

Tips for looking after your emotional wellbeing & physical health

Social distancing, self-isolating and being unable to visit family or friends can be tricky and take a toll on your mental health.

Take simple steps to reduce stress and feel connected to others without taking risks.

Look after yourself both physical and mental health over the coming weeks and months with these tips ...

- **Have a plan for your day:** get dressed, plan your day and stick to a routine. These basics will get your day off to a good start!
- **Get Active:** get that heart pumping and those endorphins going to boost your mood! Go out for a short walk, run or cycle in the fresh air or explore free online exercise classes.
- **Eat Healthy:** eat a balanced, healthy diet, eat regular meals and stay hydrated by drinking plenty of water. Why not try a new recipe?
- **Keep in touch with friends and family:** stay connected through virtual face-to-face chats. It's important that we all look out for each other during these challenging times.
- **Keep up to date with the facts about Covid-19** from reliable sources such as Public Health England, the NHS, the UK government and the World Health Organisation.
- **Switch off from the news:** avoid over-exposure to news updates, especially if you are feeling anxious.
- **Take practical steps to protect yourself and others:** visit the NHS website to find out what the latest recommendations are.
- **Get creative or learn a new skill:** plan activities in your day that you enjoy, maybe listen to some mood-boosting music, getting stuck into a hobby, learning a new language or exploring free online training courses.
- **Find ways to relax and reduce anxiety:** mindfulness is a powerful way to handle stress and anxiety. Search for mindfulness resources online or download a free mindfulness app such as Headspace or Calm.
- **Stick to a regular bedtime:** unplug from your phone and social media at least 2 hours before going to bed to help you get a restful night so you can wake up feeling refreshed.

Contact Us

Call **01992 588220**
Or text **'SUPPORT'** with your name and age to speak with one of our team about your needs **07860 065173**



 @WelHatteam

If you are still feeling low and anxious join your local YC Hertfordshire emotional wellbeing group for extra support. Call, text or email us to find out how to join.

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It's important to look after your digital wellbeing, especially at a time when you may be more likely to be using social media and connecting with others online.

Here are our tips for keeping safe online ...

Stranger Danger

You wouldn't talk to, share personal information or photos with a stranger on the street, so the same rule applies online. You never know who is really typing those messages! Always tell a parent, adult or YC Hertfordshire personal adviser or youth worker straight away if messages or images you see or receive online make you feel uncomfortable.

Create strong passwords

Create strong passwords for your social media accounts, with a mix of symbols, numbers and capital letters. Never share your passwords with anyone, not even friends.

Privacy Settings

Check your privacy settings on your social media accounts and make sure you have chosen the highest privacy setting so your profile and photos are hidden from people you do not know.

Be kind to others online

It can be easy to type something mean or critical when you're hidden behind a screen. Just remember there is a real person on the other side of the screen so be respectful, polite and kind.

Never share your personal information

Never share your address, school, telephone number or date of birth details with someone online. Always tell an adult if someone is asking you for this information.

Nobody's life is perfect

The social media posts showing perfect lives and happy faces is just an illusion and is perhaps only a small part of that person's life in the real world. You can never tell what is really going in someone's life so take what you see online with a pinch of salt and try to avoid comparing your life with the too-good-to-be-true ones you see online.

Tips for staying safe online

Remember, posting is permanent!

After posting something online, anyone can save, download and re-use it! Think twice before posting something you may regret later – remember employers often check social profiles when hiring. Posting something in the heat of the moment or an inappropriate photo can make or break your future.

Learn to switch off

Spending too much time online can have a negative impact on your emotional wellbeing so take breaks away from social media to talk with friends and family via virtual face-to-face chat and look after those offline meaningful relationships with people you know make you feel good and you can share your worries with.

SCAN ME



Contact Us

Call 01992 588220 | Text 'KEEPING SAFE' to 07860 065173 if you want to learn more or email us yhc.WelwynHatfield@Hertfordshire.gov.uk

 @WelHatteam

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Contact Us

Call **01992 588220** or text **'CAREERS'** or **'RESULTS'** with your name and age to **07860 065173** to speak with a **Personal Adviser** or email us yhc.WelwynHatfield@Hertfordshire.gov.uk

Sexual Health Services

You can text our **free sexual health text service** from your mobile phone wherever you are in the county by texting your questions to **07860 057369**. You will get a response from a trained Youth Worker within 3 hours (during YC Hertfordshire opening times, or the next working day if outside of these times), with advice or information about the most appropriate service for your needs.

Thinking about your future?

For many teenagers, in particular GCSE and A' Level students, now is the ideal time for you to think about your future, explore different careers and start planning.

For those leaving school this year ask yourself the questions below and others to see if there are things you can do now to plan for starting a new chapter in your life:

- Have you got a place in sixth form, college, university, or found an apprenticeship or a job?
- Is your CV ready to send to potential employers?
- Have you prepared for college or job interviews?

If you are a school student please speak with your school's careers adviser who will be able to refer you to your school's YC Hertfordshire personal adviser.

Looking for a job right now?

If you are a young person looking for a job right now, take a look at [Hop Into](#), Hertfordshire Local Enterprise Partnership's new website to find job vacancies in and access other useful resources.

Speak to a YC Hertfordshire personal adviser for help with your job hunt.



Do you have a question about sexual health?

Text it to 07860 057369 or text **CONDOM** to find out where you can get free condoms if you are aged 13-19 in Hertfordshire.

www.ychertfordshire.org

Speak to a personal adviser today about your GCSE or A' Level Results

Our qualified personal advisers are on hand via email and phone to answer any questions you might have, including what your options are now you have your results, how to identify the right career for you, finding work experience, support with college, university and apprenticeship applications, writing your Curriculum Vitae or tips for brushing up on your interview skills.

You can also visit our [careers and jobs page](#) to explore college, apprenticeship and career options.

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