

# Surviving Lockdown 3.0

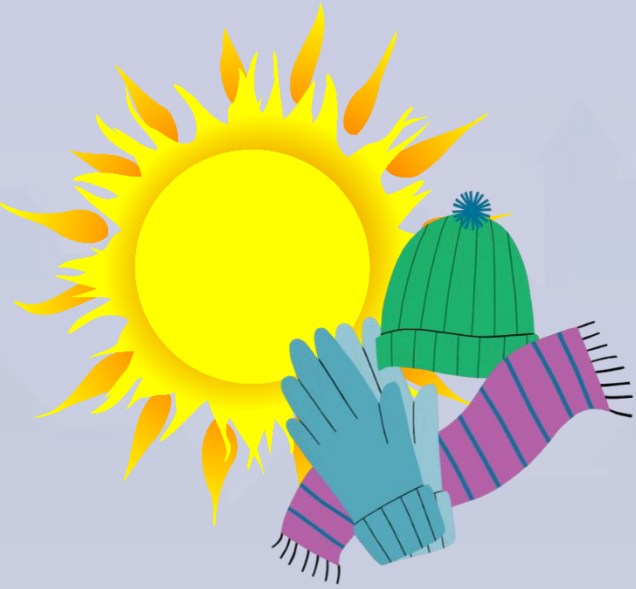


# Deja Vu

Does anyone feel like  
we've done this before?



