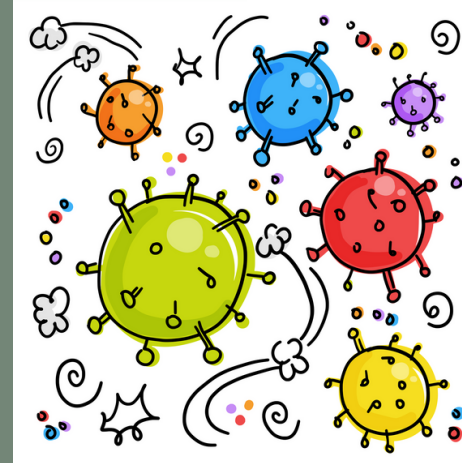


# Looking after your body and your feelings

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The Corona Virus or Covid-19 is an illness that can affect your lungs and your breathing.



To stop the spread of the virus we have all had to change how we do things.



Change can have an impact on our feelings. It can make us feel worried or nervous.

# Stay Healthy

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It is important for us to stay healthy.

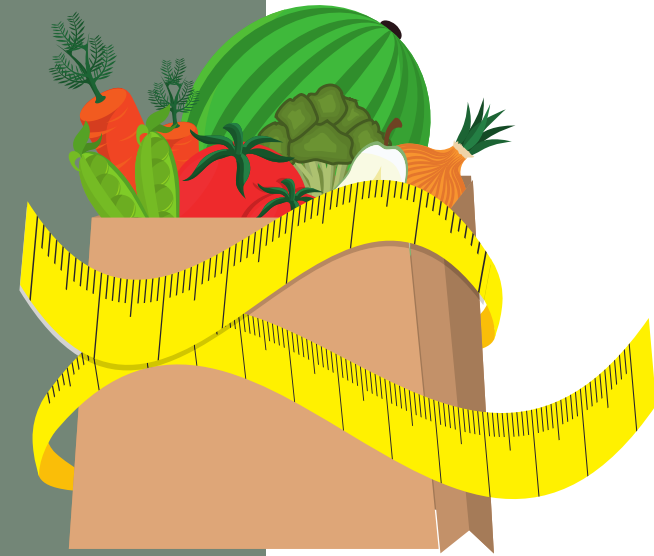
We need to look after our feelings and our bodies.

There are different ways we can do this.





# Look after your body



Eat healthy foods like fruit and vegetables.

Drink plenty of water



Exercise at home- You can do star jumps, run on the spot or walk around your house.



# Look after your feelings

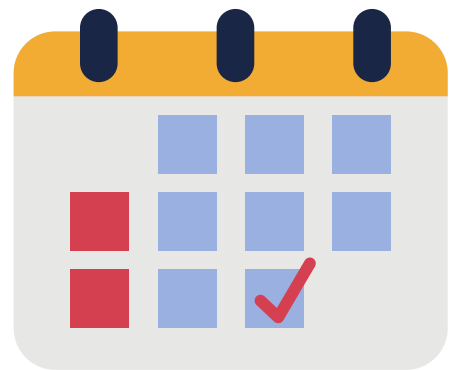


If you have questions or feel worried, talk to someone you trust.



If you feel anxious, try to do something that makes you calm like listening to music or taking deep breaths

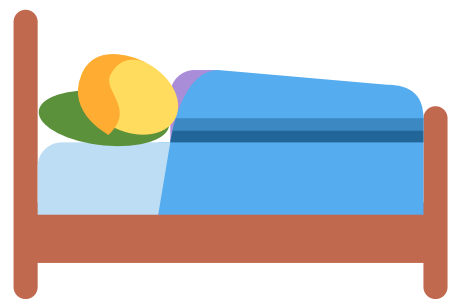
# Make plans and be organised



Have a schedule you can stick to to organise your day.



Try to have less tea or coffee.



Get enough sleep each day, at least 7 to 8 hours.

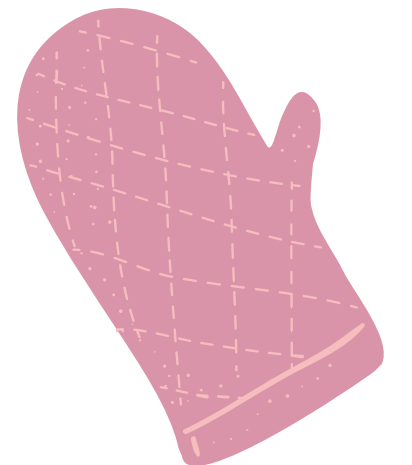
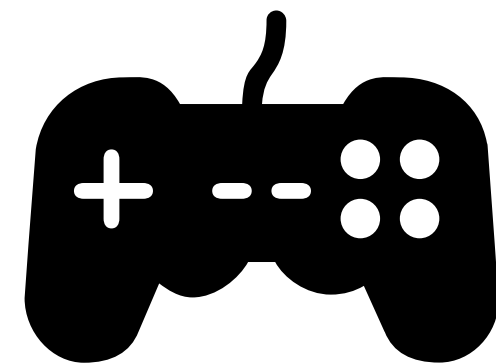


Try to take breaks from social media.

