



Cobham Hall

LOOKING AFTER YOUR WELLBEING

Things to read, things to watch and things to try
whilst we are away from school.

Ms Caro Fenice – Mental Health and Wellbeing Lead

COBHAM HALL SCHOOL

Hello,

I hope you are all staying safe and well, wherever you are in the world right now. Cobham Hall is very quiet without you all here and we look forward to life getting back to “normal” as soon as that is possible.

I have put this information together to support you whilst you are away from school. There is a lot in there, do please have a look and use what is helpful to you.

I will be also be posting wellbeing activities over the coming weeks, alongside fun activities from other subjects. Please follow [@CobhamHallMHWB](https://www.instagram.com/CobhamHallMHWB)

Remember, you can email me with any concerns at wellbeinglead@cobhamhall.com

Take good care and see you for our next lesson.



Ms Fenice and Ariel 😊

Tips for dealing with anxiety over the Coronavirus (COVID-19)

https://www.youtube.com/watch?v=jnrtxAmdQ_w#action=share

It is normal for you and your family to be feeling anxious and worried about the Coronavirus (COVID-19). However, it is important to ensure that you are looking after your emotional wellbeing as much as your physical safety.



Why are you feeling anxious?

When you feel a threat to your personal safety, the human brain often takes something that sounds scary and unknown and inflates the actual risk. In this case, the Coronavirus (COVID-19).

You may be feeling anxious because:

- You feel a threat to you and your family's health
- Uncertainty around the future e.g progression of the Coronavirus (COVID-19), economic and social factors
- Feeling a lack of control and helplessness
- Too much information (factual and misinformation)
- The contagion effect of fear due to mass media and public influences

Helpful tips to manage your anxiety

- Keep your life as normal as possible – try to maintain your usual routines such as regular sleep and meals
- Remind yourself that your reactions are a normal response to an abnormal situation
- Make as many daily decisions as possible, no matter how small or trivial as this will give a feeling of control over your life, for example what food to eat or what to wear

- Talk to family/friends or colleagues – this will help you express your feelings. Some people find writing in a journal helpful
- Spend time doing nice things e.g relaxing or going for walks
- Utilise your past coping skills
- Positive self-talk and mindfulness
- Obtain accurate information from verified sources, rather than google or social media. Below are useful websites:

Centre for Disease Control (CDC) <https://www.cdc.gov/>

World Health Organisation (WHO) <https://www.who.int/>

Centre for Health Protection (CHP) <https://www.chp.gov.hk/en/index.htm>

Below are some helpful tips for keeping yourself healthy

- Regular hand washing is the most effective way of protecting your health
- Exercise regularly and eat a well-balanced diet
- Ensure you get plenty of rest and sleep

When to seek help?

If you find that your feelings get worse try not to let that stop you from talking about it. Some people benefit from extra help in overcoming the effects of a distressing situation. Don't be afraid to get help if you think you need it. Often the help you receive will be short and simple and will prevent you from having longer term problems.

You may need further assistance if:

- The problems described are particularly severe
- You have excessive nightmares and/or disturbed sleep, lack of or excessive sleep
- You feel numb and empty, and lack emotion
- You have no one with whom to share your emotions
- You are depressed, get easily irritated or get angry easily
- You find yourself withdrawing from your family or friends or are not interested in your normal activities

Fighting Cabin Fever

What is Cabin Fever?

Cabin fever is a claustrophobic reaction, where you may feel bored, anxious, restless, isolated or depressed due to a prolonged period indoors. It is when a person/ group of people are confined in one place.

Why Cabin Fever?

Due to current world events, many people are finding themselves staying indoors, whether this is voluntarily or involuntarily.

Being indoors and socially isolated for a long period of time can cause cabin fever, with the person or family experiencing feelings of anxiety, restlessness, boredom and social isolation. It is important to ensure that you are looking after your emotional and physical wellbeing if isolated for a prolonged period of time. It is also important to check in with friends or family to feel connected and to look out for one another.

