



# TOP TIPS

We know that the current situation is worrying for lots of you. On top of that, staying in the house all the time or only leaving it to go to school can be frustrating and boring. At this time, it's really important for everyone to look after their mental health. So, the Participation Team have put our heads together (from a safe distance!) to create our

## TOP 10 TIPS FOR STAYING POSITIVE

1. **Don't bottle up your worries.** Talk to a trusted adult like your Foster Carer. You can also let your workers know how you're feeling using [Mind of My Own](#).



2. **Stay in touch** with your friends virtually making safe use of technology.

3. Follow your **ordinary routine** - get up and go to bed at your normal times as much as possible and plan how you will spend your day including time to do your school work and relax.



4. You aren't able to go outside like before, but try to get some **fresh air** each day even if it's just in the garden.



5. **Eat well and drink lots of water.** Eating and drinking regularly can improve your mood and energy levels.

6. **Keep your mind busy** doing other things you enjoy; read a book, paint, watch a tv show, play a boardgame, learn a new skill...  
Be creative!



7. **Get your news from reliable sources** not social media. If you're younger, [Newsround](#) has lots of advice to look at too.



8. Keep your bedroom and other areas of the house **clean and tidy**.



9. **Stay active** - you might not be able to get out and about but try to exercise each day. There's lots online to keep you busy too!

10. **Try not to worry about the things you can't control** and concentrate on the things you can like staying indoors and washing your hands carefully!

This is just the first of regular Participation Team bulletins...look out for ideas about staying active, being creative and much more in the upcoming weeks! You'll find them all on the [Kent Cares Town](#) website.



Also, take a look at our [Instagram page](#), participation\_team, for fun daily updates.

We love to hear from you too so why not contact us at [VSK\\_Participation@kent.gov.uk](mailto:VSK_Participation@kent.gov.uk) or through the [Contact Us](#) pages on the Kent Cares Town website!

**THE PARTICIPATION TEAM**