# Look after yourself

Stress management

- While you might have to keep your distance from other people you can still go outside and keep a physical distance from others. Go for a walk, run or cycle and explore a local park – phone a friend or listen to a podcast as you wander. Exercise, meditate, and keep to a daily routine as much as you can.
- If the 24-hour news is making you anxious, think about only reading a few headlines a day and limiting how much you see.
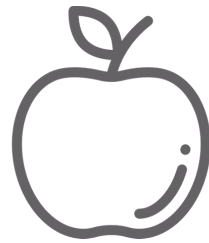
Eat well

- If your food shopping looks a bit different, use the opportunity to learn to cook a new meal with ingredients you might not usually buy. YouTube has loads of videos you can cook along with.

Stay connected

- If you have access to it, use technology to stay in touch. If you have a smartphone, schedule video hangouts with your friends!
- Check in with your friends, family, and neighbours regularly. Wherever you can, assist people in your life who may be more vulnerable (e.g. those with no access to the internet or who cannot easily use the internet to shop online).
- Spend the time connecting with the people you are living with. If you are in a lockdown situation, use this time to improve your existing relationships.

Exercise

- Work out at home! Working out can reduce stress levels and release chemicals in your brain that make you happy and there's lot of exercise classes you can follow on YouTube.

Definitions

There are lots of new and technical terms flying around, here are what some of them mean:

Coronavirus

Coronaviruses are a large group of different viruses. Each one is slightly different, but they all cause issues to your respiratory system, which is what helps you breathe. This can range from something like the common cold, to more serious infections or diseases.

Quarantine

involves people staying at home or another location to make sure that disease isn't spread. You don't need to have symptoms of the disease to be quarantined, it may be that you have travelled from a country that has a lot of cases of coronavirus and they need to make sure you aren't carrying it.

Social distancing

involves staying further away from people to make sure that people don't become unwell. It can mean simply standing further away from people in a queue, or avoiding going to busy places such as concerts or restaurants.

Social isolation

is when someone stays away from other people to make sure they don't spread infections to others. This normally means staying at home and not going outside or having visitors to your house.

UK YOUTH

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National Youth Agency