

'Take 5' well-being tips for teenagers during the Covid-19 outbreak



CONNECT - Keep in touch with your friends and family. Why not organise a virtual quiz or set up study groups with classmates to help you with school work?



BE ACTIVE - Play games in the garden, walk the dog, go for a jog, join a Joe Wicks workout, or do a Tik Tok routine. Exercise is good for your mental health.



GIVE - Caring for others can help your mental health. Help your parents around the house, cook for your family or call someone you know is isolated.



KEEP LEARNING - You may be feeling worried about school. Focusing on some goals for the future, instead of things you can't change, will help you feel better.



TAKE NOTICE - Get outside and spend time in nature as much as you can. Try to limit your screen time and focus your mind on natural beauty.