

School of Hard Knocks

# WELLBEING PACK

2020



## How you might be feeling

Right now, you might be worried about coronavirus. This could make you feel helpless in knowing what to do or what not to do, which could make you feel quite stressed. Part of the anxiety that we feel comes from wanting to control things that we can't.

The feeling of being out of control could remind you of a time in your life where you felt unsafe or were worried about the future.

## Making sense of it

During times like this, we need to look after our mental health and wellbeing. You can't always know what's happening, but you can focus on looking after yourself. You might feel more anxious, angry or sad than usual.

You might also find that you have less patience for other people, so you stop spending time with other people. For those of us who already struggle with our mental health and wellbeing, we might feel more depressed or less motivated.

Remember, you have control over how you react to situations, even when it feels like you don't.

## Where to go

We have created a Wellbeing Tip Sheet for you in this pack, but if you need more information, just visit the Mind website ([www.mind.org.uk](http://www.mind.org.uk)).



# Wellbeing Tip Sheet

**1**

## **Recognise what you can and can't control**

Focus on what you can control - like washing your hands! Keep yourself healthy and happy by following the steps in this pack...

**2**

## **Get outside! (where possible and within government guidelines)**

Going for a walk (or run!) will give you your daily dose of vitamin D and make you feel better. Having fresh air will clear some of those potentially negative thoughts and is good for both physical and mental health

**3**

## **Stay connected**

Talk to friends and family about how you're feeling. If you're feeling overwhelmed, reach out to the mental health professionals in the emergency page of this pack. Try to stay in contact with others, even if it's over the phone.

**4**

## **Set daily targets**

Try to achieve something every single day. Something as small as making your bed in the morning, FaceTiming a friend or doing and SOHK workout challenge will make you feel better.

**5**

## **Take a break from social media**

There is lot of fake news which may fuel feelings of anxiety. Try to limit the news by muting key words on Twitter, hiding Facebook posts and feeds if you find them overwhelming.

**6**

## **Yoga for your mind**

Try the following techniques: *Relaxation - Distraction - Meditation*  
There are lots of 'How to' Guides on the Internet for the above, and more information on the Mind website ([www.mind.org.uk](http://www.mind.org.uk))

# Move Your Body

## Why move your body?

You will be used to exercising and moving around which is a good way of helping with emotions and stress. Even though you can't do your usual sporting activities, it's very important that you keep moving your body.

## SOHK weekly challenges

Keep an eye out on our SOHK Youtube page for our weekly physical challenges. You can even record yourself doing it and tag us on social media!

## Home Workout

1. Pick six exercises from the list below
2. Do each exercise for 40 seconds with a ten second break
3. Rest for two minutes
4. Do each exercise for 30 seconds with a ten second break
5. Rest for two minutes
6. Do each exercise for 20 seconds with a five second break

**PRESS UPS    BURPEES    BEAR CRAWL    SIT UPS**  
**AIR SQUATS    CHAIR SQUATS    STAR JUMPS**  
**PLANK    SHADOW BOXING    LUNGES    SKIPPING**  
**JUMP SQUATS    LYING LEG RAISES    TABLE PULL UPS**  
**FOOTBALL KEEP UPS    WALL SQUAT HOLD**  
**RUN UP AND DOWN THE STAIRS**




# What To Eat

## Why is healthy eating important right now?

It is important during this time that you try to eat as healthy as possible. Firstly it will keep your immune system strong, but it will also help your mental and physical health. Follow the tips below to stay healthy.


### Everyday you should try to...

 Eat an orange or a kiwi fruit

 Add a handful of berries to your breakfast/snack (strawberries, blueberries, raspberries, blackberries)

 Eat some green vegetables with your meal (broccoli, spinach, peas, kale)

 Avoid junk food like takeaways & fast food

 Try and limit how much sugar you are eating/ drinking

 Drink plenty of water!

### Ready, Steady...Cook!

Why not get creative with your time by putting on your chef's hat and experimenting in the kitchen? Even better, you might get brownie points for cooking for the family! BBC Good Food ([www.bbcgoodfood.com](http://www.bbcgoodfood.com)) has some brilliant and easy recipes for teens, so there's no excuse!

## Emergency Contacts

### Young Minds

**Website:** [www.youngminds.org.uk](http://www.youngminds.org.uk)

**Text:** 85258

This anonymous text service provides free, 24/7 crisis support across the UK. The service address issues such as: suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues.

### Childline

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

**Ring Free:** 0800 1111

You can talk to other people in the message boards anonymously and get support with all sorts of things like family worries, eating problems, self-harm, phobias, puberty, hobbies, and much more. Exam stress of eating problems, sexting or self-harm, relationships or racism. Childline has info to help you with all sorts of worries

### School of Hard Knocks

**Email Us:** [scotlandschools@schoolofhardknocks.org.uk](mailto:scotlandschools@schoolofhardknocks.org.uk)

School of Hard Knocks is always here to support you. Drop us an email if you have any worries or concerns.