



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
- Spend some time outside if you can (if you live in a flat with a shared communal space then try to make a rota with other residents so you can follow the social distancing advice)
- Go for a walk – remember to stay at least 2 meters away from others
- 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!