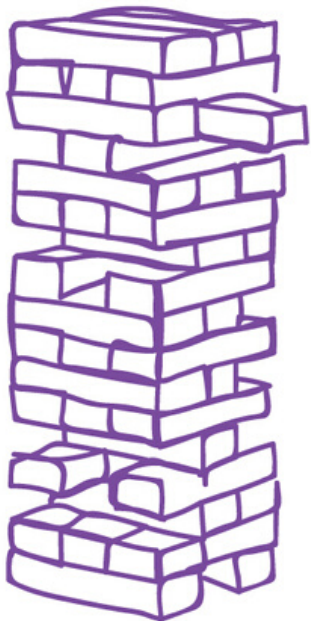


Families Toolkit

Looking after your wellbeing during the coronavirus outbreak

The current situation is difficult for everyone. School closures, parents working from home and social distancing all mean big changes to family life. As we all take important steps to look after the nation's health it's also vital that we look after our mental wellbeing....



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...this short guide will give you tips to keep your whole family busy and well in this difficult time.

Looking after each other

- Be kind to yourself, and each other – this is new to all of us, it's OK if you're not OK, or if you don't have a family plan figured out yet. Remember too that children will be feeling anxious and unsettled, give yourself and each other time and support.
- Don't stop doing what keeps you well – think about ways you can adapt your usual coping strategies but don't give up on them.
- Try and maintain a routine - this can be a big help with anxiety, sleep and mood for all ages. This could include using the five ways to wellbeing – some ideas are on the next page.
- It's ok to ask for help – there are lots of groups offering local support, and lots of online opportunities for help or just someone to talk to. Recognising when you need a bit of help is a positive thing for your family, no one can do it all by themselves.



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Some useful resources:

- [Young Minds](#) have information for young people and parents, including a parent's helpline.
- [BBC Bitesize](#) free learning and activities for all ages and school years.
- [Elefriends](#) online peer support for anyone with a mental health issue.

Homeschooling? Set a routine and make sure everyone has breaks from screens. Its a good idea to take a break every hour.



5 ways to wellbeing...

Connect

Talk, eat and play together. Keep in touch with wider family and friends through calls and online.

Be Active

Follow online exercise sessions together.
Have a sports day in the garden or living room.

Take Notice

Take time to go watch or listen to birds and insects. Check out some bitesize mindfulness.

Learn

Learn a new skill or craft together. Do puzzles or research together.

Give

Support each other – it's hard for everyone. Help each other out with school work or housework.

The Whole Family could...

Keep in touch with friends through calls, messages and social media. Join online interest groups.

Use online tutorials and exercise videos. Get helping out with DIY or gardening.

Take a look at online mindfulness guides. Do some arts and crafts. Take photographs.

Take advantage of online learning from schools / colleges. Teach yourself a new skill.

Help younger siblings with school work, or help parents around the house.

Teens & young adults could...

Write letters to friends and family members. Make postcards to send. Facetime friends or family.

Play in the garden. Build obstacle courses. Dance to some music

Keep a journal or diary. Do some arts and crafts or draw pictures, perhaps about the world around you.

Do a project on something that interests you. Grow some seeds. Help with cooking.

Make pictures, stories and letters for people who are isolated. Make a rainbow to put in the window.

Children could...

Keep in touch through phone calls and messages. Use online platforms such as Elefriends.

Follow online exercise sessions. Stick some music on and get stuck into gardening, DIY or housework.

Take regular breaks, even if working from home. Try to get fresh air (even if just from a window).

Learn with the kids through free online courses. Make time to read, craft or cook something new.

Help with local schemes to support others. Take time to talk and read with the family.

Parents could...