



Emotional and physical wellbeing

Keeping positive during the coronavirus pandemic

Everybody is trying to adjust to this unprecedented change to our lifestyles and being apart from friends and loved ones. This can have an impact on the emotional wellbeing for everyone in your family, so it is important to put measures in place to protect wellbeing at this time.

Try to limit the amount of information you expose yourself to about the pandemic. Try to get your news from reputable sources to avoid unnecessary fear and anxiety.

Set aside time each day for exercise, reflection, connecting with others and relaxation. There are lots of ways you can do this.

Mindfulness apps are available on phones and other devices and are a great way to help yourself, even if you have never practiced mindfulness before.

Being able to do physical exercise can prove challenging if you are trying to work from home at the same time as caring for young children or supporting older children in home schooling. It is, however, more important than ever for the whole family to build physical exercise and healthy living into their day, whether that be indoors or outdoors as long as you follow social distancing.

Physical exercise may be something you can do together as a family. There are lots of exercise tutorials on YouTube such as yoga, Pilates or dance.

[Joe Wicks is offering daily PE classes on his YouTube channel.](#)

Try these easy [10 minute work outs](#) from Public Health England.

The [NHS Fitness Studio](#) provides a range of fitness videos that can be done at home.

Government of Jersey guidelines allow you to go walking, cycling, running, or exercising outside, provided you maintain social distancing from everyone outside your own household. Take advantage of Jersey's open spaces (beaches, coast and countryside) where you are able to do so and where you can remain spread out from other people (avoiding narrow paths).

[Jersey Sport](#) has written some guidance for exercising outside.

Try to do the 'COVID 5 a day', which is a daily set of goals or practices that fall into five categories:

1. Have some fun Laughter, play and having fun are all great resilience resources. Carve some time out for fun or down time
2. Take some time for me! Make some time for yourself. Give yourself permission to have personal space because everybody needs it. This could be going for a run or walk, listening to music or reading a book. You could look at doing something positive for yourself by undertaking a personal project such as learning a new skill or taking up a new hobby
3. Compassion and kindness Showing self-kindness, tolerance, and helping others is proven to support your resilience and will prove useful during the current pandemic. Showing compassion towards others can be a wonderful tool to support your own wellbeing and can promote a community of caring and love
4. Interaction with others You and your family could all be struggling with how to keep in touch but it is important that we keep connected in as many different ways as we can. It will help you see and relate to others in the same situation.
5. Be positive Although it may prove challenging during this pandemic, developing a positive attitude can help you manage challenges and grow your personal resilience. Perhaps you could even make a list of everything that you are enjoying more now, from the chance to appreciate birdsong, to having a really good spring clean!

Talk as a family about how you could achieve your '5 a day'.

Useful information on mental health:

[gov.uk](https://www.gov.uk) The UK Government has published some useful guidance on mental health and wellbeing during this time.

[The Mental Health Foundation](https://www.mhfd.org.uk) is part of the national mental health response providing support to address the mental health and psychosocial aspects of the Coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care.

[Young Minds](https://www.youngminds.org.uk) is a national charity supporting children and young people's mental health.

[Anna Freud Foundation](https://www.annafreud.org) are a children's mental health charity and have advice on supporting your children's emotional wellbeing during this time.

[Mind Ed for Families](https://www.mindedforfamilies.org) provides information on supporting your child's mental health.