# But what's different?



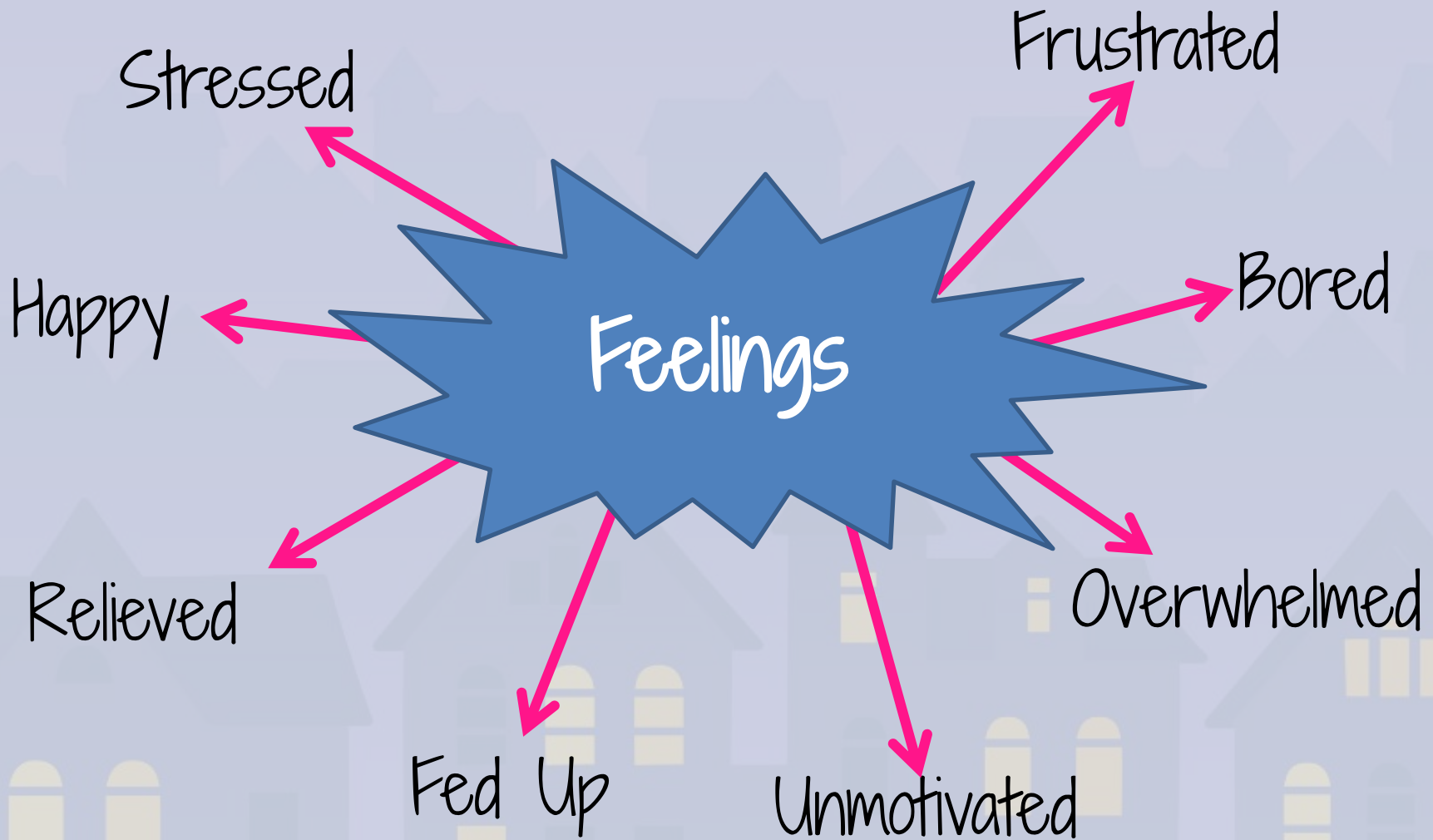
The weather

More lessons



Less confusion about lockdown

# How you might be feeling...



Harder to  
treat / deal  
with

Tools  
to release  
stress

FREQUENCY  
beats  
intensity



Stressors

- Workload
- illness - you or others
- negative feedback
- conflict
- Uncertainty
- interruptions
- deadlines
- unclear expectations
- money worries
- others letting you down
- family member's issues
- conflicting priorities
- Lack of sleep

STRESS  
Bucket

# Things that could help...

## Top Tips



10



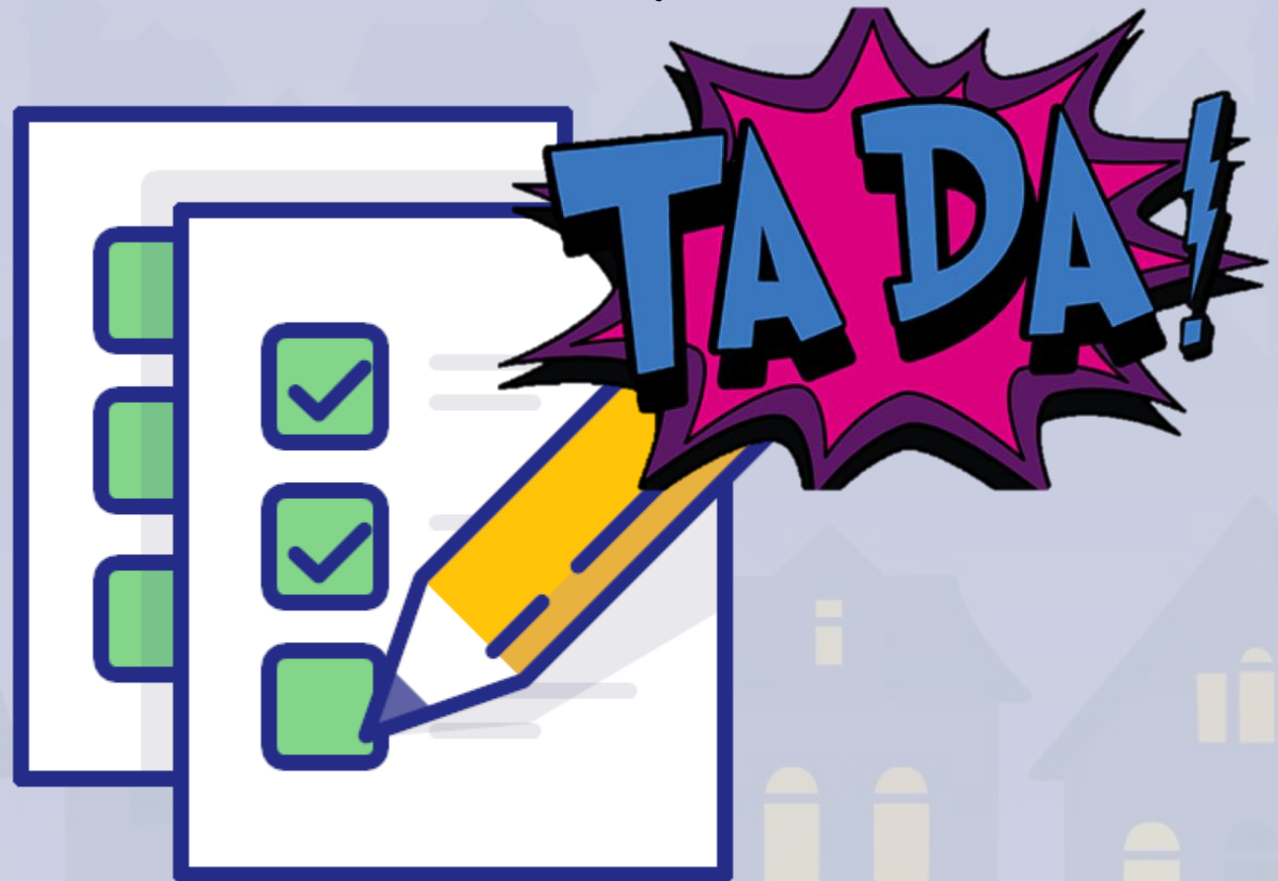
# Things that could help...

