

# 5 ways to wellbeing

## during the Coronavirus epidemic



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### Connect

Try to stay connected to friends and family.

You can play a game or watch a film with the people you live with.

Stay in touch with people on social media. Remember to only talk to people you know.

Use video calls or chat while gaming online.

**Links:**

[www.childnet.com](http://www.childnet.com)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
[www.antibullyingalliance.org.uk](http://www.antibullyingalliance.org.uk)

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### Healthy

Try to get out every day – walk the dog, ride a bike.

You can try PE classes, dance lessons or yoga sessions online

Have a plan for your day. Get up and go to bed as usual, shower and get dressed in the morning and turn off electronic devices before bed.

Drink water and try to follow a balanced diet.

**Links:**

[www.youtube.com](http://www.youtube.com)  
 – 'thebodycoach'  
 – 'otimabuseofficial'  
[www.youngscot.org](http://www.youngscot.org)  
[www.sleepscotland.org](http://www.sleepscotland.org)

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### Learning

Your teacher will set you some school work to keep your brain active.

You can read for fun, research something you are interested in or do a virtual activity like visit a zoo online.

You can learn a new skill. Ask an adult at home to teach you baking, sewing, gardening or DIY.

**Links:**

[www.themathsfactor.com](http://www.themathsfactor.com)  
[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)  
[www.worldofdavidwalliams.com](http://www.worldofdavidwalliams.com)

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### Be Creative

Express yourself and have fun. Play games, make music, draw, paint and make things.

You can write about your experiences – some people are creating time capsules to record what is happening now. Others are taking on the 30 day Lego challenge.

**Links:**

[www.companythree.co.uk](http://www.companythree.co.uk)  
[www.mylockdowndiary.com](http://www.mylockdowndiary.com)  
[www.facebook.com/longcreations](https://www.facebook.com/longcreations)

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### Take notice

This is a strange and confusing time. You might have a range of emotions like anxiety, anger and boredom. All of these are normal. Sharing how you feel can help you connect to other people.

It can be helpful to take time to notice what you are feeling. If you are feeling overwhelmed it's OK to ask for help.

**Links:**

<https://mideps.edublogs.org>  
[www.mypas.co.uk](http://www.mypas.co.uk)  
<https://midspace.co.uk/service/young-people-and-families>  
 CAMHS <https://bit.ly/CAMHSCOVID>

Even in these strange times there is lots of support and help. If you need to talk contact:

**Childline**  
0800 1111

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

Call or use their 1-2-1 messaging chat if you are sad, worried or unsafe 9am-midnight

**Shout**  
85258

[www.giveusashout.org](http://www.giveusashout.org)

Free text service if you need someone to talk to. 24hr a day, every day

**Listening line**  
0131 271 3834

Talk to someone local. Mon-Fri 10am - 4pm

**Parentline**  
08000 28 22 33

[www.children1st.org.uk](http://www.children1st.org.uk)

If parents need advice Mon-Fri, 9am - 9pm Sat-Sun, 9am - noon Also [www.youngscot.org](http://www.youngscot.org) or [www.parentclub.scot](http://www.parentclub.scot)



Midlothian Health & Social Care Partnership

