

Mental Wellbeing Team: Theme Week 1

Healthy Lifestyles

Routines



Nutrition



Sleep



Physical Exercise



Healthy Lifestyles

Routines

Having a routine that we can stick to in our daily life may not hold great importance, however, for most, a routine is what keeps people grounded. It is important that during times of uncertainty we try our best to establish a routine that works for us. Your routine should be predictable and easy to follow so you can stick to it.



Resources for Adults & Children

Mental Wellbeing Teams Weekly Planner - Please see attached documents with our planner. A weekly planner is a great way to ensure that you boundary your time effectively between home life, work life and self-care! We have filled in an example for you to look at.

[YoungMinds](#) blog which looks at the importance of maintaining a routine during isolation and breaking the day up into sections to make this easier.

[A Visual Timetable](#) resource by Intraquest which enables young children to break their week up by day so they are able to take ownership of their own structure and routines throughout the day. (ideal for younger children as it uses visual aids to support)

[A Visual timetable for older children](#) which enables young people to break their week up by day so they are able to take ownership of their own structure and routines



My Week Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday
07.00-8.00					
08.00-09.00					
09.00-10.00					
10.00-11.00					
11.00-12.00					
12.00-13.00					
13.00-14.00					
14.00-15.00					
15.00-16.00					
16.00-17.00					
17.00-18.00					
18.00-19.00					
19.00-20.00					
20.00-21.00					
21.00-22.00					
22.00-23.00					

Meal Plan

Monday	
Lunch	Tea
Tuesday	
Lunch	Tea
Wednesday	
Lunch	Tea
Thursday	
Lunch	Tea
Friday	
Lunch	Tea

My Week Plan: 20th-24th April

	Monday	Tuesday	Wednesday	Thursday	Friday
07.00-.8.00	Get up, morning routine		Get up, morning routine		Get up, morning routine
	Online yoga video	Get up, morning routine	Online yoga video	Get up, morning routine	Online yoga video
08.00-09.00	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready	Breakfast, start work, get kids ready
09.00-10.00	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks	Morning Mtg / Joe Wicks
	Sort kids work—Maths	Sort kids work—Topic	Sort kids work—RE	Sort kids work—Maths	Sort kids work
10.00-11.00	Brew / Kids Snack	Brew / Kids Snack	Brew / Kids Snack	Brew / Kids Snack	Brew / Kids Snack
11.00-12.00					
12.00-13.00					
	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny	Lunch Break—get out into garden & play if sunny
13.00-14.00	Sort Literacy/Reading/ Phonics	Sort Literacy/Reading/ Phonics	Sort Literacy/Reading/ Phonics	Sort Literacy/Reading/ Phonics	Sort Literacy/Reading/ Phonics
14.00-15.00					
15.00-16.00					
16.00-17.00	Finish work. Make Tea	Finish work. Make Tea	Finish work. Make Tea	Finish work. Make Tea	Finish work. Make Tea
17.00-18.00					
	Tea time	Tea time	Tea time—kids	Tea time	Tea time—kids
18.00-19.00	Play or walk dog	Play or walk dog	Play or walk dog	Play or walk dog	Play or walk dog
19.00-20.00					
	Kids in Bed	Kids in Bed	Kids in Bed	Kids in Bed	
20.00-21.00	Exercise/Relax/‘Meet’ friends online	Exercise/Relax/‘Meet’ friends online	Tea Adults / Relax	Exercise/Relax/‘Meet’ friends online	Kids in Bed
21.00-22.00	Watch TV / Read / PJs	Watch TV / Read / PJs	Watch TV / Read / PJs	Watch TV / Read / PJs	Tea Adults / Relax / Watch TV
22.00-23.00	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep	Chill Out / Bed / Sleep

Meal Plan

Monday	
Lunch	Tea
Picnic	Pasta Bake
Tuesday	
Lunch	Tea
Soup	Gammon & Veg
Wednesday	
Lunch	Tea
Jacket Spuds	Green Pasta / Fajitas
Thursday	
Lunch	Tea
Beans on Toast	Chilli
Friday	
Lunch	Tea
Picnic	Chicken Nuggets / Risotto

Healthy Lifestyles

Sleep

It is vital that we are getting an adequate amount of sleep to ensure that we are protecting our mental wellbeing and physical health. When we sleep, our body is working to support healthy brain function which allows us to be in a better place to deal with life's challenges when we are awake. It also allows us to process what has happened throughout the day. With its mental benefits, it also supports our physical health – helping us to stay healthy and fight off infection which is more important than ever.



Resources for Adults

[The Sleep Foundation](#) guidelines look at how to maintain a healthy schedule and routine to enable us to promote a better sleeping pattern. It also looks specifically at what challenges we might be facing due to the Covid-19 pandemic and how these said challenges can have an impact on our sleep.

[Sleep.Org](#): five nightly habits which are easy to follow to ensure a better quality sleep.

[The NHS](#) looks at helping us to understand sleep problems and what you can do if you are experiencing this.

[This article](#) looks at what we can do if nightmares or vivid dreams particularly around COVID-19 are disturbing your sleeping patterns.



