

Tips for looking after you

Stay Connected
 It's really important to stay connected with friends, social groups and family - online, phone or post
 Check out *Thinkuknow* or *Own It*

Build Skills
 Set yourself a challenge – now is a great time to learn a new skill
 Choose a set time and place to complete school work

Be Healthy
 Keep to a healthy routine
 If you're feeling sluggish and tired you probably need to move!

Emotional Check-in
 Notice your emotions
 Notice your mood and what makes you feel better or worse

Be In the Moment
 Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes
 The more you practice the more it will help when you most need it

Plan your Day
 When normal routines have gone it can be disorientating
 Make a plan and **#BeatTheBoredomSheff**

Set some goals

	Activity	M	T	W	T	F	S	S
Example	Walking the dog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay Connected		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Build Skills		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be Healthy		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional Check-in		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be in the Moment		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Review your week

Track your sleep and mood and notice what makes you feel better and what makes you feel worse

Track your sleep

Mon	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Tue	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Wed	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Thu	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Fri	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sat	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sun	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18

Rate your mood

	Mon	Tue	Wed	Thu	Fri	Sat	Sun