

TOP TIPS

Looking after yourself during lockdown

- ① **Create boundaries.** Without the journey home from school to mentally and physically end the school day, it can be hard to switch off, relax and reset. When you log off at the end of the day, try to shut your computer down and leave it in another room or out of sight and move on to an activity that will help you unwind. You could try reading a book, baking or even getting your paints out.
- ② **Give yourself a change of scene.** When you are working, remember to get up and move away from your desk every once in a while. Short breaks are important for productivity, as well as your physical and mental health. **Desk Yoga** is a great way to stretch your muscles as they will likely become tense from sitting for long periods of time. Taking a short walk around the house or garden is also a great idea.
- ③ **Focus on restful sleep.** Exposure to natural light is really important to us all for maintaining our **circadian rhythm**. It is a good idea to try and spend a few minutes outside each day to soak up some Vitamin D. This can help you sleep better at night. If you can't get outside, just open your curtains to feel some sunshine on your face.
- ④ **Minimise screen time.** Electronic devices (such as phones or tablets) produce blue light, which interferes with our body's natural sleep process. If you can, it is a good idea to put your phone away at least one hour before you go to bed.
- ⑤ **Stay active.** Being active is important for many reasons – motivation, energy release, and better sleep to name just a few. Whether you prefer to have a run around the garden, put some music on and have a dance or join **Joe Wicks' PE Lesson** over on YouTube, remember that all movement is good and it is important to build it into your day wherever you can.