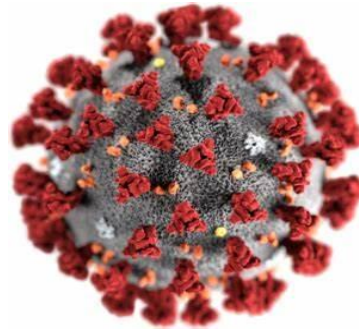




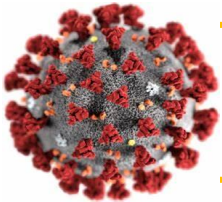
Prince Henry's Grammar School
COLLABORATIVE LEARNING TRUST



Coronavirus: Covid-19



Managing your
own well-being...



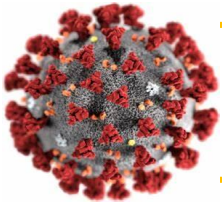
Coronavirus: Covid-19

Managing your own well-being...

Hello...

This information is collected together in one place for you to easily access & revisit, although much of it you will recognise from the past few weeks.

This situation is totally new & unprecedented (never experienced before) so we want to help you feel as secure as you can in a time of lots of uncertainty.

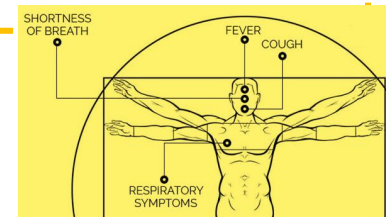


Coronavirus: Covid-19

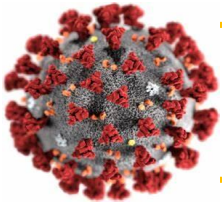
Managing your own well-being...

The Facts

We have all heard a lot about coronavirus but what do we know for certain?



- It is a **virus**, much like 'flu', but without a vaccine to protect the most vulnerable & being so highly contagious, it is proving very problematic.
- Viruses like this are **common in animals** such as pigs, bats or birds but can undergo changes & then pass to humans; this is likely how the new coronavirus came to be.
- The typical symptoms seem to include a **dry cough**, a high **temperature** or fever & later breathing difficulties.
- Younger, generally healthy individuals are unlikely to become very ill, but may experience mild symptoms.
- The elderly & those with certain medical conditions or weaker immune systems may be more seriously affected.
- It is **brand new** so difficult to predict but the experts & scientists are doing their best to explore a range of possibilities.



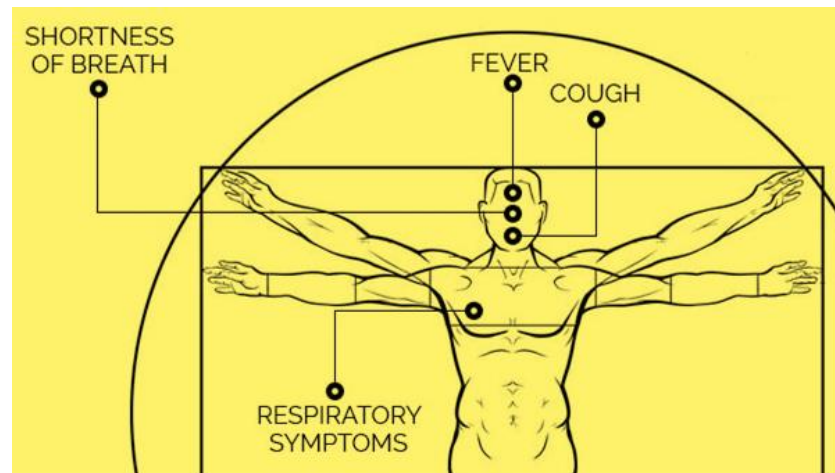
Coronavirus: Covid-19

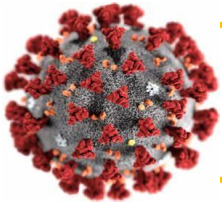
Managing your own well-being...

The Facts

Want to know more? If you are interested & it doesn't cause you greater stress, the links below are a good bet.

