

Looking After Your Mental Wellbeing

In order to keep a healthy mind, it is important to address each area below every day. If we leave out some areas, or overload in others, we can begin to put our mental and emotional wellbeing at risk. Use this activity sheet to plan out example activities you could realistically complete every day during school closures to keep your mind healthy. The more examples you create, the more variety you will have to choose from!

Sleep Time

Plan how many hours you would ideally, but realistically, have each night.

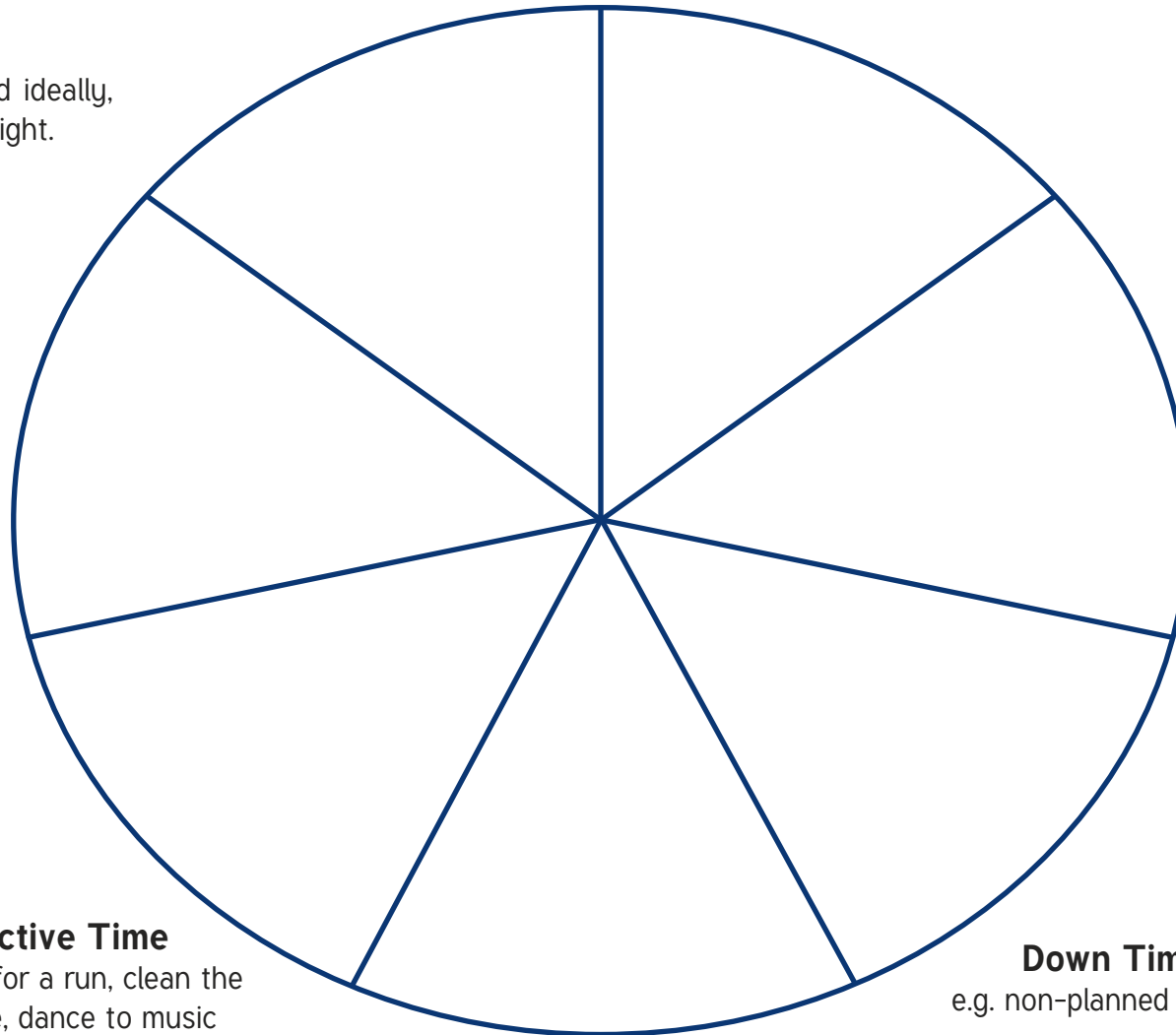
Focused Time

Choose a manageable project that you would like to make some progress on with any new spare time that you may have. There is no need to set a target to complete it, just see how far you get!



Active Time

e.g. go for a run, clean the house, dance to music



Time In

e.g. meditation and mindfulness

Connecting Time

e.g. time socialising remotely with family and friends

Work Time

This may be time spent in a school setting or working remotely at home, or you may be assisting a vulnerable person. Try to maintain a routine where possible.



Down Time

e.g. non-planned activity