

School of Hard Knocks for Schools

Wellbeing Pack

Managing the Effects of
COVID-19 and the UK Lockdown



How you might be feeling

COVID-19 has taken us from what was familiar, safe and secure, to facing new and unfamiliar challenges. The situation right now might make you feel scared, worried, unsure, angry and/or lots of other emotions. But this is normal. It is okay to feel this way as COVID-19 is testing what we know about the world and ourselves, our resilience and how we are able to understand what is happening.

What to expect

With everything that is happening, it's normal if you're feeling stressed or upset. We have created a follow up well-being pack to help you out. This pack has four main areas which should help improve your mental well-being and hopefully make you feel a bit better.

Where to go

Over the next few pages you'll find lots of different well-being tips and a 30-day self-care calendar. Not everything will work for everyone, but make sure you try a few different techniques to find the right exercises for you. If you need more information than this handbook, check out [mind.org.uk](https://www.mind.org.uk).



Why you might be feeling the way you do

These are difficult times. Our lives seem out of control: school, friends, and health. You may feel like you have no control over your life at all. Feeling overwhelmed can creep up on you. But it doesn't have to be that way if you know how to control the controllable. Try and let go of the things you can't control. Things like when you can next hang out with your friends or when you will be going back to school.

Instead try and focus on the things you can control: FEAR

Focus

Effort

Attitude

Response

This exercise will help you with how you deal with things that are out of your control.

What you can do to help think positively

Using FEAR (Focus, Effort, Attitude & Response) will show you that you have control over your choice and response/reaction. We can choose what is important to us and let go of the things that are not good for us.

Things to let go of

- Friends that moan all the time
- Friends that drag me into arguments
- My hair getting too long
- Unhealth habits (smoking, energy drinks)
- Other people putting me down

Things that are important

- My family
- My close friends who I can trust
- My pets
- Staying fit and getting fitter and stronger
- Self-belief and working on my strengths

How to use FEAR

FOCUS

We can choose what we concentrate on and how much attention we want to give something. Let's figure out what is important and what is not in our lives.

EFFORT

Effort is a choice. In any given moment you can choose to give 100% effort. Consistent effort leads to increased success.

ATTITUDE

Positive attitude = success. Attitude is all about how we choose to see everything that happens to us.

RESPONSE

We control how we choose to respond and react to everything that happens to us in our lives.



Staying connected with yourself



Staying connected with others

Positive chats with other people are really important to help us feel less lonely and to help support other people. Here is a bingo game with ideas for staying connected with others. How many can you tick off this week?

Keep in touch with friends and family by phone and video call if you can.

Can you schedule in one different call each day?

Cook a meal for or with your family.

Do something kind for someone in your family and/or a neighbour each day (at a distance!)

Go for a walk or jog with someone who lives in the same house as you.

Make a TikTok video with someone in your house.

Watch a programme or listen to a podcast with someone and then discuss it.

Stay connected to School of Hard Knocks through the website and Youtube channel.

Stay connected to school by doing some work to keep your mind active.

Have a movie night with people in your house. Make it like a trip to the cinema and make some popcorn!

Social Media

Social media can be important during this time

Social media is a great way of keeping in contact with friends and family. It is even more important during social distancing. Using apps like Facebook, Twitter, Snapchat, Tik Tok and WhatsApp are all great ways to keep in contact with friends and family by using the messengers and videocalls.

However, it's also important to not believe everything we read...

Social media helps us to keep up to date with what is going on but not everything we read on social media is true. Some news is 'fake news'. Sometimes the things that are posted on social media are not always 100% true and can be very scary to read. It is important not to always believe what you read on social media.



There are lots of other reliable places where you can look to get the right information about what is going on right now. Below are a few examples.

[Sky News](#) [ITV](#) [NHS Inform](#) [World Meter](#)

And it's okay to take a social media break

Although it's important to stay in contact with people during this time, we must also try and take some breaks from social media. Spending a lot of time on social media is not healthy. Taking regular breaks will help reduce your anxiety and help improve your mental wellbeing. Below are a few things you can do when you take a break from social media.

