



TAKING CARE OF YOURSELF WHILE YOU ARE AT HOME

1. Stay Active

Taking frequent, active breaks away from devices is an important part of staying healthy.

- ✓ put on some music and dance
 - ✓ work through an online video (search “kids workout videos”)
 - ✓ run up and down stairs
 - ✓ jump rope
 - ✓ stretch
 - ✓ Keeping appropriate physical distancing you can go for a walk, play in the backyard
 - ✓ practice mindfulness
2. Get at least 8 hours of sleep and have a regular sleep schedule. Go to sleep at the same time each night and set your alarm for a regular wake up time. Regular routines are important.
3. Healthy eating – during stressful times our bodies need good fuel to cope. Make sure you are eating regular meals at the same time each day (ex. breakfast, lunch, dinner). Try to stay away from junk food as much as you can.
4. Be kind to your self and engage in positive coping and self-care skills. Do things you find relaxing such as drawing, reading, cooking, taking a warm shower, spend time with your pet, talking to family/friends who make you happy, play video games, watch your favorite Netflix show. We all have different strategies to calm ourselves and take this time to get to know which strategies work best for you.
5. Stay Social and have fun! Eat Meals together with people, play games, connect with your friends virtually through tools such as Facetime, Zoom or House Party (you can play online pictionary!!).
6. Take breaks from the news and social media.

It's important to self monitor and watch for changes in your emotions, mood and behaviour. Changes can signal a need for additional support and/or resources. You may notice you are feeling anxious, preoccupied, or tired, and/or there may be an increase in:

- anxiety
- worrying about self or loved ones
- difficulty focusing
- preoccupation with illness
- need for reassurance
- fatigue, stomach aches, headaches, etc.

If you are feeling overwhelmed, your school counsellor is available to support you through email or phone (regular phone or audio call through Teams). You can email him or her and set-up a phone appointment within regular school hours, by indicating:

- a preferred date/time to phone you
- a preferred contact number

Our contact information and other resources are available on our website at:

<https://www.surreyschools.ca/schools/tamanawis/Departments/Counselling/Pages/default.aspx>