

How are you feeling today?

We know things feel strange right now. Looking after yourself, and others, is more important than ever before.

Here are six top tips to help you manage your feelings in the coming weeks and months.

TIP 1

It's ok to not be ok

Lots of people are worried and stressed – but that's ok. Time are strange, but it won't last forever. Accept how you feel and seek help if you need it.

TIP 2

Take care of yourself

Look after yourself and your wellbeing. Spend some time every day doing something that will make you smile.

TIP 3

Stay connected

It's important to talk to people who you trust about your feelings. Make sure you have people you can rely on in school, and home and in your friendship circles.

TIP 4

Be positive

Focus on the good things!

You might not have missed your teachers (we are sure you did really!) but at least you get to see your friends again.

TIP 5

Get enough sleep

Sleeping helps with learning, concentration and problem solving. It also makes us more able to cope with the stresses and strains of the day!

TIP 6

Be kind

Keep an eye on your friends and family and if you see that someone is struggling reach out to them.

Don't forget to be kind to yourself too!