**Put your phone on
silent/ do not
disturb**

**Go for a
walk/run/cycle**

**Try doing an SOHK
Challenge!**

Tools to help you think positively

Relaxation

Relaxation can be a great tool to help you to control how you're thinking and feeling. Lots of athletes use relaxation techniques before and during their competitions to get them 'in the zone'. Here are a few that you can try.

Try taking a few deep breaths

Breathe in for four seconds, hold for two seconds, then breathe out for six seconds. Repeat until you start to feel your body and mind relaxing.

Tense and relax each of your muscles

Start at your face. Clench your jaw, then release it. Work your way down your body, tensing and releasing as you go. Take your time. Here is a check list of parts of the body: shoulders, arms, hands, stomach, legs and feet. Notice how you feel. Did you hold tension in one muscle? Do you feel any different?

Distractions

Having a distraction can help you focus on something else if you are feeling worried, sad or angry. It may seem like a hard thing to do, but distractions can be helpful in regulating your emotions. We have come up with a few ways that you can distract yourself from negative thoughts.

Count things around you (e.g. how many items are blue)

Go for a walk

Find a new TV series

Videocall someone

Get arty! Paint, doodle or draw

Watch a film

Do an SOHK Challenge

Listen to music

Count backwards from 10/25/50 etc.



Grounding

Grounding can pull you away from difficult emotions, stressful experiences and unwanted thoughts. It helps you to refocus on the here and now.

5-4-3-2-1

Have a look around. Name five things that you can see, four things you can touch, three things that you can hear, two things that you can smell and one thing you can taste. Don't worry if you can't remember which order to do it in. By the time you have noticed all of these things, you should feel more present.

Let's get chilly

Put your hands into cold water. Focus on the temperature. How does it feel on your fingertips, palms and back of your hand?

Mindfulness

Mindfulness encourages us to take note of how we feel and what we are thinking and looks at how these two things connect. It also helps us to notice world around us, bringing us back to the present.



SOHK Self-Care Calendar

Day 1 Call a family member or friend who is far away and have a chat with them.	Day 2 Write a list of things that make you feel good. Do as many of those things as you can.	Day 3 Leave three happy notes for someone else to find in your house.	Day 4 Visit the SOHK website and look for 'Online Resources'. Watch a wellbeing video	Day 5 Arrange a videocall with your friends
Day 6 Try doing a mindfulness video on YouTube (or Headspace or Calm).	Day 7 Say something positive to someone you know today	Day 8 Do something to help a friend or family member today.	Day 9 Make a list of the things you want to do once lockdown ends.	Day 10 Take a selfie and write down 5 things that you like about yourself.
Day 11 Draw a picture of something you can see out of your window.	Day 12 Sit quietly in a room and focus on your breathing for 3 minutes.	Day 13 Visit the SOHK website and look for 'Online Resources'. Do a challenge.	Day 14 Think of two role models. Why do these people inspire you?	Day 15 Send positive messages to as many friends as you can.
Day 16 Have a break from social media for two hours.	Day 17 Watch your favourite film and try to stay off your phone.	Day 18 Go for a walk and take a picture. Post on social media to let people know what you've been up to.	Day 19 Make sure you get 8+ hours sleep tonight. Notice how you feel tomorrow.	Day 20 Go for a walk somewhere quiet and relaxing.
Day 21 Find three inspirational quotes and write them down.	Day 22 Write down three things that you are grateful for	Day 23 Create a digital photo collage using five images.	Day 24 Check in with your favourite YouTuber or Influencer	Day 25 Make a playlist that makes you feel good. Share it with a friend.
Day 26 Tag or share a photo with a friend that brings back happy memories.	Day 27 Try to have 5 pieces of fruit and vegetables today.	Day 28 Wear your favourite clothes today to make you feel great.	Day 29 Search "The Body Coach" TV on YouTube. Try a workout.	Day 30 Look at the last 10 photos on your phone and think about how they make you feel.