

MANAGING ISOLATION





UNCERTAINTY




INTRODUCTION

Managing uncertainty can be difficult at the best of times for everyone, especially when you are cut off from friends and family. At the moment the world can seem a very scary place, but you are not alone, it is okay to feel lonely scared, worried or sad.

This booklet will aim to give you some of the facts around coronavirus, some top tips in managing how you are feeling and some resources to look at that may help you further.





IT'S NORMAL
TO FEEL SAD,
STRESSED,
CONFUSED,
SCARED OR
ANGRY DURING
A CRISIS.

Talking to people you trust
can help, such as friends
and family or your fellow
community members.

WHAT?

IS IT?



WHAT IS CORONAVIRUS?

You had probably never heard of coronavirus until very recently but what exactly is it? Coronavirus is a virus similar to the flu, it is spread from person to person (within two meters and through coughs and sneezes. It can cause lots of different symptoms but the main ones are:

- a fever
- a cough



HOW TO STOP IT?

The best way to stop coronavirus spreading is to wash your hand regularly for at least 20 seconds and avoid contact with others. This is why the government have asked us all to stay at home. This means that we should only be with the people who we live with and should stay 2 meters from people outside of our houses, We no longer go to school and we can only exercise out of the house once a day. This can feel very strange but there are ways to manage this.

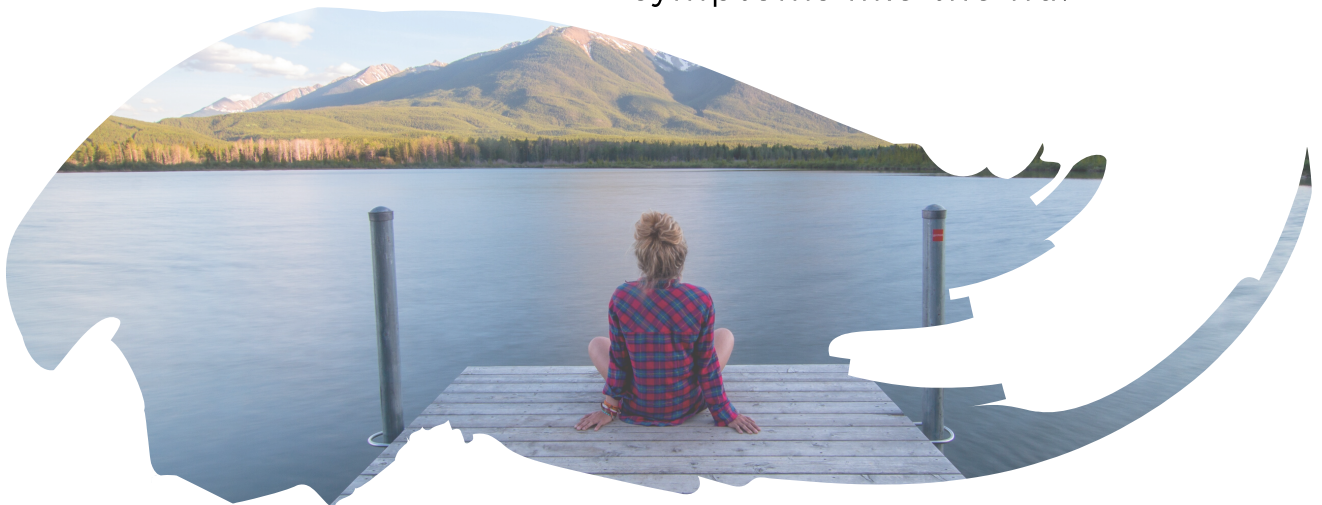
KNOW THE FACTS!