- [Live Science](#)
- [BBC Newsround](#)
- [Mencap](#)

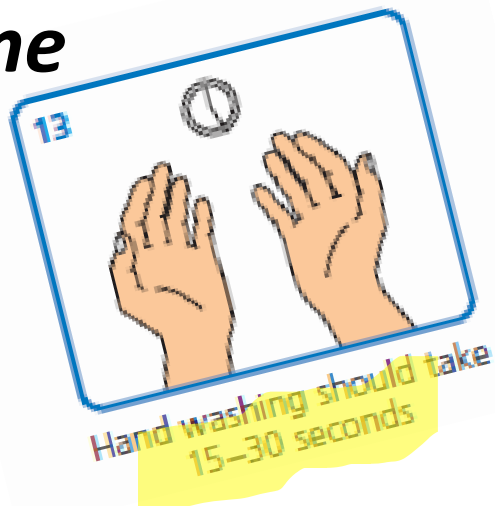




Coronavirus: Covid-19

Managing your own well-being...

Hygiene



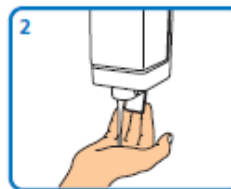
- **Soap & water for 20secs+** is best; it doesn't need to be antibacterial.
- Do so **regularly** & avoid touching eyes, nose, and mouth with unwashed hands
- Use **hand gel** out & about if soap/water isn't available.



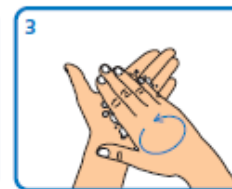
Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



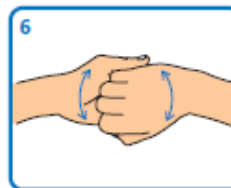
Rub hands palm to palm



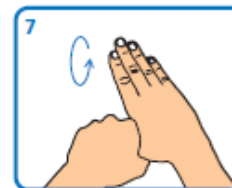
Rub back of each hand with palm of other hand with fingers interlaced



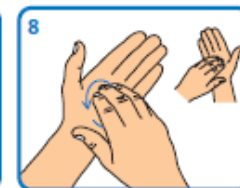
Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



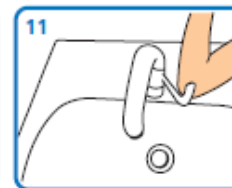
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



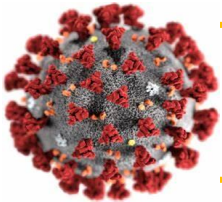
Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



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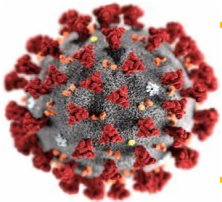
Managing your own well-being...



Mental Well-being

Whether social distancing or self-isolation, the new guidance can be very challenging so consider these ideas to help adjust.

- Get up, washed & dressed as usual to add **structure** to your day, even if you have to stay in.
- Try to schedule your day with **different activities**; e.g. meals, screen time, exercise, studying, getting outside.
- Continue to be **sociable**, utilising phone calls, texts, video calls or email (limit social media, as it can be much more intense).
- Take the time to **learn** a new skill or practice an existing one.
- **Get outside**; if social distancing just do so at a distance to others. If you are self-isolating, you could open doors & windows or use your garden.
- Be aware of your **feelings** & work to recognise when you feel overwhelmed. Try to **talk** to someone & share your concerns.



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Managing your own well-being...

Mental Well-being

For even more ideas of how to support your mental health at this time, check out any of these links:

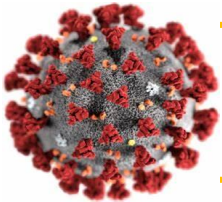
Coronavirus Specific

- [Mind](#)
- [Mental Health Foundation](#)

Mindfulness

- [NHS Guidance](#)
- [Mindful](#)
(including meditation)





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Managing your own well-being...

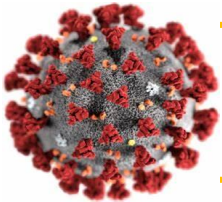
Staying Active

It is especially important to keep moving & include exercise in your daily routines going forward.

- Take a **walk**; being out in the fresh air, as long as you aren't with other people (other than your existing family/household), is thought to be one of the lowest risk environments.
- If you feel comfortable & are safe on your own/with a family member, go for a **jog, run** or **cycle**.

*(Just make sure to wash your hands
&/or shower as soon as you get home.)*

- Try a **online exercise class**, lots are free & require no equipment.
- **Practice** something you already do: dance, football, yoga, gymnastics at home or in the garden.
- Simply **move regularly** from one space to another to work, rest, watch, especially if you are taken ill.



