

## How can you get through this difficult time?

The current situation can be a very worrying time, especially as your normal routine of going to school and seeing your friends has been disrupted.

You might be finding isolation difficult, or you could be worried about the health of your loved ones. Right now, it's important to build resilience to help you get through this difficult time. Here are ways to build your resilience at home:

### Emotions and behaviours

If you are feeling worried or anxious about the Coronavirus, it's good to talk to someone you trust about how you are feeling, such as a relative or a friend. Talking about how you are feeling can help you understand your emotions and how you are behaving.

If you don't feel confident enough to talk to someone about your feelings, then try writing a diary, or you could even get creative and use art, such as painting or drawing to express how you feel.

### Health

Focusing on your health and wellbeing is really important, especially at the moment. There are many different ways for you to invest in your health at home. You could try doing a home workout or fitness challenge. You could also explore healthy meals to cook with ingredients already in your kitchen, there are some great recipes on BBC Good Food you could try to make.

It's also important to look after your mental health and wellbeing at the moment. Isolation can be difficult for your mental wellbeing. Relaxation techniques, breathing exercises and meditation can help your mental wellbeing. Try the 7/11 technique - breathe in for 7 seconds and out for 11 seconds - this can help you to feel calmer and more relaxed.

### **Friends and loved ones**

We know you can't meet up with your friends at the moment, but you can still use this time to build and maintain positive friendships. Sometimes friends or relatives can say the wrong things or make you feel upset, but it's important to talk to your family and/or friends about how they have made you feel, because they might not realise they have upset you.

Stay connected with your family and friends during this pandemic so you can continue to build positive relationships.

Why not try and have a video call with your wider members of your family or friends at least once a week so you can catchup?

You could even organise a quiz on video chat or a virtual movie night where you all watch the same film so it's like you're at the cinema.

### **Talents and Interests**

Although your usual hobbies such as football or youth groups may have been cancelled, there are still ways for you can focus on your talents and interests at home. This is the perfect time to get creative - why not create some art or make music? You

could also use your time to exercise, such as going on a run or a bike ride in your local area.

### **Advice from Headstart**

**A Wellbeing campaign supported by Kent Schools including Grange Park School.**