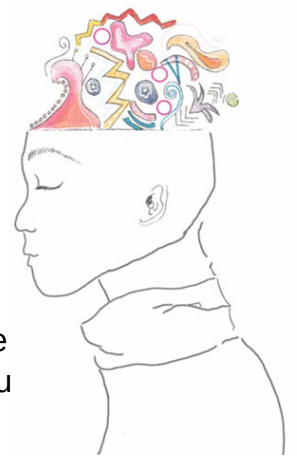




Mental Wellbeing Lifhacks

for coping with COVID-19



Tips written with young people for young people during the coronavirus pandemic. For more information to support you please visit: www.cypsomersehealth.org

1 Be kind to yourself and others

Give yourself permission to nurture yourself and try to be kind to the people around you. You could try using positive affirmations about yourself and others.

2 Create a safe place

Make a cosy space in your home to retreat to when things get too much. You can use it as a calm down space if emotions start running high at home.

3 Build a daily routine

Find the right balance for you between work & play, including times to do tips 4-9 below. Ensure you eat healthily, keep active and get enough sleep.

4 Stay connected

Keep in regular contact with your friends, keep it digital but you could go old school and write to them.

5 Check in with your emotions

Take notice of your feelings, recording them in a diary may help. Make sure you know how and where to get help if you need it.

6 Daily gratitude

Every day, try and think of something you are thankful for. Record it in any way you choose. A tiktok? A song? A painting?

7 Give to others

Try and give something to someone else. Maybe your time? Your co-operation? Bake a cake? Make a gift?

8 Branch out creatively

What new creative adventures can you try at home? For example sketching, song writing, collaging or redesigning your bedroom. There is no limit to your imagination.

9 Go unplugged

Set aside a time each day for a break from technology. Can you use the time to do something that nurtures you? Experience nature? A board game? A bath?

10 Remember this will pass

This time is unprecedented but the pandemic will end. Take time to think about, and note down, what your hopes and dreams are for the future beyond Covid-19.

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