

Emotional Wellbeing whilst in self-isolation (children, young people and adults)

Top tips for staying emotionally healthy during self-isolation:

5 ways of wellness:



- **Stick to a active daily routine** (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
- **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
- **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening etc)
- **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
- **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
- **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
- **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
- **Hot desk at home with planned short brain breaks**
- **Plan meals in advance**
- **Do things you enjoy doing** (e.g. watch a boxset, paint your nails, listen to podcasts, reading etc)
- **Keeping hydrated**
- **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)

Parent/Adult Resources

The following resources will help you to support the emotional wellbeing and mental health of yourself and your family:

Emotional Wellbeing through Coronavirus:

- Public Health England Coronavirus resources: <https://campaignresources.phe.gov.uk/resources/campaigns/101-coronavirus-/resources>
- Advice for children, families and staff: <https://www.annafreud.org/coronavirus/>
- Mental health foundation, How to look after yourself after your mental health during the Coronavirus outbreak: <https://mentalhealth.org.uk/coronavirus>
- Mind, coronavirus and your wellbeing: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- 6 ways parents can support their kids through coronavirus (Unicef): <https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>
- Young minds advice to young people and parent on mental health and impact of coronavirus: <https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus/>
- Young minds, what to do if you are anxious about coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Supporting children and young people:

- Supporting children and young peoples' mental health advice: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- NSPCC, Mental health and parenting: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Supporting yourself and your family:

- How to support your mental health whilst working from home by Mental Health First Aid England: <https://mhfaengland.org/>
- For your mind health get 'your mind plan' quiz, get 'your physical health quiz', plus NHS endorsed Apps: https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkl6L37vTprESbG_wBoC8XwQAvD_BwE –

- Mental health explained by the organisation Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/> -
- Time to Change website & signposting to other websites: <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>
- How to support someone experiencing mental health difficulties by the Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>
- That discomfort you're feeling is feeling is grief- by Scott Berinato <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?sfns=mo>
- Helping your friends and family 12 things to try when a loved one is struggling by Scottish Association for Mental Health (SAMH): https://www.samh.org.uk/documents/looking_after_friends_and_family_factsheet.pdf
- 16+ self-help CBT online course by Moodgym (advocated from SAMHs document above): <https://moodgym.com.au/info/faq>
- 24/7 safe community to support your mental health by Big White Wall: <https://www.bigwhitewall.com/>
- Course for learning and practicing mindfulness by Be Mindful Online: <https://www.bemindfulonline.com/>
- Parental mental health: How to help children living with parents with mental health problems by NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>
- Parenting with mental health challenges by Mind: <https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/parenting-and-mental-health/>
- Young Minds for parents: <https://youngminds.org.uk/find-help/for-parents/>
- Parenting with mental health illness by Young Minds: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-parental-mental-illness/>
- Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>
- Parent helpline and online counselling by Relate: <https://www.relate.org.uk/relationship-help/talk-someone>
- NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

- Mental Health Foundation Podcasts: <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>
- Obsessional Compulsive Disorder - OCD UK: <https://www.ocduk.org/>

Child/Young People Resources

The following resources will help children and young people to manage their own emotional wellbeing and mental health:

Apps:

NHS approved mental health apps list:

<https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>

Guidance & Activities for Children:

- At home activity guide and ideas (Toddlers and Young children) by Zero to Three: <https://www.zerotothree.org/resources/3264-at-home-activity-guide>
- Make the most of video chats to families and friends with young children by Zero to Three: <https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>
- Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
- Joe Wicks workout for kids: <https://www.youtube.com/watch?v=Rz0go1pTda8>
- Joe Wicks Home workout: <https://www.youtube.com/watch?v=fHfTCd2q-rg>

Guidance for Young People:

- We all have mental health by Anna Feud: <https://www.youtube.com/watch?v=DxIDKZHW3-E>
- Social media and mental health by Young Minds: <https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/> -
- Wysa a private reflective space: <https://www.wysa.io/>
- Mindfulness explained and activities by Headspace for Kids: <https://www.youtube.com/channel/UC3JhfsgFPLSLNEROQCdj-GQ>

Helplines

The following links provide details of helplines, webchats and text support services:

Teacher Support Line:

- Teachers telephone support and counselling:
https://www.educationsupport.org.uk/individuals/telephone-support?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCmUfeRwOAhPpgEqBxPPesGqh43Okyn8ax-Rs9wge26DOqT4gFhsejRoCil4QAvD_BwE

Parent Support lines

- Samaritans helpline 116 123: https://www.samaritans.org/chatappeal3/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgy8E_S_3AFSQ4rm0TOPR1nPGC-5sd-rCSlqvqCWHquaN_u-8QEdMRoCBqcQAvD_BwE
- Text support if you are experiencing a crisis by Give Us a Shout:
<https://www.giveusashout.org/about-shout/>
- Family support helpline by Families in Action: <https://www.family-action.org.uk/what-we-do/children-families/family-support-services/>
- Helpline by Supportline (any age): <https://www.supportline.org.uk/about/aims-of-service/>
- Parent helpline by Young Minds: <https://youngminds.org.uk/find-help/for-parents/>
- Parent confidential helpline by Family Lives: <https://www.familylives.org.uk/>
- Bereavement care support line by Cruse: <https://www.cruse.org.uk/>

Children & Young People Support Lines:

- NSPCC helpline 0808 800 5000: <https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/> (The service includes emotional support)
- Online or on the phone anytime by Childline 0800 1111: <https://www.childline.org.uk/> (The service includes emotional support)
- Free, safe, and anonymous online support for young people by Kooth.com:
<https://www.kooth.com/>
- Advice and helpline by Anxiety UK: <https://www.anxietyuk.org.uk/>
- Advice & helpline by Beat Eating Disorders: <https://www.beateatingdisorders.org.uk/support-services/helplines>
- Confidential advice and support around a range of physical and emotional needs. Essex school nurse text service: <https://essexfamilywellbeing.co.uk/chat-health/>
- Helpline for under 25s by The Mix:
https://www.themix.org.uk/?gclid=Cj0KCCQjwpcfHzBRCiARIsAHHzzyZo3TCEkwAkum3duWevgy_wH_dkez2OvQWI2kBXrPb5GkTZS6AjdBERkaAngiEALw_wcB