

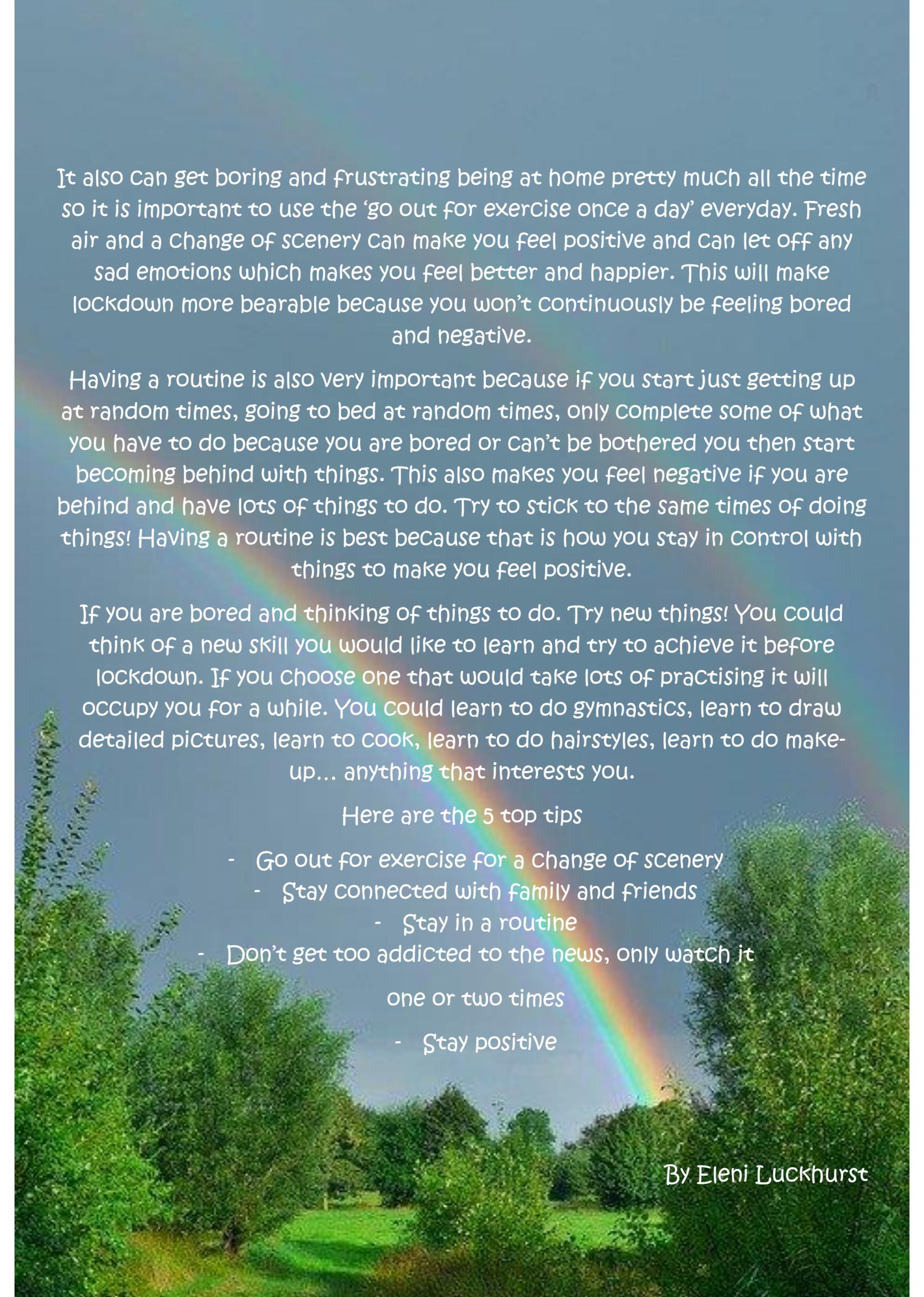
HOW TO SURVIVE LOCKDOWN

2020 has brought lots of new changes without question the biggest one is 'lockdown'. If you wish to find out more please continue to read!

In December 2019 a new virus came out called Corona Virus. It is when you have a cough, fever and difficulty breathing. It came from China and soon started to spread all around the world and even started to kill lots of people! Lots of countries soon starting making changes like you had to wash your hands after sneezing, coughing, before eating, after eating and to wash them regularly to keep clean and to try and prevent getting it. Try and stay 2m away from other people. Try not to mix with others. It soon got very bad and we had to go into something called 'lockdown'. Lockdown is when the whole country has to stay at home, can't visit anyone outside of their house. The only people that are allowed to go out are people who work in the emergency services, NHS, essential shop workers (key workers). Things like schools are shut, restaurants, high street shops etc.

It is very tough in lockdown and is a very sad time because lots of people are dying and you are hoping it is not going to be somebody you know. It is very tough sometimes, everybody will have at least one or two tough days during lockdown. This is normal. It is important to stay physically and mentally healthy when being in lockdown this will make you feel positive and handle it better. Here are some ways of how you can stay healthy, fit and keeping positive.

Isn't it really upsetting not seeing your family and friends? It is really upsetting. If you are struggling with this, you could do a video call with your family and friends so they can see your face and feels like you are with them! You could chat with them and you could even play some games, quiz, you could have a meal with them or something. This makes you feel like something you would do in normal life if we weren't in lockdown! This can make you feel happy, connected and positive!



It also can get boring and frustrating being at home pretty much all the time so it is important to use the 'go out for exercise once a day' everyday. Fresh air and a change of scenery can make you feel positive and can let off any sad emotions which makes you feel better and happier. This will make lockdown more bearable because you won't continuously be feeling bored and negative.

Having a routine is also very important because if you start just getting up at random times, going to bed at random times, only complete some of what you have to do because you are bored or can't be bothered you then start becoming behind with things. This also makes you feel negative if you are behind and have lots of things to do. Try to stick to the same times of doing things! Having a routine is best because that is how you stay in control with things to make you feel positive.

If you are bored and thinking of things to do. Try new things! You could think of a new skill you would like to learn and try to achieve it before lockdown. If you choose one that would take lots of practising it will occupy you for a while. You could learn to do gymnastics, learn to draw detailed pictures, learn to cook, learn to do hairstyles, learn to do make-up... anything that interests you.

Here are the 5 top tips

- Go out for exercise for a change of scenery
- Stay connected with family and friends
 - Stay in a routine
- Don't get too addicted to the news, only watch it one or two times
 - Stay positive

By Eleni Luckhurst