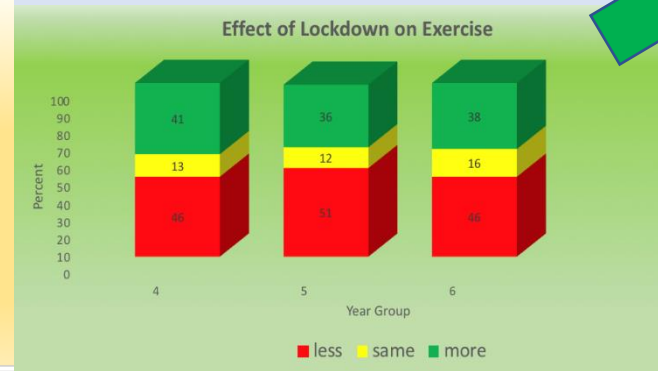
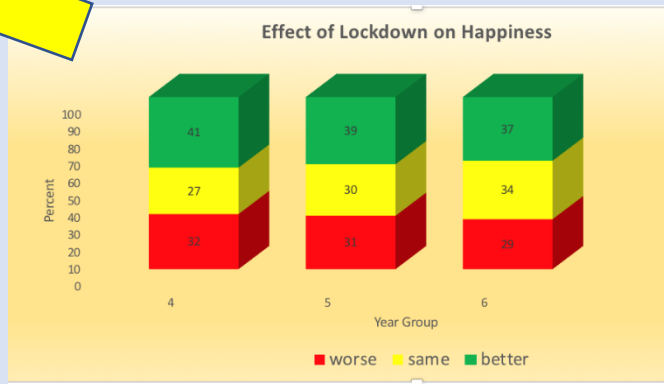


Student Mental Health during Lockdown

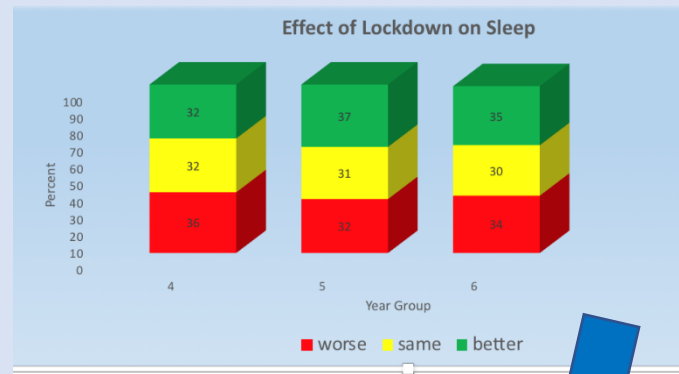
HAPPINESS

- The impact of lockdown on happiness has varied a lot between pupils.
- Tips to keep happy include: take things one day at a time; try and make sure you plan enjoyable things and be aware that people react differently to difficult situations
- We might feel better if we do some random acts of kindness as this might make us feel better and could help others too.



EXERCISE

- 50% of students in years 7-12 are exercising less in lockdown than beforehand.
- Try:
 - YouTube fitness videos
 - Fresh air every day



SLEEP

- Why aren't I sleeping well?
 - Possible reasons: not enough exercise, too much artificial light (e.g. screens), changing sleep patterns, worries, bedroom is the wrong temperature or too noisy.
- Solutions for bad sleep
 - Keep a regular routine, avoid daytime naps and late screen use.
 - Read & listen to calming music sleep genius or pzizz



AGE	HOURS OF SLEEP NEEDED
65+ years	7-8 h
24-64 years	7-9 h
18-23 years	7-9 h
14-17 years	8-10 h
6-13 years	9-11 h
3-5 years	10-13 h
1-2 years	11-14 h