# Do things you enjoy doing

Think about things that make you happy at home.

You can read a book, draw, play a game, do a puzzle, paint, cook or bake.



# Enjoy nature

If you can go outside and it is safe to do so, you can go for a walk or sit in the park.

- Stay 2 metres away from other people
- Make sure you wash your hands





# Don't let the news worry you

**Only watch the news once or twice a day for a short time.**

- It is good to know the facts but not all news you hear about the virus is true.
- Stick to information from the BBC, Public Health England and the NHS



# Continue to look after yourself



- If you usually take medication, you must continue to take this.

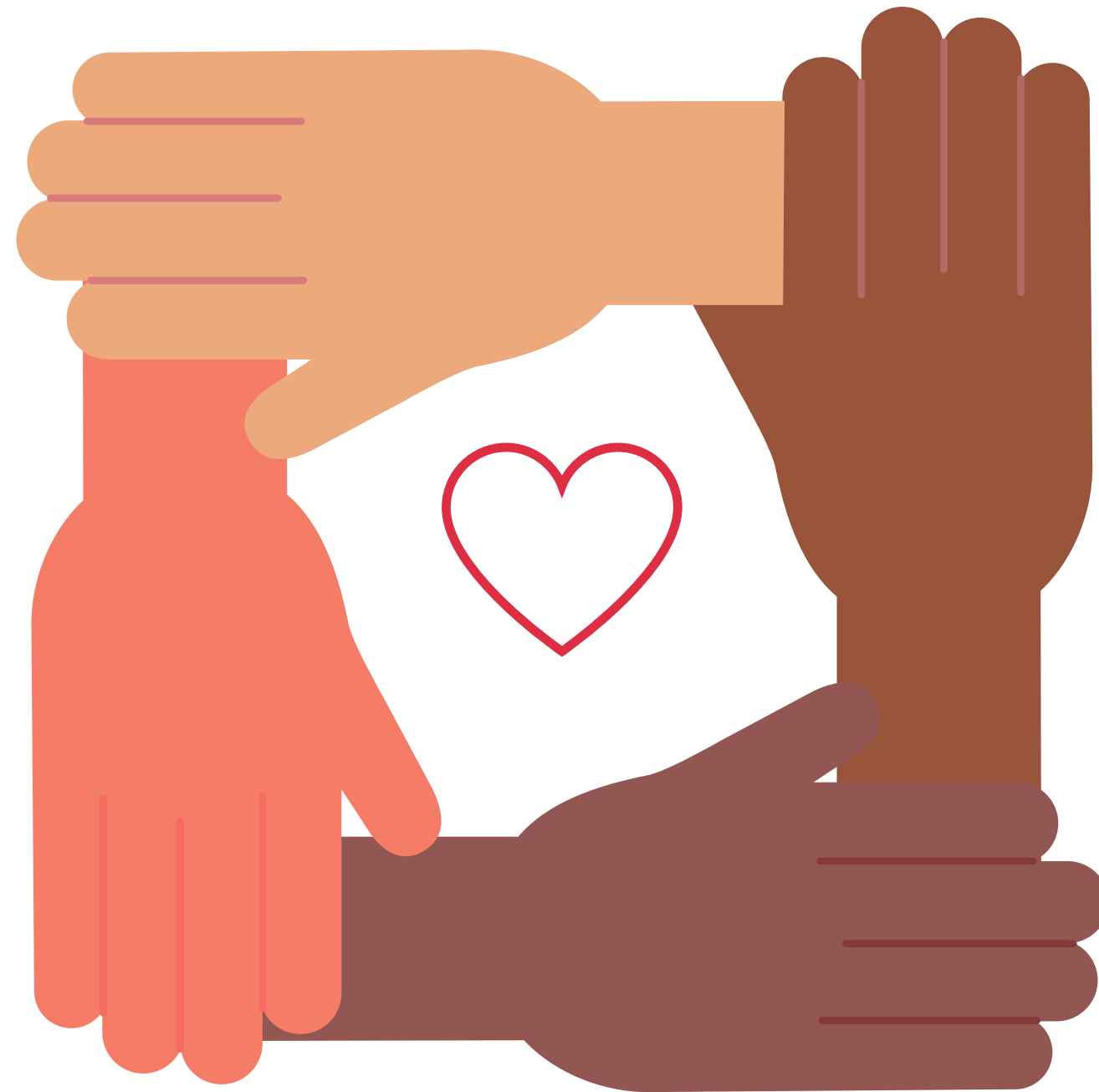


- If you need medical advice you can call 111.



- If there is an emergency like someone in your household is injured or their life is at risk, call 999.

# Keep your body and your mind healthy.



and don't forget to ask for help if you need it.