



Top Tips for surviving lockdown!

- Take one day at a time.
- Try and keep a routine going – including some school work and family time!
- Plan your meals (will help with limiting waste)
- Share the load – get the kids to help with easy jobs – washing up, hoovering, etc.
- Keep a diary – put your thoughts and feelings down. It will be an amazing document to have in the future to look back at and see how you coped.
- Spend some time outside – if you have a shared garden make a rota to help follow social distancing (2 metres apart).
- Exercise – even if it's for 10 minutes (there are some great online programmes).
- Do some creative activities – art, draw, dance, build a den.
- Have a spring clean.
- Stay connected – call, text, Facetime, skype, zoom, use social media.
- Practise self-care – do things that make you feel calm and relaxed – have a bath, watch your favourite film/TV programme, read a book.
- Focus on what you can control.
- Have spaces in the house where people can go if they need space.
- Plan something nice to do when this situation is over on your own and as a family – make a bucket list.
- Reframe your thoughts – for every negative there is a positive. Flip your thought. 'I'm stuck inside' to 'I'm able to have quality time with my family',
- When emotions start to run high or behaviours start to escalate, follow the stop system;

Stop

Take a step back (or remove yourself)

Observe (think about) what's going on and why

Problem solve and take positive actions.