



Wellbeing - Maintaining positive mental and physical health during the Coronavirus outbreak

Whether in self-isolation, at home or unwell, it is important for pupils, staff and parents to take time to look after their physical and mental health. As a school, and a community, we will continue to provide the outstanding pastoral care on which we pride ourselves, aiming to stay connected even though we may be physically remote. Here are some practical ideas to support you during this time of uncertainty.

How can parents support their children?

Routine and normality will be important, and children and young people will need to be shielded from much of the media hype. There are many resources online with advice on how to support children and how to help them understand what's going on. For example:

- [Young Minds - Mental Health Charity: "What to do if you're anxious about coronavirus"](#):
- [Teen Tips – "How to talk to your child about coronavirus"](#)
- [Anna Freud Centre for Children and Families: Coronavirus and mental health resources:](#)
- [Heads Together - Responding to Coronavirus, resources for Mental Health and Wellbeing](#)

Practical tips for positive Mental Health:

- **Stay informed, but not too much (!)** - Watch the news, but try to limit this to one or two updates a day, and then discuss these as a family.
- **Limit time on social media** - and only look at trusted / reputable sources of information.
- **Build a routine** - think about what you can control, set meal times, bed times and work times, as well as protected down time. Think about what you might achieve in the coming weeks, and set yourself some targets. It's important to know what you will be doing each day, to have focus and certainty - it also allows you to enjoy the times set aside for relaxation.
- **Stay connected** - with your friends and wider family. Make an effort to enjoy this strange but new normal - you may find you have more time for your friends than before; make the most of it.
- **Talk** - to your parents, friends and family - it's ok to feel worried and good to talk about it.
- **Relax** - read a book, watch a film, enjoy doing "nothing" - you don't have to be busy all the time.
- **Be kind** - think about how you can make a difference to someone else's day at this difficult time. Random acts of kindness help others, but also help you.

Practical tips for positive Physical Health:

- **Wash your hands** regularly - for 20 seconds with soap and water.
- **Avoid touching your face**
- **Use hand sanitiser**
- **Practise good "sleep hygiene"** i.e. a consistent bedtime, sleep pattern, and wake up - this is also good for your Mental Health. Research shows that teenagers need at least 8 hours of sleep per night.
- **Eat sensibly**
- **Take exercise** - you are allowed outdoors, just avoid social contact - so walk the dogs, watch spring arrive, do some gardening, practise your hockey skills...



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