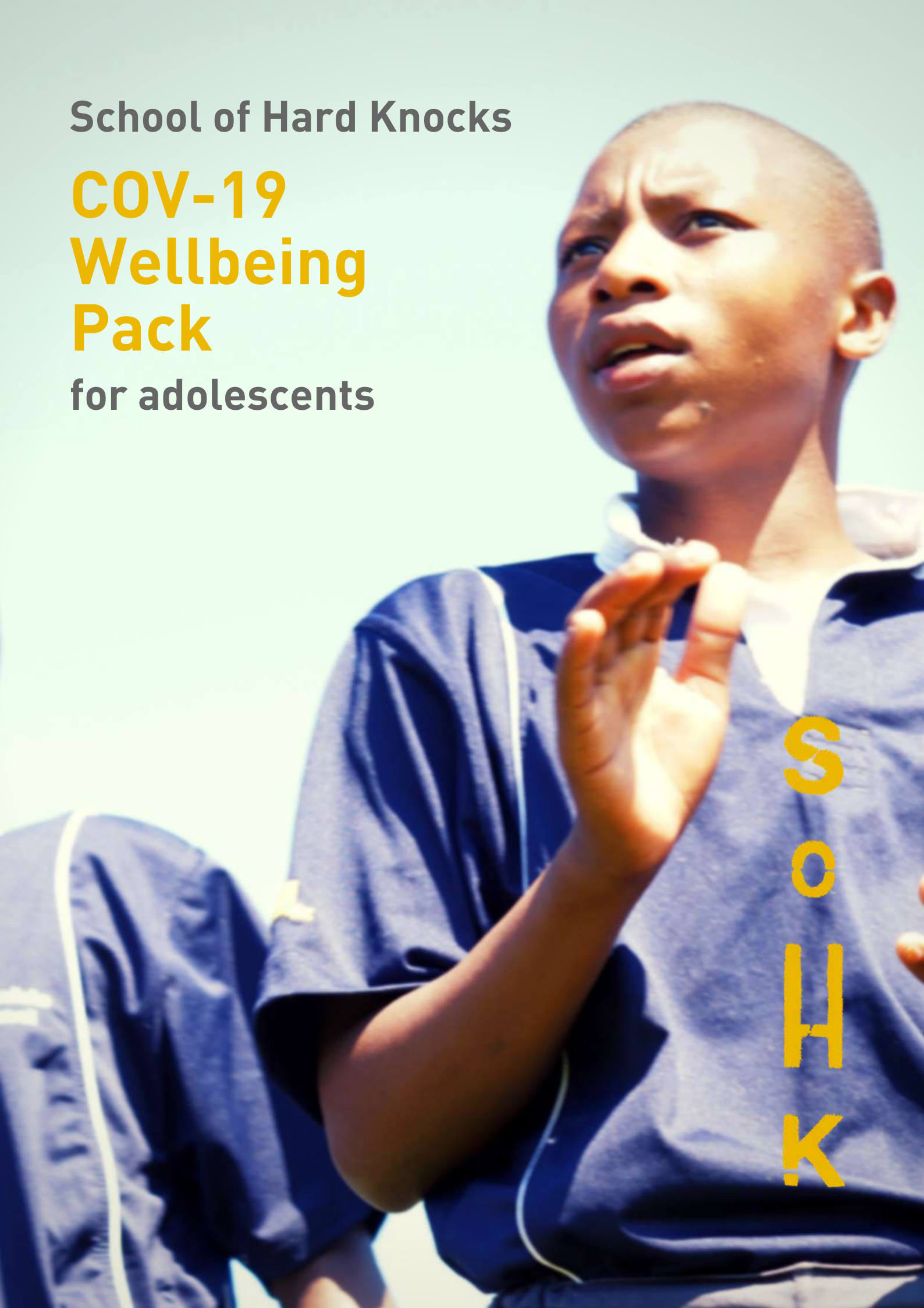


School of Hard Knocks

**COV-19
Wellbeing
Pack**

for adolescents

**S
O
H
K**



Wellbeing Pack

| How you might be feeling

Right now, you might be worried about coronavirus and

- when you will go back to school
- being in close quarters with your family for a time
- worried about a loved one getting ill

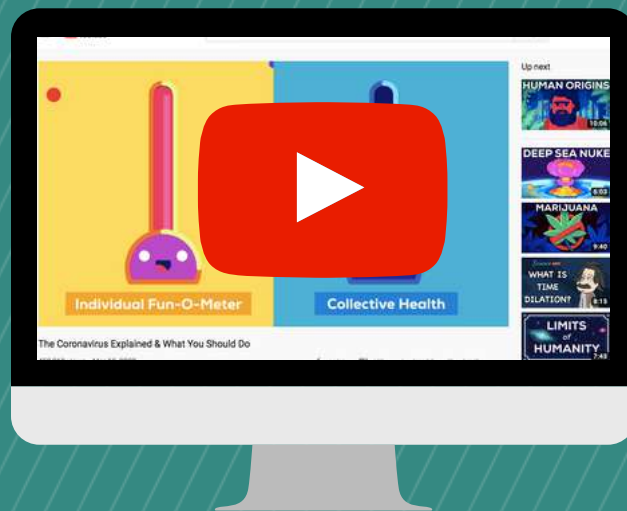
The feeling of being out of control is uncomfortable. It can make you feel helpless, which could lead to feeling more anxious, angry or sad than usual.

