

Khulisa's Wellbeing Toolkit

Being isolated in lockdown and having big changes to our normal lives is likely to cause you to feel anxious, worried and scared. This is normal, and there are things you (and the people you live with) can do to make this time as manageable as possible. To stay well when everything is changing we need to look after our emotions and our bodies.



While reading this guide, lookout for the light bulb for tips and techniques you can use to protect your wellbeing in these challenging times!

How you can improve your wellbeing

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1 What to do if you're worried about your health

Take a moment to reflect on your well-being. On a scale of 1-10, how well do you feel right now...? Physically? Emotionally?

If you are worried about your physical health get advice from NHS 111. If you think you have coronavirus DO NOT go to a GP surgery, hospital or pharmacy.

If you are worried about your emotional health (e.g. feeling lonely, depressed, anxious, suicidal etc) there are places you can reach out for free and professional support:

1. The Mix <https://www.themix.org.uk/mental-health> offers online advice, as well as a phone line (0808 808 4994) and a text crisis line (text THEMIX to 85258)
2. Young Minds Crisis Messenger – text YM to 85258
3. Call Childline on 0800 1111

It may help if you see this pandemic as a unique period in your life, even though it wasn't your choice to go through this, there may be opportunities that come out of it, for example finding new ways of being in touch with people, learning more about yourself and trying new things.

This survival pack includes loads of different ways and ideas to look after your body and your mind. Some of the things in this survival pack might sound a bit weird, but they are all things that have helped others, including the staff who work at Khulisa. We suggest trying as many of the ideas as possible before deciding which ones work best for you.

2 Build a routine

You will notice that you have more time than normal – you are no longer travelling to and from school and you are unable to fill your free time in public spaces and hanging out with your peers. Having so much time can be a good thing or a bad thing – if you take control of your time, and make a routine you can turn this into an opportunity. Each night fill in a timetable you can find a template [here](#) that identifies what you plan to do the following day.




Below are 9 ideas that you could include in your timetable each day. All of them are tried and tested ways of making sure you get enough of everything you need to stay healthy, and as positive as possible during these challenging times.

1. Get dressed every day (even though it's tempting to stay in your pyjamas!)
2. Exercise ([Click here for exercise ideas](#))
3. Eat a balanced diet and drink enough water
4. Relax ([Click here for ways to relax](#))
5. Socialise online
6. Sleep for at least 8 hours a day ([find out why sleep is so important here](#))
7. Write down things that make you smile, things you are grateful for or things that went well every day ([click here for gratitude exercises](#)).
8. Challenge yourself to try something new each day.
9. Make time to be away from your phone / laptop, and be careful about what you read online ([click here to find out why this is important](#)).


3 Exercise!

Exercise is proven to be great for helping your mind, brain and body stay healthy and feel good! Any kind of movement is good for you.



I am happy with how active I am 😊

Take a moment to think about how active you are already. Which of these statements is true for you?



I wish I was more active 😞



Below are some (free) ideas and apps to help motivate you to get moving!

Go outdoors While we are currently advised to self-isolate, stay indoors and social distance, we are still allowed to go out once per day for exercise. You could go for a walk or a run.

Short exercise workouts You can create your own workout e.g. 1 minute running on the spot, 1 minute jumping jacks, 1 minute squats, 1 minute press ups, 1 minute burpees, 1 minute sit ups etc. If you need inspiration - try [7-minutes workout](#), [Gymondo](#), or [Fiit](#))

If you have access to a **skipping rope**, a **trampoline** or a **punchbag** these are also great ways to get moving!

Pillow Beating A great way to let out anger, frustration and anxiety when it builds up is beating a pillow. This helps your body release tension and gets you moving.

Online high intensity workouts There are so many workouts online you can try. You don't need much space or any equipment to do them and they provide an online 'coach' / personal trainer to motivate you! **Joe Wicks** has many free High Intensity workouts on YouTube ([check them out here](#)), and also has live P.E. workout sessions every weekday morning at 9.am (that you can catch up with later if you miss the live action!).

Yoga Yoga can be amazing for helping you get moving as well as helping you relax and breathe. There are many free online yoga sessions which don't require much space or any equipment, for example **Yoga with Adriene** on YouTube ([check out her YouTube channel here](#)).

