IWjiAg&tabname=aerobic-exercise

For more on the importance of exercise in maintaining emotional wellbeing

see the link below:

<https://www.mentalhealth.org.uk/publications/how-to-using-exercise>

Stay Connected

- Social Media and the use of Phones can be a great way to stay in touch with friends, family and classmates, but don't over use it!
- You may want to create groups with people from your classes so that you can support each other with your learning.
- You may want to play virtual games with groups of friends.
- Contact people that you might think are feeling isolated. A bit of kindness goes a long way!

Avoid Paying Too Much Attention To Rumours And Speculation

- Social media, and even certain newspapers, can often distort and misrepresent what is really happening and cause a lot of unnecessary worry.
- Limit your news intake. Try to strike a balance between staying informed and not overwhelming yourself.
- Keep informed by talking to parents/carers, and get information from reliable sources such as the official government website (link below):

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

If You Feel You Need Support

You can contact the school.

More information and additional support for wellbeing can be found at the following link:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#PlanForStayingAtHomeOrIndoors>