

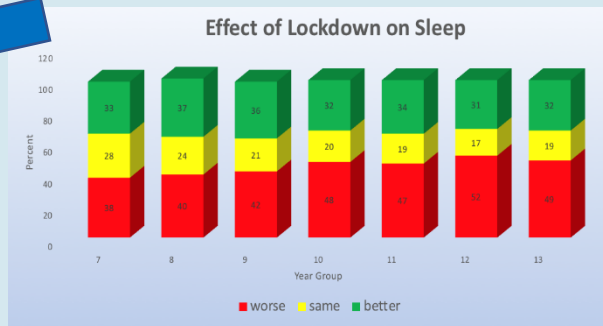
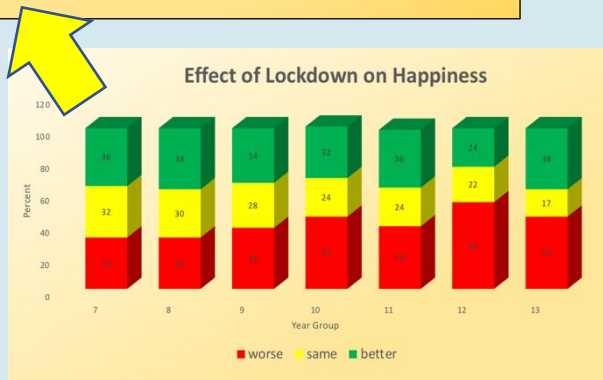
Student Mental Health during Lockdown

HAPPINESS

- The impact of lockdown on happiness varied a lot between pupils.
- Look up '7 tips for staying healthy' on the BBC's website. Tips include: take things one day at a time; try and make sure you plan enjoyable things and to be aware that stress affects everyone differently.

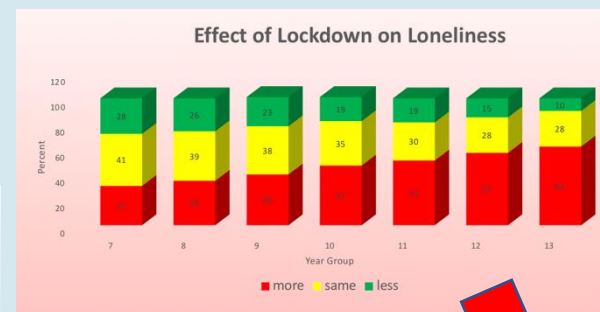
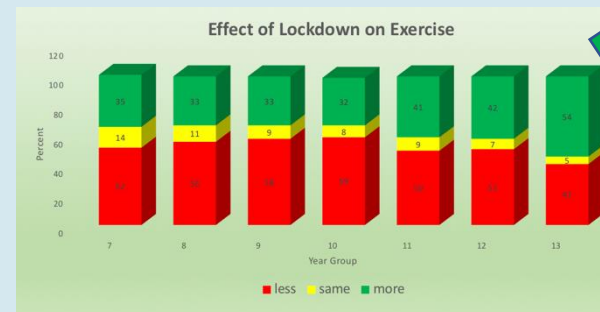
SLEEP

- Why aren't I sleeping well?
 - Possible reasons: artificial light (e.g. electronics), no sleep routine, anxiety, wrong temperature.
- Suggested solutions for bad sleep
 - Keep a regular sleep schedule, avoid daytime naps and late screen use.
 - Apps: Relax melodies, sleep genius or pzizz



EXERCISE

- 50% of students in years 7-12 are exercising less in lockdown than beforehand.
- Stay healthy and exercise:
 - YouTube fitness videos
 - Fresh air daily
 - Couch to 5K App



LONELINESS

- Almost everyone during lockdown felt some degree of loneliness.
- How to reduce loneliness
 - Keep in touch with friends and family via WhatsApp, Facetime or just texts, regular calls, zoom or skype.
 - Even if you find it difficult, try and find a way to meet with friends, outside if possible. It might be easier by doing something together like a club, craft, sports activity, going for a walk or watching something together.
 - Try doing some "random acts of kindness" - as you never know who might be feeling lonely

Age	Recommended Sleep Hours per 24 Hour Period
Infants: 4 to 12 months	12 to 16 hours (including naps)
Toddlers: 1 to 2 years	11 to 14 hours (including naps)
Preschoolers: 3 to 5 years	10 to 13 hours (including naps)
Gradeschoolers: 6 to 12 years	9 to 12 hours
Teens: 13 to 18 years	8 to 10 hours

The Oxwell School Survey

Results from 18,000 students May-June 2020



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