



The Federation of Hackbridge  
Primary School & Spencer  
Nursery School  
Wellness Guide  
For Parents and Carers

# Taking Care of Yourself

- Coping with Social Distancing
  - Health & Nutrition
    - Stress & Sleep
- Make Time to Laugh and Have Fun

# Coping with Social Distancing

Staying physically away from other people does not mean having to totally isolate yourself

Maintain friendships as you would on a normal day, except not in person

Set up phone calls and video calls with friends and family

Share your anxieties with someone; keeping your fears bottled up in the effort to remain positive will not help in the long run

Seek help if your feelings of anxiety or hopelessness get out of control

# Health & Nutrition

Write a shopping list to help avoid panic buying. You could menu plan and try some new recipes!

Buy fruits, vegetables and meats and freeze some portions for later use.

Boredom and stress eating is a common reaction; try to plan meals and keep yourself busy during the day.

Go for runs or walks outside or find online workouts to try at home. 30 minutes, 3-4 times a week is great!

Find Yoga or Pilates workouts online. These are great exercises and help manage your stress.

# Stress & Sleep

- Take breaks from watching, reading or listening to the news
- Still stay informed to avoid stress that you are missing something
- Do something relaxing before bed like meditation or mindfulness
- If you can't sleep, get out of bed and do something to break the cycle
- Try writing a diary or journal to express your feelings and experiences
- It is important to give yourself a phone curfew, especially if you are having trouble sleeping

# It's okay...

- To acknowledge that this isn't normal, despite trying to keep routines
- To be disappointed about cancelling plans you had made
- To worry about yourself and loved ones
- To be angry about having to live through this
- To feel anxious
- To feel upset or sad
- To need support
- To need some alone time
- To want to leave social media or block out the news
- To want to read the news all day
- To still laugh
- To cry

# Everyone's experience is unique

Everyone reacts differently during difficult times

Your own feelings may change over time

Cope in whatever way works best for you

Make sure to take care of your emotional health

Notice and accept how you are feeling

Self-care during an emergency will help in the long term

# Things to Remember

These tough  
times will end

Our lives may change  
as a result of what's  
happening, but we are  
able to adapt

You have the  
strength to get  
through this

Take care of  
yourself

Use this time  
to cultivate  
skills and  
hobbies you  
don't normally  
have time for

You can still laugh  
and find  
enjoyment out of  
life, even during  
bad times

Ask for support  
when needed and  
provide support  
for loved ones



# Resources

## Health & Nutrition

Try looking for workouts online or doing 'PE with Joe Wicks' every weekday at 9:00am on @thebodycoachtv youtube channel

## Coping with Social Distancing

Speak to loved ones often, keep in contact via phone or video call when possible.

## Stress & Sleep

You can download apps such as Headspace and Calm. There are also online resources available via [www.headspace.com](http://www.headspace.com).

*Your children's Teacher or Key Person will keep in contact with you and your family regularly.*