

Let the outside in

- Spend time with the windows open to let in fresh air.
- Have flowers or potted plants in your home.
- Use natural materials to decorate your living space, or use them in art projects. This could include leaves, flowers, feathers, tree bark or seeds.
- Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky, or watch birds and other animals.
- Grow plants or flowers on windowsills. For example, you could buy seeds online or look for any community groups that give away or swap them.
- Look at photos of your favourite places in nature. Use them as the background on your mobile phone or computer screen, or print and put them up on your walls.
- Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one, or open your front or back door and sit on the doorstep.

Handwashing

For people with OCD and some types of anxiety, being constantly told to wash your hands can be especially difficult to hear. The Mind Charity recommend:-

- Don't keep re-reading the same advice if this is unhelpful for you.
- Let other people know you're struggling. For example, you could ask them not to remind you to wash your hands.
- Breathing exercises can help you cope and feel more in control. You can find a simple breathing exercise on the NHS website. Our pages on relaxation also have some exercises you can try, and other relaxation tips.
- Set limits, like washing your hands for the recommended 20 seconds.
- Plan something to do after washing your hands. This could help distract you and change your focus.

Wellbeing and the media

- Limit the amount of time you spend reading or watching things which aren't making you feel better.
- Decide on a specific time to check in with the news
- Stay informed by sticking to trusted sources of information such as government and NHS websites
- Mute key words which might be triggering on Twitter and unfollow or mute accounts
- Mute WhatsApp groups and hide Facebook posts and feeds if you find them too overwhelming

Wellbeing Champions and You

- All academies also have a wellbeing champion who can provide you with a poster of tips to assist your wellbeing at home.
- The Trust also offers a range of professional services. If you would like to discuss these, please contact your HR Business Partner (FederationHR@priorityacademies.co.uk).

Staying fit and well

- 20 minutes of aerobic exercise a day is recommended, this can even be a gentle walk through the countryside. There are multiple benefits to a bit of fresh air.
- There are a many exercise you can do at home with plenty of resources online,

Keep hydrated

Mind recommend drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. It could help to set an alarm or use an app to remind you.

Staying connected

- Increasing numbers will join those already in self-isolation so now might be a good time to make sure you have the right phone numbers and email addresses of the people you care about.
- Agree regular check-in times and feel connected to the people around you
- If you're self-isolating, strike a balance between having a routine and making sure each day has some variety.