



Avanti Fields Student Wellbeing – Keeping Happy and Healthy at Home



DAILY ROUTINE



1. Plan your Daily Routine , Reflect on the Positives and Show Gratitude

- Plan what you would like to do, experience and achieve in each day. Record this on a daily calendar or planner
- Take time to reflect on the good things that have happened in your day and express gratitude
- Note down three things that you are grateful for, before bed or at lunchtime and record this daily in a journal

<https://biglifejournal.com/>

"Almost everything will work again if you unplug it for a few minutes, including you."

- Anne Lamott



2. Switch off but Stay Connected

- Let go of what you cannot control and focus only on what you **can** change
- Limit how long you spend on social media and watching the News, daily
- Use devices to keep in touch with friends and family via WhatsApp, Facebook and Zoom

3. Healthy Mind and Healthy Body

- Be physically active. There are lots of activities you can do indoors, without needing much space
- For example, [Joe Wicks' 'PE with Joe' daily class at 9am](#) is a live activity, and lots of other home workout activities can be found online, from circuits to pilates
- Plan to eat nutritious meals at regular times in the day, aim to eat with your family and always keep hydrated
- Explore free apps which can help you relax , read and practice mindfulness





4. Give to Others

There are simple actions we can do to give and to help others

From helping to make a meal at home, to volunteering to shop for neighbours who may need to isolate (assuming they are safe, well and able to do so)

You could also write a letter, story or draw a picture to send to a care home – this could be sent by email if post is not possible



Top tips

Consider completing one challenge a day .There is a lot going on and we need to avoid you feeling overwhelmed, so try focussing on one of the Four Ways to Wellbeing is a good start



Want to know more?

-**What Works Wellbeing (2020)** Five Ways To Wellbeing In The UK – What Works Wellbeing. Available at: <https://whatworkswellbeing.org/blog/five-ways-to-wellbeing-in-the-uk/> (Accessed 26 March 2020).

-Healthy mind Apps to try:



Smiling mind app



Stop think breathe app



What's up? app

Advice and information from Author: Shelly Masters, Associate Lecturer, Carnegie Centre of Excellence for Mental Health in Schools, Leeds Beckett University – My Chartered College Article