

# Tips for looking after you

## Stay Connected

It's really important to stay connected with friends, social groups and family - online, phone or post  
Check out *Thinkuknow* or *Own It*

## Build Skills

Set yourself a challenge – now is a great time to learn a new skill  
Choose a set time and place to complete school work

## Be Healthy

Keep to a healthy routine  
If you're feeling sluggish and tired you probably need to move!

## Emotional Check-in

Notice your emotions  
Notice your mood and what makes you feel better or worse

## Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes  
The more you practice the more it will help when you most need it

## Plan your Day

When normal routines have gone it can be disorientating  
Make a plan and **#BeatTheBoredomSheff**

# Set some goals

	Activity	M	T	W	T	F	S	S
Example	Walking the dog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stay Connected		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Build Skills		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be Healthy		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional Check-in		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be in the Moment		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Review your week

Track your sleep and mood and notice what makes you feel better and what makes you feel worse

## Track your sleep

Mon	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Tue	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Wed	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Thu	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Fri	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sat	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Sun	19	20	21	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18

## Rate your mood

	Mon	Tue	Wed	Thu	Fri	Sat	Sun