FACTS



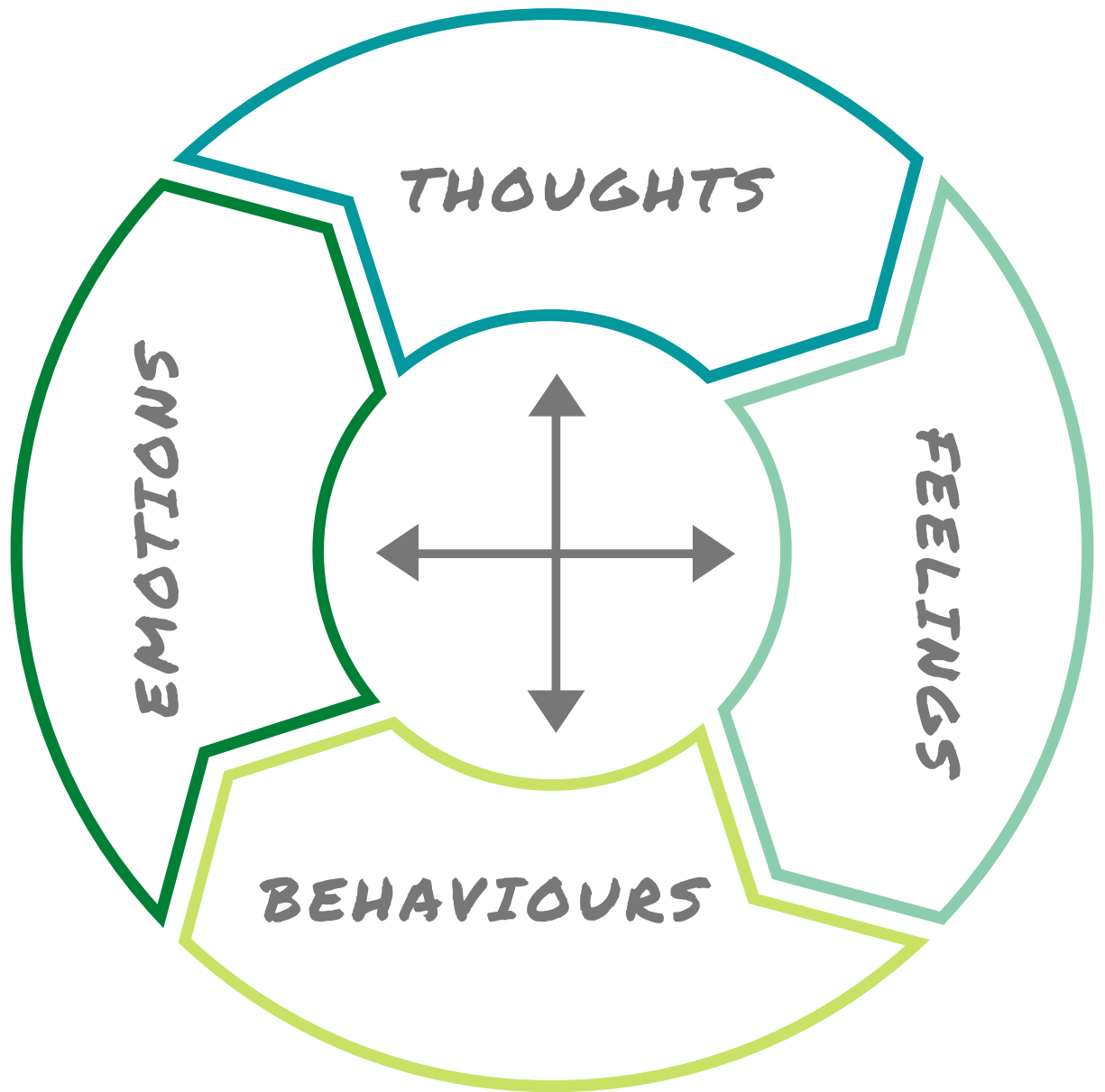
Coronavirus has changed all of our lives for a while and it can be overwhelming and scary to think about, but it is important to know that lots of what we read online is not true, if you want to know what's going on make sure that you look at sites like BBC News or the NHS website.

There are certain people who are more at risk, but that does not mean that people "not at risk" don't have to follow the rules as we all play a part in looking after each other and anyone can get the disease. But whilst people are getting really ill or dying of the disease it is important to remember that most people have mild symptoms like the flu.



HOW THEY ALL LINK TOGETHER

FEELINGS



Feeling isolated can impact on lot of other things and in turn impact on your mood. As not going out seeing friends and doing things that you enjoy, can make you feel sad and have more negative thoughts, which in turn can impact your body for example making you feel tired, restless and tearful.

TOP TIPS

THINGS YOU CAN DO TO HELP WHEN YOU ARE IN ISOLATION

1 Look out for each other, that might be your family, your friends or your local community. But think is there anything that you could do to help other, whilst sticking to the rules. That could be anything from dropping food on a elderly neighbours door step, to calling a friend who is having a tough time.

2 Maintain a routine, making sure you get enough regular sleep, get everything you need to do done and have time to enjoy yourself. There are examples online:
<https://alexandrialivingmagazine.com/news/how-to-homeschool-your-children-during-coronavirus/>

3 Stay in touch with people, just because you can't go out with your friends doesn't mean you can't socialise (see next page for more tips)

4 Be aware of how much time you spend reading or watching information about the coronavirus. The constant stream of information can seem scary and make us feel low. Maybe limit yourself to checking this once a day and only look at reliable sources like the NHS or BBC.

SOCIALISING

STAYING SOCIAL WHILST IN LOCKDOWN

Our social networks directly link to our mood and being in lock down we can feel lonely. Therefore it is important that we stay in touch with those who are important to us. Fortunately we live in a world where technology make it easier for us. On top of your usual online socialising why not try these ways to stay in touch.



- 1 HOUSEPARTY APP or FACEBOOK MESSENGER- These video call platform allows you to video call multiple friends and play games together.
- 2 Join a virtual quiz night and make a team with your friends, or why not host your own.
- 3 Join the online Task Master challenges with your friends and vote for your winner, or is you are feeling really creative why not host your own taskmaster night. Look up #hometasking for ideas.
- 4 Learn something new together, there are so many free amazing classes to join, why not video call while you paint, cook, learn a language, work out.