Helpful tips to manage cabin fever:

Social

- Stay connected! Check in with family and friends - face time, phone calls or emails
- Meet up with family or friends if this is an option
- If able, get out of the house and go for a walk

Mind

- Ensure that you maintain a daily routine, especially for meals, sleep and study
- Try new recipes

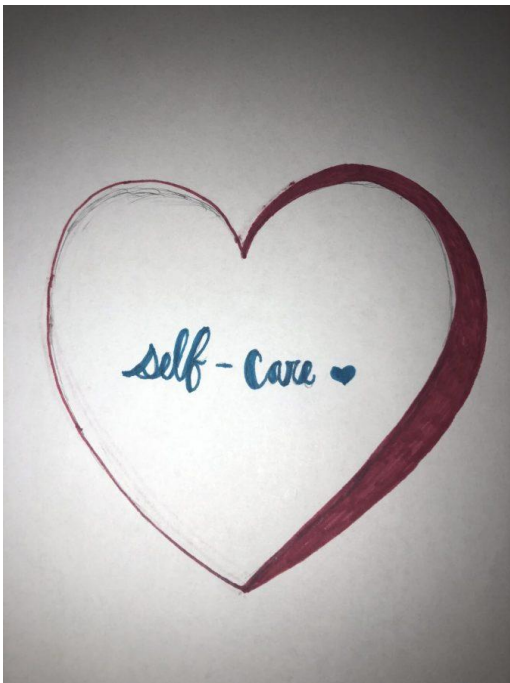


- Read a new book or listen to a podcast
- Journal
- Find stimulating and creative activities to do such as puzzles, board games or craft
- Practice mindfulness or guided imagery

Body

- Do indoor exercises, meditation or yoga
- Try to get sunlight everyday

Tips for self- care



1. Carve out time for yourself to do something that feels good – Make a cup of tea, sit by an open window, have a bath, read a good book; do something that brings you joy.
2. Notice your self-talk, and cut yourself some slack. Everybody makes mistakes and nobody is perfect. Speak to yourself as you would a friend.
3. Discover JOMO (the Joy of Missing Out) and give social media a miss for a while. Everybody posts their best selves and it can make us feel bad that our lives don't match up. Be kind and have a day free of social comparison.
4. Acknowledge your successes. We're always quick to do that for others, so why not take a few minutes and consider all you've achieved. Well done you!
5. Hang out with your cheerleaders. Spend time with the people who uplift you and support you. The ones that fill your Tank.
6. Take your daily 'MEDS' (Mindfulness, Exercise, Diet and Sleep). Looking after your mind and body

is a great form of self-kindness.

80+ SELF CARE ACTIVITIES FOR TEENS

1. Listen to music
2. Take a shower
3. Talk to a friend
4. Watch a movie
5. Read a book
6. Go for a walk
7. Ride your bike
8. Exercise
9. Play with your pet
10. Stretch your muscles
11. Do yoga
12. Meditate or pray
13. Talk to a friend on the phone
14. Go the park with a friend*
15. Go to the mall*
16. Get a hair cut*
17. Take a nap
18. Plan an outing with friends*
19. Go for a jog
20. Write in a journal
21. Invite a friend to your house*
22. Go for a swim*
23. Go for a hike*
24. Try a new activity
25. Play board games
26. Play card games
27. Play a video game
28. Cook with your parent
29. Go to the spa with a parent
30. Go outside and watch the birds and other animals
31. Make a list of things you like about you
32. Go to the library
33. Write a poem/short story
34. Learn a new language
35. Sing your favorite songs
36. Write a song
37. Learn to play an instrument
38. Make a funny video
39. Draw or paint a picture
40. Make a list of your accomplishments
41. Make a bucket list
42. Write a letter to your future self
43. Make a list of things you're good at
44. Work outside in nature
45. Plant a garden*
46. Make a scrapbook
47. Trim your nails
48. Visit a museum*
49. Eat your favorite dessert
50. Take photos of nature
51. Make a playlist of your favorite songs
52. Do a puzzle
53. Play with a sibling
54. Go to the bookstore *
55. Google information about a different culture
56. Watch funny cat videos
57. Read a comic
58. Go outside and watch the clouds
59. Make a playlist of funny movies
60. Turn up the music and dance
61. Make a list of people you look up to and why
62. Practice deep breathing exercises
63. Walk barefoot in grass
64. Read an inspirational book
65. Write in a gratitude journal
66. Do an arts and craft activity
67. Start an art journal
68. Have a good laugh
69. Practice progressive muscle relaxation
70. Volunteer in your community*
71. Draw or color Zentangles
72. Draw or color Mandalas
73. Unplug and spend time in nature
74. Go stargazing
75. Make a fairy garden
76. Look at family photo albums
77. Read inspiring quotes
78. Listen to running water
79. Snuggle under a cozy blanket
80. Fly a kite
81. Write a love letter to yourself
82. Make jewelry
83. Blow bubbles and be silly
84. Give yourself a self-massage
85. Daydream

***Ask for your parent's permission**

Things you could try, bearing in mind the lockdown rules in place where you live.