Dance Put on your favourite songs and dance around! Dancing is a great form of exercise and the combination of movement and music helps you both relax, release tension and feel good! You could challenge yourself to learn a dance you've seen on **TikTok!**

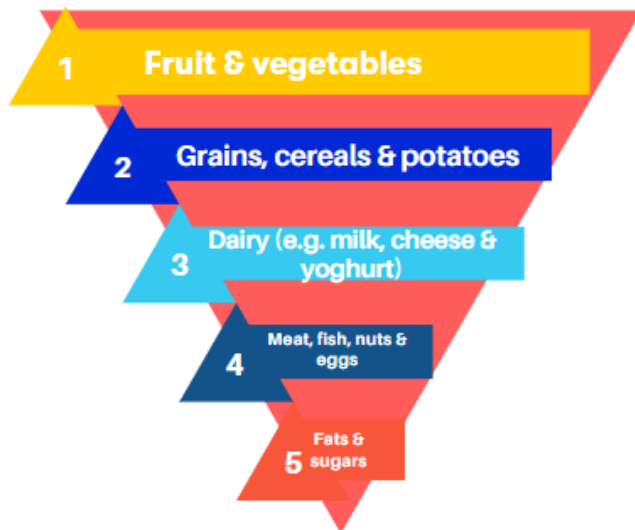


Tip: It can help to do this with a friend or someone at home to help you stay motivated - even if it's via WhatsApp, FaceTime, Zoom or another virtual platform.

4 Eat a balanced diet

Eating a balanced diet is important for good health and nutrition, and can also help us balance our **moods**, improve our **sleep** and **protect us** against getting ill.

A balanced diet includes:



For a balanced diet you need to eat things from every category, but the higher up the pyramid they are the more you need of them!

I have a balanced diet 😊

Take a moment to think about what you eat. Which of these statements is true for you?

I can improve how well I eat 😊



Being on lockdown can be a good time to try something new, and making something you can share with others can help you feel more positive. Below are some recipe ideas you could try out – feel free to be inventive!

- ✂ **Homemade pizza:** serves 2-4 and takes 1 hour preparation and cooking [Click here for the recipe.](#)
- ✂ **Easy veg prawn stir fry:** serves 4-6 and takes 30 minutes' preparation and cooking time. [Click here for the recipe.](#)
- ✂ **Pizza quiches:** super easy and takes 25 minutes and makes 6 mini quiches. [Click here for the recipe.](#)
- ✂ **Spanish omelette:** takes 40 minutes and serves 4-5. [Click here for the recipe.](#)
- ✂ **Baked potato with cheesy mince:** takes 1 hour and serves 4. [Click here for the recipe.](#)
- ✂ **Frozen banana lollies:** takes 15 minutes and serves 4. [Click here for the recipe.](#)
- ✂ **Easy banana pancakes:** makes 12 pancakes and takes 15 minutes preparation and cooking time). [Click here for the recipe.](#)

Tip: There are certain foods/drinks that can have a negative effect on your mood or cause you to have mood swings. Be careful not to have too much:

1. Caffeine/energy drinks
2. Alcohol
3. Sugar
4. Bread
5. Pasta
6. Potatoes
7. White rice

5 Relax

Relaxing is important because it helps us have a calmer mind, be able to think more clearly and positively, make more rational decisions and have more energy! Relaxing is even more important in times of stress because it helps our bodies have a break from the stress and feel less overwhelmed.

I find it hard to relax 😞

Take a moment to reflect on how much you've been prioritising relaxing recently. Which of these statements is true for you?

I don't know how to relax 😞

I know strategies to relax but don't know how to use them 😞



Below are some strategies that can help you relax. Some of them might seem weird but they are all things that have helped other people, including us at Khulisa, to feel more relaxed and less stressed. Give as many of them as possible a try before deciding whether they are right for you.

Express yourself When we feel stressed it can be helpful to find somewhere private (if you can!) and either:

- ✎ Write your feelings down in a journal or in notes on your phone / laptop
- ✎ Speak with someone we trust about how we are feeling
- ✎ Create or draw something (you could try a colouring app on your phone such as **colorish** or **Happy Colours – Colour by numbers**)

Special objects If you have special objects such as photos, memes or things that have meaning to you – keep them close. Look at or hold these objects if you feel anxious. Comfort and familiarity are important to help us feel safe.

Yoga Yoga can be amazing for helping you get moving as well as helping you relax and breathe. There are many free online yoga sessions which don't require much space or any equipment, for example **Yoga with Adriene** on **YouTube**.

