# Highfields Inclusion Partnership
## *Staying Well at Home*

With the current Coronavirus / COVID-19 situation, many adults and young people will find themselves at home for weeks on end. Whilst this can be precious time for family - a time where great memories can be made - it is also a risky time for our well-being.

Below are seven top tips to help you through this period of time. Please put this on your fridge or somewhere else where you can see it as a reminder.

1. Set / maintain **a daily wake up alarm** - and keep a regular bedtime. This will avoid you slipping into irregular sleep patterns or, worse still, 'sleep reversal' where you sleep in the day and are awake throughout the night.

2. In the words of the NHS, **"dressed is best..."** When you wake up, follow your usual weekday routine. This prevents you feeling lethargic and without purpose.

3. **Keep a clear sense of the passage of** time by placing a calendar or other day / date counter somewhere prominent. Keep the weekends as weekends.

4. During the weekdays, **keep your diet similar to that you would have when in school / at work**. If you have a sandwich each day for lunch then stick to it!

5. You might not be able to undertake 6 - 8 hours of 'work' but try to have **at least two hours in the morning and one hour in the afternoon where you undertake some 'task'** - be that work assigned from school / workplace, household chores, job or college applications and/or exercise.

6. Keep to an **'information diet'** - keep an eye on your consumption of social media and rolling news, try to avoid more than one hour of constant use.

7. **Put aside time to be alone** - go for a walk or into the garden if things feel tense with relatives. Remind yourself regularly that as much as you love them, you don't usually spend 24 hours with them - and it's OK to recognise that!