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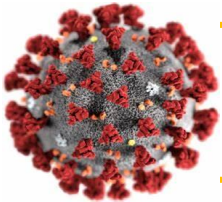
Managing your own well-being...

Staying Active

Lots of people & companies are have loads of free content online; just find something that works for you:

- [Yoga with Adriene](#)
- [Planet Fitness](#)
- [Fitness Blender](#)
- [Joe Wicks: The Bodycoach](#) (streaming live workouts)

There are so many more options available, some you may already use, but also even more (often paid services offering online classes for free!) during this current climate.



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Managing your own well-being...

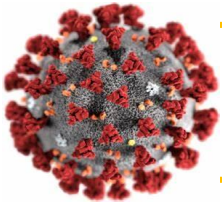
Social Media & News

While being online & having access to social media can be great, the spread of “fake news” & unverified information can make the situation worse.

Social media can also be highly addictive & this isn't always best for our mental health.



- Try to **limit** your access; once or twice a day perhaps.
- Focus on a **reliable source** of local information.
- Engage in **other activities** such as studying, connecting with friends/family or hobbies.
- Try moving key social media & news apps away from your home-screen or **disabling** them for a while.
- **Turn off** notifications & have chance to disconnect.



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Managing your own well-being...



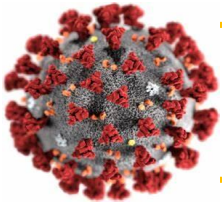
Social Media & News

Good **reliable sources** of local information in the UK might include:

- [Government website](#)
- [NHS website](#)
- [BBC](#) or [BBC Newsround](#)

Be aware of bias & opinion pieces, but some more child-friendly news reports.

Although lots of other places have similar information, it can be internationally-based, slow to update in the fast-paced nature of this situation or easily misleading.



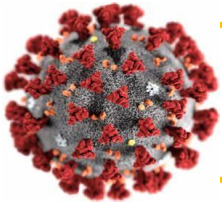
Coronavirus: Covid-19

Managing your own well-being...



Education & School Work

- If you are off school for a prolonged period, any lessons required will be posted as tasks on **Firefly**.
- Any other recommended resources will be signposted from there by your teachers; our school **library** also has an excellent array of resources in their area on Firefly.
- If possible, have a **designated space** to work in at home, perhaps at a table, desk or worktop.
- Take **regular breaks** & changes of subject or activity (like at school: hourly/break/lunch/after school).
- Avoid always having your **phone** or other **distractions** nearby, again like at school.
- If you struggle to understand something, **note it down** & ask for help, rather than sitting & worrying about it for too long.
- **Stay calm** & know that all staff are working to help you.



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Managing your own well-being...

A technique for if you are feeling anxious or panicking:

A – Acknowledge that you are feeling stressed or anxious

P – Pause. Don't go rushing off to do anything. Pause and breathe

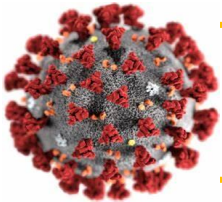
P – Pull back. Accept that this is just worry talking and that nothing is actually wrong in that moment

L – Let go. Let go of the thought or feeling. Let the moment pass. You may imagine them floating away in a bubble or a cloud

E – Explore. Notice the world around you. Look around and notice what you can see, hear, touch, smell, taste. Then try to return to something practical you were thinking about or needing to do before the moment of worry



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Coronavirus: Covid-19

Managing your own well-being...

Take care of yourselves & each other, both mentally & physically.

Avoid spreading news or gossip that may cause fear or anxiety; let the proper information come from the appropriate places.

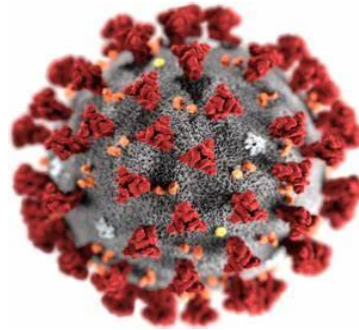
This will all pass in time but these big changes in our lives & routines are necessary to best control this situation.

Focus on the things we can do, rather than those things we can't: including good hygiene, staying active, taking care of our mental well-being.





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Managing your
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