

# Looking After Your Mental Health

## Keep Active

Build physical activity into your daily routine



## Self-Care

Look at [onmymind.info](http://onmymind.info) for ideas



## Eat & Drink

Drink plenty (not alcohol as that is a depressant). Make sure you eat healthily (It will also help **BOOST** your immune system.)



## Find ways to relax and be creative

Do some craft, colouring, mindfulness, writing, play an instrument, yoga etc.



## Find ways to spend your time

Complete school work, tidy your room, learn a language, etc



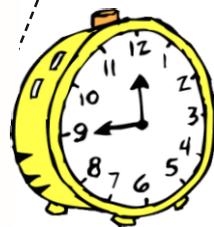
## Sleep

Keep regular sleeping hours. Minimum of 9 hours a night



## Keep to a routine

Get up at your normal time. Keep to your school timetable.



## Read

Find a good book to read



## Connect with people

Keep in touch digitally. Think of a way you can help someone else.



## Connect With Nature

Get as much sunlight and fresh air as you can, whilst maintaining a safe physical distance from others.



# Useful Contacts

If you are feeling overwhelmed by your emotions there are some organisations that can help.

<b>Organisation</b>	<b>Support for</b>	<b>Contact Details</b>
Samaritans	Anything	116 123
Childline	Anything - Online counsellors available	0800 1111 <a href="http://www.childline.org.uk">www.childline.org.uk</a>
Kooth	Free, and anonymous online support	<a href="http://www.kooth.com">www.kooth.com</a>
Young Minds	Anything - Parent helpline available	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
NSPCC	Advice and support	0808 800 5000 <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
Anti-bullying	Bullying	0845 225 5787 or 07734 701221
Calm Harm	Self-harm (Mobile App)	<a href="http://www.calmharm.co.uk">www.calmharm.co.uk</a>
Clear Fear	Anxiety (Mobile App)	<a href="http://www.clearfear.co.uk">www.clearfear.co.uk</a>
A trusted adult in school	Anything	<a href="mailto:safeguarding@wootton.beds.sch.uk">safeguarding@wootton.beds.sch.uk</a>