Breathing exercises

1. **Box breathing** can help us feel less anxious and more relaxed, especially if we practice it regularly. Simply breathe in for 4 counts, hold your breath for 4, exhale for 4 and then hold your breath for 4 and repeat.
2. **Another breathing exercise is the 'Long Exhale'**. If we exhale longer than we inhale, we become less anxious e.g. inhale for 4 counts, exhale for 8 (*or whatever works for you*). Try to imagine that you are breathing in Calm, and breathing out tension and stress (you can even say in your head 'calm' when inhaling, and 'tension / stress' when exhaling' to help you let go). Try and do this for at least 9 breaths.

'5 Senses' exercise

Being present can help us stay calm and focussed when we are overthinking, feeling anxious or panicking. Look around the room you are in and notice:

- ✎ 5 things you can see (textures, colours, details in pictures, plants, flowers etc)
- ✎ 4 things you can hear (birds, traffic, footsteps, dogs, children, breathing, rain etc)
- ✎ 3 things you can touch (feet on the ground, hands in your lap, clothes on skin etc)
- ✎ 2 things you can smell (food cooking, perfume, flowers, cut grass, fresh air etc)
- ✎ 1 thing you can taste (morning coffee, afternoon tea, toast, chocolate! etc).

Guided meditations Try the '[Calm](#)' app or [headspace](#). They have many free sessions including topics like managing stress, calming anxiety, feeling confident, soothing pain and staying focussed.

Mindful BIF Walking BIF stands for Beautiful, Interesting and Funny. Go for a walk and take time to be curious and pay attention until you find something that is Beautiful, Something Interesting and Something Funny.

Visualisations can be a great way to relax, breathe and use your imagination to escape (when it's safe to do so). [Click here](#) to check out our safe space visualisation here called "The Gift".

6 Get enough sleep

It can be harder to sleep in times when we feel anxious or stressed. And the less we sleep the more anxious, stressed and emotional we feel!

It may be different for everyone, but on average teenagers need between **8 and 10** hours sleep a night! When you're a teenager your body and your brain are growing much faster than at other times in your life.

Take a moment to reflect on your sleep pattern. Which of these statements is true for you?

I find it hard to sleep.

I get enough sleep.

I often feel tired.

I often stay up late into the night.



Top tips for a good night's sleep:

1. Set a time to wake up every day so your body has a rhythm and routine
2. Put your phone / laptop / gaming down an hour before you intend to go to sleep
3. Go out each day (as long as we are allowed!)
4. Limit how much sugar you eat (especially before bed)
5. Limit how many soft / energy drinks you drink during the day

7 Gratitude

Gratitude is always important, but it is especially important when things feel really tough. Being grateful literally changes the way your brain works so it feels less stressed and puts you in a better mood.



Did you know ... being grateful means noticing the things you appreciate, the things that make you smile and the things that make you feel good in life.

I find it hard to notice positive things

**Take a moment to reflect on gratitude.
Which of these statements is true for you?**

I am often in a bad mood.

Spend 5-10 minutes each day focusing on what you appreciate / what you're grateful for. It can help to think of 3 things each day, and always include at least one thing that relates directly to your own strengths (some days are harder than others!).

For example, "I'm grateful for how strong / creative / caring / persistent I am".

If you practice doing this you start noticing things as they happen, which also makes your brain see things more positively and changes your mood for the better.

There are many apps available which provide password –protected space, daily reminders, positive affirmations, and ideas of what you could focus your gratitude on each day, e.g. **'Gratitude'**

You can also find a gratitude journal [online here](#).

8 Try something new

It can be helpful to do one thing per day that makes you feel in control and encourages you to try new things. See how many of the 35 ideas below you can try. If there is something that you've already tried, or don't feel like doing you can exchange it for another idea, or come up with your own.

You can encourage other people in your home, or challenge your friends to do the same.



You can also sign up the 'CREATE TO CONNECT' challenge by emailing hello@64millionartists.com to receive a pack. Create to connect provides create ideas that you can do from home for the whole month of may – you can find out more here: <http://dothinkshare.com/creative-inspiration/create-to-connect/>

Take a moment to reflect on how you feel about trying new things. Which of these statements is true for you?

I enjoy trying new things.

I try new things often.

I don't like being out of my comfort zone.

It's easier not to try at all, than to try & fail.




