



Keep Calm and Carry on Tips for Surviving Lockdown!

- Take one day at a time!
- Try to keep some structure and routine – you could design/ develop a timetable of school work and leisure time
- Get fresh air – if you have been told to stay inside then open curtains and windows to let air and daylight in
- Try to exercise daily – use online exercise workouts
- Listen to music/ radio
- Do something creative – draw, act, sing, design, cook, etc
- Talk to someone/ stay connected – friends, family, professionals, helplines
- Use all the wonders of technology to communicate – Facetime, Skype, Zoom, Text, Email, Whats app, Facebook, Instagram, Twitter etc
- Build networks of support in your local community - start What's App groups so support can be offered to neighbours when needed
- Practice breathing to reduce stress and anxiety – breathe in through your nose and out through your mouth (it's helpful to do it to a count of 5/7)
- Try Mindfulness – there are numerous apps – Calm, Headspace, Breathe etc. Mindfulness helps you to stay present/ in the moment and gives your brain a break from the stresses of everyday life
- Practice self-care – do things that help you to feel calm and nurtured e.g. have a bath or shower, have a treat, watch your favourite TV programme, read a magazine etc
- Write a journal – this can help to get your thoughts and feelings down on paper but also how amazing would it be in the future to have these weeks/ months documented?!
- If emotions/ behaviours escalate use the STOP system – **S**top, **T**ake a step back (or remove yourself), **O**bserve (think about) what is happening and why, **P**roblem solve and positive actions – teach this to your kids too!
- Use problem solving skills e.g. what could we do next time, how can we make things better? Stay calm and talk things through
- Focus on the things you can control (e.g. we can't control whether the virus exists but we can lessen the risk of contracting it by following the government guidelines)
- Try to practice positive thinking – the way you think about a situation has an effect on your feelings and behaviour so try to focus on the positives e.g. spending time with the people you love,

- enjoying the sunshine, slowing down the pace of life etc
- Use praise and rewards with kids rather than punishment
- Designate areas of the flat/ house that each person can go to when they need space/ time out
- Share the load – get the kids to help with easy jobs e.g. recycling, washing up/ emptying the dishwasher, polishing, vacuuming etc
- Plan meals to utilise the food you have most effectively
- Have regular family meetings to see how everyone is doing and to discuss any issues
- Choose your battles – the next few weeks are going to be challenging at times so try to stay relaxed and don't put too many rules in place
- Allow time to watch TV/ Films or play on PS/ Xbox etc
- Make a list of all the activities you can do individually and as a family so the children can choose from the list each day
- Have a spring clean and declutter the house
- Try to distance yourself and your children from the endless media coverage of Covid 19 - it can be overwhelming to hear constant updates/ statistics etc
- Keep things in perspective – this is a serious and stressful situation but the vast majority of people will stay well or recover fully
- Plan something special to look forward to once life is back to normal – you could write a family bucket list?
- Most importantly, take care of yourself and the people around you and keep as positive as you can – focus on what you have/ can do and not on what you have lost/ can't do. We will get through this and we might even come out of it with a different and better perspective on life! Keep well and stay safe!