

We hope you are spending time with the people close to you - they might live in the same house as you or maybe you are staying connected in other ways. This sixth update gives more advice to families about how to stay healthy during lockdown - mentally and physically.

Mental Health

[Healthier Minds](#)

HEALTHIER MINDS

Healthier Minds is East Renfrewshire's guide to supporting the mental wellbeing of children and young people. The 'Talking about Covid-19' section is being updated regularly by Educational Psychology Service and there are links to other useful websites. You can find more on Twitter [@eastreneps](#)

EPS have created a new resource, [It's Normal To Feel Like This... Covid-19: A Guide For Young People](#). There is a lot of information available on the different ways we may cope at the moment, but little on how we might be feeling. This Young Person's Guide aims to normalise these feelings.

[Mental Health Foundation](#)



The Mental Health Foundation is part of the national mental health response during the coronavirus outbreak. It contains resources and advice on themes such as: Coping with Coronavirus, a guide for young people; Look after your mental health and wellbeing when staying at home; Change, loss and bereavement; Living with the pandemic if you already have mental health problems; Parenting; Talking to your children; Random acts of kindness.

[Helping Children Understand Covid-19](#)

The pack linked above, called Maypole Madness, has a wide range of activities for all family members. On page 5, there is a list of activities to help children understand what is happening.

[Fearne Cotton's Happy Place Podcast](#)



This podcast series draws on Fearne's own experiences and shares advice from experts on how to work through feeling blue to finding joy each and every day.

Physical Health

[Active Schools East Renfrewshire](#)



Please keep checking out our Active Schools Twitter to keep up to date with their weekly sports challenges. The latest one is to work with the Active Schools team to cover 500km by the end of May.

[Staying Fit](#)

In the Maypole Madness pack, on page 10, there is a list of fun ways to stay fit and enjoy your daily outdoor time.

[Food, Nutrition and Eating Well during Covid-19](#)



This NHS site has lots of information and signposting on: key messages on eating well during lockdown; information and support to access food in your area; a community food toolkit.

[Sleep Scotland](#)

The stress of living through lockdown can affect our sleep. Remember it is normal to have a range of emotional reactions to lockdown, which is affecting us all. Finding it hard to sleep during this time will be common, so it is important that we practice good sleeping habits to help us cope. Good quality sleep can boost our physical and mental health. This website has advice for teenagers to help you sleep better.

[Family Lockdown Tips & Ideas](#)

And finally, a reminder for parents on Facebook, this page has been set up to share ideas for indoor and garden activities during lockdown. This group now has over a million members, and even a quick scan shows just how creative and thoughtful people can be as they keep their children entertained and educated at home. You need to apply to join the group, but this is easy and you will be accepted. It will be worth it.

The Quality Improvement Team.

