

## THE PARTICIPATION TEAM

### TOP TIPS FOR STAYING POSITIVE!

We know that another lockdown is worrying for lots of you. On top of that, staying in the house all the time or only leaving it to go to school can be frustrating and boring. At this time, it's really important for everyone to look after their mental health. So, the Participation Team have put our heads together (from a safe distance!) to create our top tips for staying positive!

#### **Don't bottle up your worries**

Talk to a trusted adult like your Foster Carer. You can also let your workers know how you're feeling using [Mind of My Own](#).

#### **Talk to your friends and family**

Stay in touch with your friends virtually making safe use of technology.

#### **Do the things you like!**

Keep your mind busy doing other things you enjoy; read a book, paint, watch a tv show, play a boardgame, learn a new skill...Be creative!



#### **Eat well and drink lots of water**

Eating and drinking regularly can improve your mood and energy levels.

## **Plan your day**

If you aren't going into school during this lockdown, follow your ordinary routine - get up and go to bed at your normal times as much as possible and plan how you will spend your day including time to do your schoolwork and relax.

## **Learn about the virus from trustworthy sources**

Get your news from reliable sources not social media. If you're younger, [Newsround](#) has lots of advice to look at too.

## **Stay organised**

Keep your bedroom and other areas of the house clean and tidy especially the areas you are using to do schoolwork.

## **Stay active**

You might not be able to get out and about or take part in your usual clubs and teams but try to exercise regularly. There's lots online to keep you busy too!



## **Try not to worry about the things you can't control**

Concentrate on the things you can, like staying indoors and washing your hands carefully.

## **Get in touch:**

Why not let us know what you are doing during this lockdown? Do you have any advice for other young people?

Contact us by emailing [VSK\\_Participation@kent.gov.uk](mailto:VSK_Participation@kent.gov.uk)

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