

# Isolation help

## West Hatch Counselling Service

### *Stay in touch with friends.*

We have the technology to keep in touch with friends and social groups without having to be in contact with them.

Use face timing, SKYPE, WhatsApp and any other similar sites or apps.

Set up peer groups so that you can revise together, keep your momentum going with regards to your exam work.

Although you may feel angry or relieved that exams have been postponed at the moment look at this as a gift that you have more time to revise and achieve better grades than you thought possible.

Talking will be very important as small issues in this situation can become big quickly.

Don't let arguments carry on, make sure they are resolved before you go to bed so that it doesn't become harder to resolve with the passing of time.

### **DO SOMETHING**

Find something to do:

This should not just be revision and school work.

Maybe you can start a hobby such as:

- arts and craft
- reading
- Gardening, even if it's in plant pots- try growing something you can eat such as peppers, strawberries, whatever you want.
- Baking can be very therapeutic; Kneading bread can help to express anger and frustration in a positive way. Then turn that negative energy into a positive by sharing the bread with those around you.
- Poetry, rapping and writing songs gives you another way to express yourself and may show others that they are not alone in the way they are feeling when they hear it. If you chose to allow others to witness your creation.
- Try Yoga, there are plenty of videos to show you how and give classes on line.
- Treat yourself to a spa night
- Start mindfulness, calm is a great app to help you start this fantastic way to get relaxation into your daily life.
- Try to make a virtual scrap book, this is history we are living through.
- Take an on line class

There is an endless amount of things that you can do to move your focus to more things positive things that we have at this moment in time.

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Help lines/websites for Coronavirus situation

Coronavirus Financial help and rights

<https://www.moneysavingexpert.com/news/2020/03/uk-coronavirus-help-and-your-rights/>

Coronavirus travel rights

<https://www.moneysavingexpert.com/news/2020/02/coronavirus-travel-help-and-your-rights/>

Financial Bereavement Support

Bereavement Support Payment

<https://www.gov.uk/bereavement-support-payment>

Bereavement

Cruse Bereavement Care

Helpline: 0808 808 1677

<https://www.cruse.org.uk/coronavirus/cruse-services>

Child Bereavement UK

Helpline: 0800 02 888 40

<https://www.childbereavementuk.org/>