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| Day 1:
Create a 'feel good' playlist | Day 2:
Think of 5 people who make you smile
(reach out to them if you feel like it) | Day 3:
Put a quote that inspires you onto social media | Day 4:
Do some exercise that makes your heart race. | Day 5:
Write something e.g. journal entry, song lyrics, spoken word, poetry. | Day 6:
Read a magazine or book you enjoy | Day 7:
Tell someone a joke (and ask if they have one to tell you) | Day 8:
Surprise someone by doing them a favour | Day 9:
Think of ten qualities or strengths you have (ask other people for ideas if you struggle). | Day 10:
Watch online videos that make you laugh |
| Day 11:
Tidy or rearrange part of the room you sleep in | Day 12:
Think of 2 positive past experiences that you would like to live again | Day 13:
Cook something you've never made before | Day 14:
Reach out to a friend you haven't spoken to in a long time | Day 15:
Try a new hairstyle (post a picture of it if you feel like it) | Day 16:
Plan for your future – think about what you want your life to look like in 1, 5 and 10 years' time? | Day 17:
Write yourself a letter with your hopes for the future | Day 18:
Express your love to someone | Day 19:
Think of (or write down) 10 things that you appreciate / are grateful for | Day 20:
Watch your favourite children's film |
| Day 21:
Social media 'detox' – delete, mute or unfriend people whose profiles / feeds don't make you feel good / don't inspire you | Day 22:
Watch something online that inspires you | Day 23:
Have a virtual meet-up with your friends | Day 24:
Take an arty photo of something (and share it on socials) | Day 25:
Learn to do something new | Day 26:
Make someone you love a gift / card | Day 27:
Open a window and notice what you can see, hear and smell | Day 28:
Make someone (and yourself!) a hot drink | Day 29:
Do a visualisation. Click here for Here's an example of one of our guided visualisations. | Day 30:
Create an online quiz for someone you know |

8 Time away from your laptop/phone

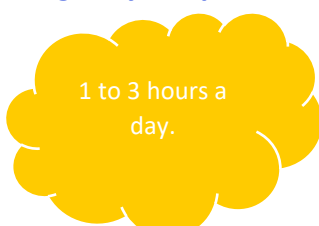
It's important to make sure our daily timetable includes time away from any screens and devices. If you're as addicted to screens as most people, this can be a challenge. Many people find themselves reaching for their phones automatically, and then scrolling through things like a zombie.

If this sounds like you, the first step to take is just to start noticing how often you get that urge to reach for your phone.


Take a moment to reflect on think about how much time you spend on your phone and/or laptop. How long do you spend on your phone and/or laptop?




Less than an hour a day.



1 to 3 hours a day.



3-5 hours a day.



More than 5 hours a day.

Obviously, there are many positives to being on screen, especially when you are connecting with other people. But even social media can cause you to feel bad and not good enough.

Too much screen time can affect how your brain works, make it harder to focus, cause you to sleep less, and affect your mood (e.g. make you more anxious).



Do you already have any strategies to take time away from your screen? Below are some ideas:

1. Do more activities that don't require a screen!
2. Only one screen at a time (e.g. avoid being on your phone when you're watching TV)
3. Avoid using screens when you're doing other things e.g. eating, walking, in the bathroom
4. Turn off your screens for sections of the day
5. Minimise your notifications
6. Have a phone-free bedspace so you're not tempted to use your phone in bed (this also helps you sleep better!)
7. Pause before reaching for your phone
8. Use an app that tracks your phone habits like **Quality Time** or **Moment** to set yourself specific goals

Another important thing to consider during the coronavirus pandemic is how much exposure you have to news about the virus. There is so much out there it's hard to know what's true and reliable, and what's not. Either way, too much exposure to the news about corona can cause anxiety, depression and feelings of hopelessness and powerlessness.

Try to avoid making assumptions or reading Fake News about the virus – don't believe everything you read as it can cause unnecessary stress and anxiety. Make sure you have access to good quality information about the virus to help you feel more informed and in control, for example reliable sites such as:

www.gov.uk and www.nhs.uk

If you are sharing things you see online with friends and family, make sure you check that it is from somewhere trustworthy, as what you share may cause others to panic unnecessarily. Equally, remember not to believe everything that is sent to you by others – there's a lot of rumours out there!



Tip: It might be an idea to restrict your phone / social media time – for example have a social media/news 'detox' to reduce how much negative and scary information you see on a daily basis. This could involve unfollowing, muting or deleting posts or contacts that make you feel stressed or anxious, or asking people not to send you information about the virus.