SCHOOL

DOING SCHOOL WITHOUT GOING TO SCHOOL

It is okay to have mixed feelings about not being at school, you might be happy one moment and then missing your friends and having structure then next. It might seem easier to just avoid doing your work all together. But keeping up with your school work can help keep routine which is really important when you are feeling low and it will also help you when school returns to normal.



GET ORGANISED -

MAKE SURE YOU HAVE EVERYTHING YOU NEED TO DO YOUR WORK AND SCHEDULE TIME TO DO EACH BIT.

REWARD YOURSELF -

YOU ARE DOING SO WELL JUST TO BE GIVING IT A GO WHEN TIMES ARE TOUGH. SO TREAT YOURSELF WHEN YOU COMPLETE A BIT OF WORK.



TRY TO KEEP UP-



TRY TO DO LITTLE BITS OF WORK REGULARLY TO KEEP UP TO DATE WITH WHAT IS SET, SO YOU DON'T GET OVERWHELMED.

ASK FOR HELP -



IF YOU ARE FINDING THINGS HARD, IT IS OKAY TO ASK FOR HELP. YOUR TEACHERS ARE STILL WORKING AND THEY UNDERSTAND THAT WORKING AT HOME MAKES IT HARDER FOR YOU.



STAYING ACTIVE

Exercise has a huge impact on wellbeing not only physical but mental wellbeing too. It is important to stay active even though we may have to change the way we do this to stick to the rules, as this can improve our mood.

Whether you normally exercise regularly or not, the lockdown is likely to have reduced your activity levels.

TRY SOMETHING NEW

There are loads of sites that are making online classes free to access to help keep people moving in lockdown, here are just a few.

Boxing: <https://www.instagram.com/doyourumble/>

Yoga:

<https://www.youtube.com/user/yogawithadriene>

<https://www.youtube.com/user/cexercise>

Dance:

<https://www.youtube.com/user/popsugartvfit>

MAKE THE MOST OF YOUR ONE A DAY

The government have said that we can leave our houses for exercise such as; walking, running or cycling once a day, either alone or with our household. So make the most of that time and get outside. Fresh air is really good for our wellbeing especially when we have been stuck at home.

SCHEDULE EXERCISE IN EVERY DAY

Book in time to exercise in your schedule (see page 15 or join a class like Joe Wicks' 9am PE classes.

<https://www.youtube.com/channel/UCAxW1XT0iEJoOTYIRfn6rYQ>.

EXERCISE



ACTIVITY



It can be very easy when we are feeling low to want to stay in bed all day and not do anything, and this is even more true now we are being told to stay at home. But not doing things means that we do not get the positive feedback from completing a task which actually makes us feel worse. So it is important to keep yourself doing things including the things you have to do and the there is a consequence for not doing them (like school work), the things you should do regularly (like showering, cleaning teeth) and the things that you enjoy.



To help you do this you can use these work sheets, use an app like mood tools or get creative and make your own, bullet journalling can be a great way to do this. Try to schedule at least one activity from each category every day.



ACTIVITY SHEET 1

THINGS I HAVE TO DO

THINGS I DO REGULARLY

THINGS I ENJOY DOING

ACTIVITY SHEET 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ACTIVITY SHEET 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ACTIVITY SHEET 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

RESOURCES

Young Minds info on Coronavirus

<https://youngminds.org.uk/blog/>

Mind - Looking after your mental wellbeing

<https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/#collapse7546>

Mindful gNATs App (Android only)

Free app with activities to help to relax and manage your thoughts.

Mood Tools App (IOS only)

Free app to help you record your thoughts or schedule activities to help manage your low mood.

Unicef - How to deal with the new normal

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

YoungScot - Looking after your wellbeing in a Coronavirus outbreak

<https://young.scot/get-informed/national/how-to-look-after-your-mental-wellbeing>



RESOURCES

Facebook messenger

Use the group video chat function and play games with your friends.

Houseparty

Another app that allows for group video call and and games.

Netflix watch party

Have a movie night with your friends from your own sofa:

<https://www.netflixparty.com/>


Zoom

Use Zoom on your laptop, tablet or phone for a group catch up.

Live streamed dance classes

Why not use one of the apps above and have a dance party on Saturdays with these free live dance classes

<https://www.facebook.com/StepByStepDanceOnline/>



Penpal schools: study together and make friends from across the worlds

<https://www.penpalschools.com/>

RESOURCES

Gloucestershire Health Living and Learning <https://www.ghll.org.uk/>

TIC+ (Teens in Crisis) <https://ticplus.org.uk/>

On Your Mind Gloucestershire <https://www.onyourmindglos.nhs.uk/>

This booklet was created by Young Minds Matter Gloucestershire, part of the School's Mental Health Support Team.