In the UK you currently would need to swap visiting anybody, or going out for anything other than exercise, with facetime etc.

Make a list of all the things you would like to do when lockdown is over. Think of things you might like to do with your family and make a list of things you plan to do together later on. This gives you lots to look forward to. You could also think about things you would like to do with your friends.

Lastly, think of all the things you can do NOW. Whilst it is important to plan for the future, it is important that we still make the best of right now.

Tips for healthy sleep patterns

Sleep disturbance is very common if you are experiencing anxiety or during stressful situations. Below are some simple strategies to help you get back into your normal sleep pattern. Not all of these strategies will work for everyone, but with a bit of perseverance you should be able to return to your normal sleeping routine. Should sleep continue to be problematic seek assistance from your family Doctor.



- Keeping a regular routine, go to bed at the same time and rise at the same time even if you haven't slept well
- If you haven't gone to sleep within 30 minutes, get up for a while before returning to bed, repeat this process until you do fall asleep
- Try to avoid caffeinated drinks from 6pm onward (eg. coffee, tea, cola, chocolate) and try not to eat a meal within a couple of hours of going to bed
- Keep distractions such as the TV or Ipads off (or out of your room). Keep your phone on silent or away from your bed so that you don't play with it!
- Create a habit of doing something relaxing before going to bed (eg. a warm bath, mindfulness, relaxing music)
- Starting an exercise routine can often help with sleeping
- Try not to worry about not sleeping, everyone has stressful periods in their lives where their sleep will be disrupted and we can all survive on surprising little amounts of sleep even though we may feel tired.

Mindfulness

<https://www.youtube.com/watch?v=w6T02g5hnT4&feature=youtu.be>

The primary goal of practicing Mindfulness is to enable you to maintain a calm, non-judgemental awareness by focusing on your breathing.

- Sit comfortably, with your eyes closed and your spine reasonably straight
- Let your attention rest on your breathing, notice the breath in and the breath out
- When thoughts, emotions, physical sensations, or external sounds intrude simply acknowledge and accept them, allowing them to pass through without judging or getting involved with them.
- When you notice your attention wanders, bring it back to your breathing and continue
- Start with small time frames for practicing this each day and gradually try to extend the period of time you are able to meditate.

Note: Mindfulness can be practiced in any location (eg. when using public transport to/from work, or in a park). It only requires a few minutes of your time and can have immediate benefits.

Breathing for stress and anxiety

There may be times when you may feel over anxious or experience anxiety to the point of panic, the strategies following may reduce these feelings.

Strategies for reducing stress and anxiety

Breathing tips:

1. Hold your breath for 6 seconds (time it)
2. Breathe in and out every 6 seconds
3. Say relax under your breath as you breathe out
4. Stop after a minute or when your anxiety drops
5. Practice slow breathing for one minute four times a day then it will be easy to use when you need it.

Visualisation

Visualisation is a way of distracting you from disturbing or stressful thoughts. Close your eyes and bring to mind a happy memory (this could be a holiday, a favourite walk or activity etc), try to go through this memory in as much detail as possible trying to recall sounds, smells and colours that make the memory more vivid.

Useful articles for parents, carers and guardians about supporting teenagers and children:

<https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff>

<https://www.nytimes.com/2020/03/11/well/family/coronavirus-teenagers-anxiety.html>

Useful Apps

All platforms

Mindfulness App- Try for 10 minutes a day - <https://www.smilingmind.com.au/smiling-mind-app>

Iphone and Ipad only:

Meditation and mindfulness- <https://apps.apple.com/us/app/ucla-mindful/id1459128935?ls=1>

Mindful colouring - <https://apps.apple.com/us/app/colorfy-coloring-art-games/id1009442510>

Helping with anxiety: <https://apps.apple.com/us/app/breathe2relax/id425720246>

<https://appadvice.com/app/worrytree/1452435581>

TED Talks

Simple Tricks to improve positive thinking -

https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking?language=en

The positive effects of exercise - <https://youtu.be/BHYOFxzoKZE>

How the food you eat affects your brain - <https://youtu.be/xyQY8a-ng6g>