Children's Resources

[Intraquest](#) have provided young people with a range of creative ideas that they can complete if they're struggling to sleep at night time due to anxiety. It ranges from making dream catchers to worry dolls.

[Bedtime routine](#): this is a great resource which supports children to come up with their own bedtime routine.

[The NHS](#) has provided us with relaxation techniques and sleep tips to make going to sleep that little bit easier. It provides resources for both younger children and teens.

[The Sleep Foundation](#) looks at the importance of starting back-to-school bedtime routines early to ensure that when children return to school, they have a routine still in place.

Healthy Lifestyles

Nutrition:

Every day we make choices relating to our food. The choice we make will affect how we feel today, tomorrow and in the future. When routine is difficult, it is sometimes easier to eat foods that aren't necessarily fuelled with the good stuff! Good nutrition is an important factor in maintaining a healthy lifestyle and can help fight off infection so it's important to keep routine and eat foods that we know will help us in future.

We also need to consider the impact of our hydration levels.

The NHS recommends that we drink at least 6-8 glasses of fluid a day, but we may find that we're consuming more alcohol or caffeine in the current climate. This may in turn affect our mood, sleep or motivation levels.



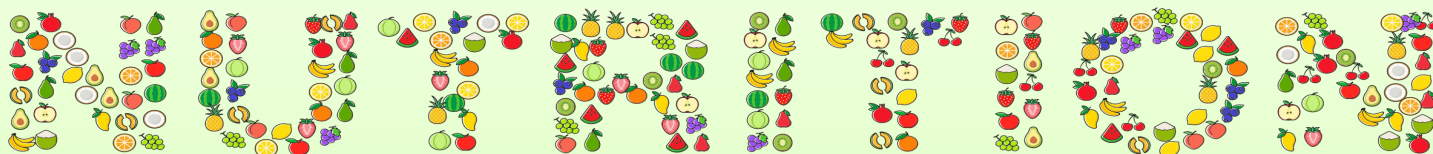
Resources for Adults

[Cooking on a Bootstrap](#): A range of recipes which will enable you to cook on a budget. It includes the cost for each recipe.

[Change4Life](#) meal ideas to cook for yourself and for people within your home. There are hundreds of recipes on the site for you to choose from – or take a look at their ready-made meal planner for the week!

[BBC Good Food](#) have released a weekly podcast on the essential recipes we all need to know for cooking during lockdown.

[WHO \(World Health Organisation\)](#) have released guidance and tips on food and nutrition during lockdown



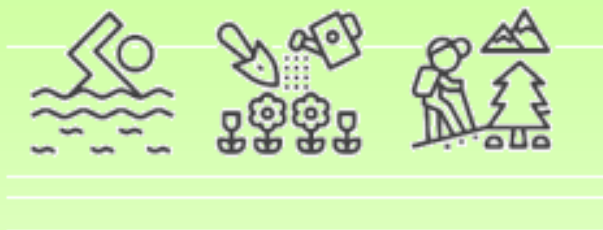
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Children's Resources

[Healthy Little Foodies](#) looks at the benefits of cooking with children, this can tie in nicely with home schooling!

[BBC Good Food](#) have released some great baking ideas for children to do! Its ranges from 'easy' recipes to those somewhat more challenging.

Healthy Lifestyles



Physical Exercise

Physical exercise can relieve feelings of stress, anxiety, depression and anger. Exercise is a natural mood lifter which reduces endorphins 'the feel good hormone!' every time. Exercise can not only boost our mental state but it can also help us to feel better, look better and live better.

Resources for Adults

[Yoga with Adriene](#) is a free workout which enables you to practice yoga in the comfort of your own home for all abilities with no equipment needed. This is a great way to tackle stress!

[GymShark](#) have released an App to help with body conditioning. We know gyms are closed right now so all exercises on the app look at using your own bodyweight or household items.

[Sport England](#) have released the stay in workout. This includes tips, advice and guidance on how you can safely stay or get active within the comfort of your own home.

[WHO \(World Health Organisation\)](#) have released guidance on how you can stay physically healthy during lockdown.

[NHS approved](#) exercises to safely complete 10 minute cardio at home. There are also other ten minute workouts on the website including; Legs, Bums & Tums, Full Body Tone, Abs & Upper arms.



Children's Resources



[Youth Sports Trust](#) are aiming to get young people involved in Physical Activity through 60 second challenges. There's a range of activities for young people to get involved in. There's also the option to compete against others to improve physical performance. This is done through a YouTube channel found at the bottom of the website

[Cosmic Kids Yoga](#) is a free workout, designed specifically for children aged 3+. There are a range of videos available which suit your children's interests including; Harry Potter Yoga, Moana Yoga & Trolls Yoga!

[Kidz BOP](#) is a dance party in the comfort of your own home! New videos are put on daily to allow young people to take a dance break with some of their favourite music.

[Go Noodle](#) have put on some Zumba sessions for young people. There's a range of routines on the website so young people can do a different one daily!

[NHS](#) have provided some great indoor alternatives for physical exercise if young people cannot get outdoors. The 10 minute shake up activities are all Disney inspired and include games to complete with the household or activities to do on your own!