

Looking after your mental health when physical distancing, for young people



These top tips have been developed by mental health youth workers and young people, with and without lived experience of mental health problems from across Europe. They are not 'one solution cures all', but just suggestions on ways to look after yourself when having to physical distance (you do not have symptoms, but have to stay at home):

- **Stay Social with friends & family** - This couldn't be more important - to share how you feel, anxious or happy, play games, watch a film, have a glass of wine (for those old enough!) - many online tools to do this such as Hangouts, Netflixparty, Zoom and more - Don't be alone at this time it is easier going through things together.
- **Exercise & Creativity** - See what you can find online, local sports club digital classes, 'how to' videos, dancing to your favourite songs, it is all good.
- **Outdoors** - simple, do your exercise outdoors whilst you still can, with responsible physical distancing, use local nature.
- **Routine** - Keep some sort of routine to your days. School days get up, get dressed, text friends you usually walk to school with, have a study space. Do the same for spare time, keep digitally 'meeting' with your sports club, or sewing group etc.
- **House share** - If you are physical distancing with friends/other people, if you haven't already, make a 'house/flat plan', including cleaning, cooking and socialising together.
- **Studying** - Create a specific study space for weekdays and homework. Set up a 'school' text/chat group to keep each other motivated and ask each other for help, but try not to let it distract you either.
- **Volunteer (if safe)** - Help those in amore difficult situation, such as elderly, or those with chronic illness.
- **Be Kind to self & Others** - These are extraordinary times, give yourself a break if you are not as motivated as usual, THIS IS OKAY! If a friend is having to self-isolate, make sure you check in with them, maybe post a handwritten note or chocolate through their door (with gloves).
- **Fun & Positivity** - Keep putting fun things in your diary, whether that is small or big, from reading, having a chocolate bar, or plan a digital party for the weekend - it is really important to have something to look forward to.
- **Recognise time** - Lastly, don't 'kill time'. This can add a feeling of anxiety in some cases.

If you are a young person and would like to share your tips, or share your #covid19youth story as a blog or vlog with us, then please get in touch info@eymh.org - your stories can inspire and help other young people, locally, nationally and internationally during these difficult times.