1. **Support tips during social isolation**
2. **Set a routine.** If you are spending more time at home it is important to continue with a regular routine, give structure to your day.
3. **Stay mentally and physically active.** When you plan your daily timetable, have a go at including activities that keep both your mind and body active.
4. **Practice gratitude.** At times of uncertainty, developing a gratitude practice can help you to connect with moments of joy, aliveness, and pleasure. At the end of each day, take time to reflect on what you are thankful for today. Encourage other people in your home to get involved too.
5. **Notice and limit worry triggers.** As the health situation develops it can feel like we need to constantly follow the news or check social media for updates. However, you might notice this also triggers your worry and anxiety. Try to notice what triggers your worry. You might choose to listen to the news at a set time each day, or you could limit the amount of time you spend on social media for news checking.
6. **Rely on reputable news sources.** It can also help to be mindful of where you are obtaining news and information. Be careful to choose reputable sources. The World Health Organization provides excellent information here:
7. *https://www.who.int/emergencies/diseases/ novel-coronavirus-2019/advice-for-public*

Websites for support

https://www.educationsupport.org.uk/ -UK’s only charity providing mental health and wellbeing support services to all education staff and organisations.

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/