

COVID – 19: Mental health and wellbeing

Resources for schools: Pupils

During these times of self-isolation, disrupted routines and social distancing, it is more important than ever to take care of your mental health and wellbeing. There is so much advice out there, which can be overwhelming, so we have put together a few tips and resources to help you by putting everything in one place.

- Plan a timetable for yourself - go to bed and get up at roughly the same times Monday to Friday. **Healthy sleep routines help to keep you feeling positive and boost your immune system.**
- Make sure your new timetable has a balance of school work, physical activity, fun things, rest breaks and on-line social catch-ups with friends. **Be creative - doing lots of different things will keep you entertained, learning, active, moving forwards and motivated.**
- Make the most of the hour of exercise outside. Dust down your old bike, go for a walk and enjoy the fresh air. **Being physically active releases positive endorphins in your body, which will make you feel great and will help you to sleep better.**
- Keeping in touch with teachers through Google Classroom or Microsoft Teams will support you to keep going with your school work. **Problem-solving by asking for help will give you a sense of achievement and develop your communication skills.**
- While you can't go out to your usual clubs or see your friends, make sure to check your clubs' websites to keep in touch and stay socially connected through video calls with friends. **Stay physically distant, stay safe, save lives but stay connected.**
- Unplug from social media and electronic devices and only check in at planned times so that you don't get overwhelmed by news. **Keep yourself well informed so that you can be confident, prepared and reassured, but give yourself a break too and stay in control.**
- Volunteering to help others can help you to stay positive, feel useful and it doesn't mean going out. Do jobs around the house to help parents working from home, keep younger siblings occupied, join a class team to help a friend with their schoolwork, try to get your whole class on a group chat to make sure no one is socially left out or video call your grandparents to cheer them up. **Doing your bit to help others will help you to feel good and will help you stay connected.**

Some useful website links

- The Mental Health Foundation – [advice on staying at home and staying healthy](#)
- The Anna Freud National Centre for Children and Families – [supporting young people's mental health during periods of disruption](#) and [self-care](#)
- The NHS - [mental health helplines](#)
- NHS Lothian CAMHS – [mental health resources for young people & parents/carers](#)
- Young Scot <https://young.scot/campaigns/national/coronavirus>



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