



# Let's Stay Well

With COVID-19 dominating, the news headlines and our social media feeds, it is hard not to get caught up in all the hype, hysteria, worry and concern. As the number of cases continues to rise and further restrictions are put into place in an effort to slow down the spread it is only natural for our levels of fear, stress and anxiety to intensify. At times like this it is vital to remember that taking care of your mental health is as important as looking after your physical health. Good mental health and positive wellbeing can help you to cope better with the COVID-19 threat and the uncertainty it's creating.

Here are some tips that may help you look after your mental health during these uncertain times and remember, it will be OK and in time this will pass and we will be back in school.

**Stay Connected** – In a time when physical distancing is recommended it is essential for you to find ways to stay in contact. Phone and video calls, texts and emails are all easy ways to stay connected. Stay positive and focus on the positive things in your life i.e. getting to spend time and to connect with the people you love most in the world.

**Be Kind** - Remember this is a very difficult time for everyone, many people face unemployment, are worrying about their families and vulnerable people in their communities, parents are worrying about their children missing school, catching this virus so please try to be understanding, be kind and take care of each other.

**Daily Routine** - Maintain your daily routine as much as possible; try to come up with a routine that will work for you and your family. Avoid getting stressed instead try to channel this energy into getting some schoolwork and study completed. Your teachers and school staff are working hard and doing their best to help you, the students at Bridgetown College through this challenging time. Please be mindful that they too are at home with their

families and have the same worries as many of you so please, please be respectful at all times in your interactions and by doing your assigned work as best you can.

**Focus** - on things you can control; good hygiene, physical distancing and limit your time spent on news feeds on social media. Prioritise your wellbeing and positive mental health by engaging in activities such as eating healthy meals, getting enough sleep and doing things that you enjoy.

**Recognise** - your feelings i.e. feeling overwhelmed, stressed, anxious or upset. These are normal feelings in these uncertain times. A near constant stream of news reports is bound to unnerve even the most resilient among us, so it's important to pay attention to your needs and feelings. Be kind to yourself, whatever it is you are feeling, worry, fear, loneliness or anxiety try to turn these emotions into conversations. Allow yourself time to notice and express what you're feeling i.e. writing down your feelings in a journal, talking to others, doing something creative, or practising meditation.

These may seem like simple and straightforward suggestions but sometimes the smallest change in our awareness can make the biggest difference to our experiences.

*Remember, together we will get through this.*



*From Ms. Anne Carroll, Deputy Principal*