

**St. Thomas More RC Academy
Self-help tips during COVID-19 2020**

Now, more than ever, we need to take care of ourselves both physically and mentally. Let us be conscious of the symptoms of COVID-19 (a cough or a fever) but also look after our own mental health so we may stay mentally fit and well.

We should also be conscious of others and consider how those around us may be struggling.

Remember to:

* Keep healthy – exercise, eat well, sleep well, and stay connected with others
* Stick to a routine – or you may become jet lagged!
* Be mindful – take notice of your surroundings (even if you’re stuck inside!)
* Help others where possible – share thoughts and ideas about how you can be in touch with those who need it

Use the following links for information and tips to help you through times of stress and anxiety:

Action for Happiness – Coping Calendar:

<https://www.actionforhappiness.org/media/863032/coping_calendar.jpg>

Headspace are offering free resources/meditations through their website and their app:

<https://www.headspace.com/covid-19>

<https://assets.ctfassets.net/v3n26e09qg2r/5vZzE6BQKS1G157ZttoVm2/43830f291f98616b2e45de064444fb1e/hs_for_educators-and-parents_COVID-19_final_2.pdf>

Anxiety Canada have a helpful article on keeping well and extensive resources for parents and young people

<https://www.anxietycanada.com/>

<https://www.anxietycanada.com/articles/what-to-do-if-you-are-anxious-or-worried-about-coronavirus-covid-19/>

**Other resources**

Information about local services and how they are affected (North Tyneside Council)

<https://my.northtyneside.gov.uk/page/26134/coronavirus-covid-19>

Coronavirus: How did it start, what are the symptoms and other FAQs (CBBC Newsround)

<https://www.bbc.co.uk/newsround/51877454>

Overview and Stay at Home Advice (NHS)

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Coronavirus: What you can do (UNICEF)

<https://www.unicef.org.uk/coronavirus-facts/>

**Emergency contacts**

Police – 999 for emergencies / 101 for non-emergencies

Social Services (North Tyneside) – 0345 2000 109 (office hours) or (0191) 200 6800 (out of hours).

Social Service (Newcastle) - 0191 277 2500 (office hours) or 0191 278 7878 (out of hours)

Childline (24/7 free) – 0800 1111

Samaritans (24/7 free) – 116 123

National Domestic Abuse Helpline (24/7 free) – 0808 2000 247

Women’s Aid 24/7 helpline – 0808 802 1414