

# School Nurse's Health Tips

## HOW FAMILIES CAN KEEP ESSENTIAL MENTAL HEALTH HABITS GOING DURING SELF ISOLATION

01



Regularly check in with each other. How are you feeling today? Is there anything I can do to help you?

02



Focus on staying connected to friends and family through using a range of applications

03



Schedule time into your week where you can all do something together that provides you with a sense of achievement

04



Encourage and support each other to stay active. Walk around the garden or get active indoors with some group activities

05



Schedule in routine and necessary things that you would like to achieve from your week. This helps reduce disruption and increase control

06



Give each other time and space. Respect each other's down time

07



With your family identify things that provide each of you a sense of pleasure and schedule into your week

08



Set some guidelines that you can all work towards (E.g we will make sure to sit down and each dinner with each other every night)

09



Identify some self care activities you can do together (family meditation) and individually to provide a sense of relaxation

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Worries and anxiety about COVID-19 and its impact can be overwhelming. Below are a few tips from local therapist, Jennifer Sullivan, LPC, to help in maintaining your positive mental health in the current days of social isolation.

- ◆ **Tell yourself something positive.** Research shows that how you think, ultimately affects how you act and feel.
- ◆ **Write down something you are grateful for.** Gratitude has been associated with improved mental health, an improved sense of wellbeing and happiness.
- ◆ **Move your body.** Your body releases stress-relieving and mood-boosting chemicals called endorphins before and after you workout. Exercise is a powerful antidote to stress.
- ◆ **Eat a good healthy meal.** What you eat nourishes your whole body, including your brain. Foods such as fish, nuts, and flaxseed can improve brain function and mood.
- ◆ **Open up to someone else.** Knowing you are valued by others is important for helping you think more positively and overcoming the negative aspects of life. Attempt to connect daily with another person, following social distancing guidelines.
- ◆ **Take breaks.** In those moments when it all just seems like too much, step away for a moment!
- ◆ **Go to bed on time.** Sleep restores both your mind and body. Try to go to bed at a regular time each day, and practice good habits to get better sleep.

### HELPFUL RESOURCES:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

[https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

**\*\*For questions or concerns please contact your School Nurse**

