Surviving Self Isolation:

Getting that dreaded phone call that you have to stay home and self-isolate is not fun.
At first you may feel excited that you don't need to go to school or very angry and concerned about how you are going to get through this period of not leaving the house.

1. ***Feel what you feel:***
   Acknowledge it is a rubbish situation, then move forward. Know it is not forever and the time will pass.

2. ***Create a plan about how you want your lockdown to be:***

   What is my daily plan? Wake, eat, move, work, connect, play.

   How can I feel productive today? Clean my room, sort through something I have been avoiding for ages, Rearrange a space.

3. ***Practise some self care***: Time for yourself that makes you feel happy, calm, good

   Make time to move each day…. Walk in your outside space (if you have one):

   Yoga: https://www.youtube.com/user/yogawithadriene

   Workout: https://www.fitnessblender.com/videos

4. ***Learn something new outside of school learning***:
   A new skill or art form

   Grow something:
   https://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scraps

A great way to be connected to nature and take ownership of your own growing.

5. ***Get to know some mindfulness practices:***

   Insight Timer Mindshift
Stop, Breathe, and Think: https://www.stopbreathethink.com
Headspace https://www.headspace.com/covid-19

6. ***Ask for the space you need and walk aware from situations to reduce tension:***

It can feel intense being in the same space all the time with others. If your family can leave the house ask if you can have some time each day for yourself?

7. **Stay connected with your friends:** Have a zoom, do a watch party, set up zoom study sessions to teach other your revision. Play online games: Check out this one: https://jots.club/

8. ***Clean your feed:***

   Try unfollowing or muting accounts that annoy you, upset you, or take up too much of your time. Try deleting one app from your phone for a week and see what happens. Limit your time on social media each day.

Useful resources:https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/