

COVID-19 First Aid Kit

Green - Keep Doing!

Eat regular, nutritious meals and keep hydrated

? Keep a good sleep routine, enough but not too much

? Be active, e.g. exercises at home or a new dance routine— follow examples on YouTube

? Keep doing things that make you feel good, e.g. listening to music or having a relaxing bath ? Talking about things other than COVID-19 ? Find new ways to share experiences that give you enjoyment e.g. a book or film club using Zoom or Houseparty

Gold - Start Doing - "A golden opportunity"

☐ A new hobby, like baking or doing crafts

☐ Learning, e.g. a new language or skill ☐

Strengthen relationships - learn more about your family and friends. How about a "This is your life" style quiz? Or asking your grandparents how they have come through difficult times in their lives?

☐ Support your local community by doing a random act of kindness for someone else e.g. walking their dog or collecting some milk

☐ Write a journal or draw about your experiences

Red - Stop doing

☐ Don't spend too much time watching the news or on social media

❓ Using non-official news sources - Stick to official news sources and NHS / government advice

❓ Limit time spent talking to people who are making you feel more worried