Trust us, It's normal to feel sad, stressed, confused, scared or even angry during a crisis.

The good news is that you can focus on looking after yourself and this pack will help you do just that.

| The Coronavirus explained

Coronavirus is going to be around for the next couple of months, or longer. If you need more information on what it is, watch this video.



*based on official statements by the World Health Organization (WHO).



Our Tip Sheet



1 Recognise what you can and can't control

Focus on what you can control - like washing your hands, or keeping others happy and healthy or following the steps in this pack!



2 Get outside! (where possible and within gov. guidelines)

Going for a walk or run will make you feel better. Having fresh air will clear some of those potentially negative thoughts and is good for both physical and mental health. If it's not safe to go outside, run on the spot!



3 Stay connected

Talk to friends and family about how you're feeling. If you're feeling overwhelmed, reach out to a mental health expert on Whatsapp (see last page in this pack) Stay in contact with others over socials or try an SOHK workout challenge and send it to us!



4 Set daily targets

Try to achieve something every single day. Something as small as making your bed in the morning or beating your best score on a video game.



5 Take a break from social media

There is lots of fake news which may fuel feelings of anxiety. Try to limit the news or overwhelming messages by putting your phone away or setting aside time in the day to check out and watch the sunset.



6 Yoga for your mind

To train your brain and find your Zen try click on these handy links for relaxation, distraction or meditations.

[Yoga 10 min Exercise](#)

[10 minute Guided Meditation](#)

Move Your Body

| Why move your body?

You will be used to exercising and moving around which is a good way of helping with emotions and stress. Even though you can't do your usual sporting activities, it's very important that you keep moving your body.

| SOHK Weekly Challenges

Keep an eye out on our Instagram (Click to follow) for our weekly physical challenges. You can even record yourself doing it and tag us on social media!

| Home Workout

1. Pick six exercises from the list below
2. Do each exercise for 40 seconds with a ten second break
3. Rest for two minutes
4. Do each exercise for 30 seconds with a ten second break
5. Rest for two minutes
6. Do each exercise for 20 seconds with a five second break

Press ups

Burpees

Bear Crawl

Sit Ups

Squats

Star Jumps

Plank

Shadow Boxing

Lunges

Skipping

Jump Squats

Lying Leg Raises

Table Pull Ups

Keepie Uppies

Wall Squat

Run up and Down Stairs

Click to follow



@sohk_sa

@sohksa



Calm your mind

| Why calm your mind?

Take a deep breath. Hold it for a moment, and then exhale. Feel more relaxed? Breathing exercises are one way to relax in stressful times. Below is an exercise that will help you to relax your mind and body which can help ease stress. It can also relieve anxiety, depression, and if you have trouble sleeping. Give it a go!

| Take 5 Calming Workout

Breath 1: inhale slowly through your mouth for 4 seconds. Feel your belly and chest expand as large as they can. Then exhale slowly from your mouth for 4 seconds, fully emptying your lungs.

Breath 2: inhale slowly through your nose for 4 seconds. Then exhale slowly from your nose for 4 seconds.

Breath 3: as you breath deeply through your nose again, become aware of the sounds around you.

Breath 4: as you breath deeply through your nose again, use your senses to notice what is going on around you. What do you feel on your skin?. What do you smell? Don't worry about your thoughts- let them come and go.

Breath 5: After inhaling through your nose for 4 seconds, hold your breath for 4 seconds, feeling the air in your lungs. Exhale for a count of 4. When you are ready, slowly open your eyes.



The 7 Steps to Prevention

1 Wash your hands frequently

2 Avoid touching your hands, mouth or nose.

3 Cover your cough using the bend of your elbow

4 Avoid crowded places and anyone with a cough

5 Stay at home if you feel unwell

6 If you have a fever seek medical care - but call first!

7 Get information from trusted sources only



Essential Contacts

| If you are in need of support here's where you can reach out:

For Corona Virus Information

- <https://sacoronavirus.co.za/>
- Emergency Hotline: 0800 029 999
- WhatsApp Support Line: 0600-123456

For Counselling

- For a suicidal Emergency: 0800 567 567
- For confidential and anonymous counselling Lifeline is there to listen in a safe space. Please call to speak to a counsellor:
 - Cape Town 021 461 1111 | Whatsapp Call 063 709 2620

Phones lines are open between 09h30 to 22h00 365 days of the year. The cost of the call is the ONLY charge.

Other Contacts

- Rape Crisis: <https://rapecrisis.org.za/get-help/#stepbystep>
- Child Emergency: 0800 123 123
- Gender Based Violence: 0800 428 428