Good Routine



# Things that could help...

To Do List

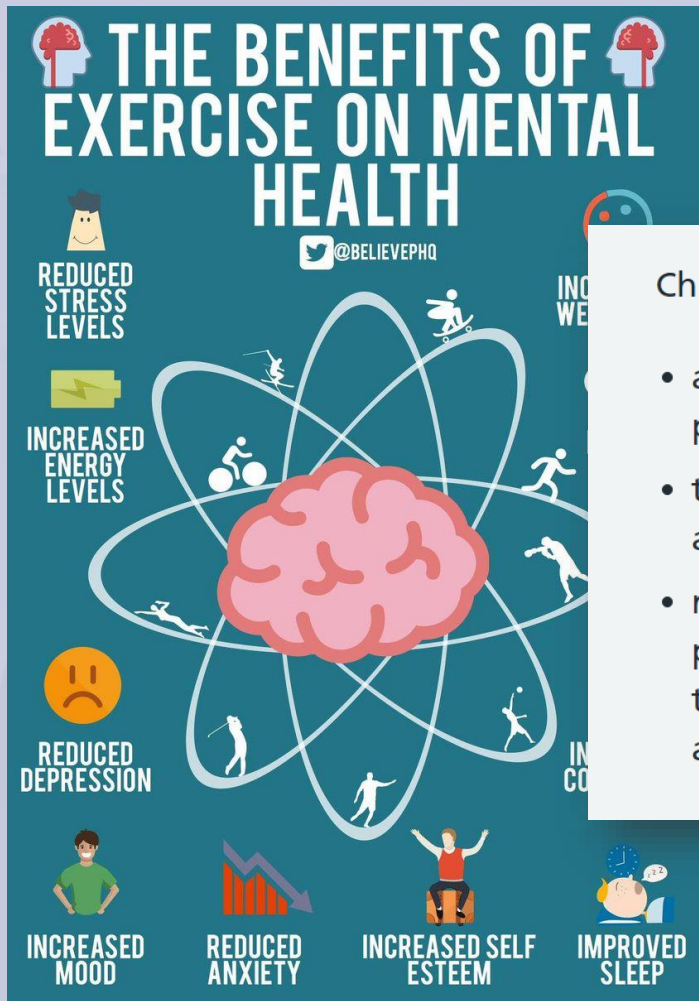


2.



# Things that could help...

## Exercise



Children and young people aged 5 to 18 should:



- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer

# Things that could help...

## Balanced Diet



# Things that could help...

## Keep Hydrated

13+ YR OLDS



10  
GLASSES



# Things that could help...

## Limiting Screen Time



6.

# Things that could help...

Limit the news





# Things that could help...

Talk to Friends and Family





# Things that could help...

Ask for help



HELP

# Things that could help...

Support others



# Support Available

Contact / speak to your tutor

Contact the year team



# Support Available

**KOOTH<sup>®</sup>.com**

**FREE ONLINE ADVICE FOR YOUNG PEOPLE**

# Support Available

**shout**  
**85258**

6659584

**Struggling to cope? Text SHOUT to 85258**