Looking after yourself in Lockdown

Hi everyone,
I know we are all going through a very strange
and difficult time right now, not being able to see friends and family, not
going to school and not being able to do lots of the things we love doing so we
wanted to share some tips and tricks to keep yourselves busy and practice
self-care during lockdown.

Stick to a routine

I know being at home makes it easy to want to sleep
all day, stay up all night and let the days pass by quickly, but try your best to
wake up when you usually would (ok fine, give yourself a 30 minute lay in!) and
get the things done you need to. Then in the afternoon, when you would usually
finish school or college you can rest and do all the fun things you want to.

Go outside

Fresh air is so important! I can't stress enough
how much difference going outside even for a 10 minute walk can make to your
mood, try and do it first thing to give yourself a good start to the day.

Find a new hobby

Whether you learn a language, brush up on your
baking or become a Michelin star chef, this is the perfect time to become a pro
at something you enjoy. There's YouTube videos to help you learn and apps like
DuoLingo to help with languages, go and explore and let us know what you learn!
The Open University has also made lots of courses free for you to learn
anything from science to psychology!

Play games with your friends over video call

I know we all miss seeing our friends in person,
but we are lucky to have technology so accessible for us, whether it is zoom,
facetime or Houseparty. Get your friends together, play a game or do a quiz to
lift your mood, you could even do different themed calls where you have to
dress up in fancy dress. Make sure you take lots of pictures.

Indoor exercise and Meditation

Apps like Calm and Headspace offer guided
meditations to help you practice mindfulness which can help improve mood and
reduce anxiety. There's also plenty of home workouts available on YouTube,
which can also have the same effects!.