

Wellbeing tip - number 8

Take care of your physical wellbeing.

In Tip 7 we spent some time looking at how, when we are stressed, some of us may have a tendency to be very hard on ourselves and view ourselves negatively without even realising it. What can then happen is that these negative thoughts about ourselves affect the way we take care of our own physical wellbeing. It's not necessarily a conscious thing but we may slip into habits of not taking care of ourselves when we are feeling low or upset, possibly because we don't even feel we deserve it.

If you recognise that you are sometimes very harsh towards yourself, it will be important for you to make sure that you look after your physical wellbeing as a way of taking care of your mental wellbeing. This includes getting enough sleep, taking exercise, eating healthily, drinking plenty of water, making sure you keep your clothes and yourself clean, taking any medicine prescribed by your doctor, avoiding harmful substances and allowing yourself time to do the things you enjoy, to name just a few. The chances are you are someone who spends a lot of your time making sure others are OK and have everything they need. It is important that we take care of our own physical wellbeing as well.

1



At the moment, having enough food in the house is a challenge in itself never mind being able to buy what is healthy or things that we enjoy. Ideally, a third of what we eat in a day should be made up of fruit and vegetables. Aim for this if you can to keep yourself healthy. This includes, tinned, dried and frozen vegetables if you are unable to get hold of fresh vegetables.

2



Keeping yourself clean is one way of making sure that you are taking care of your physical wellbeing. You don't have to buy expensive products in order to do this. If you are experiencing difficulties in your home with access to (hot) water or you do not have enough products such as shower gel, toothbrush and toothpaste, shampoo or sanitary towels, send an email to the CGA email address and we will do our best to help you.

3

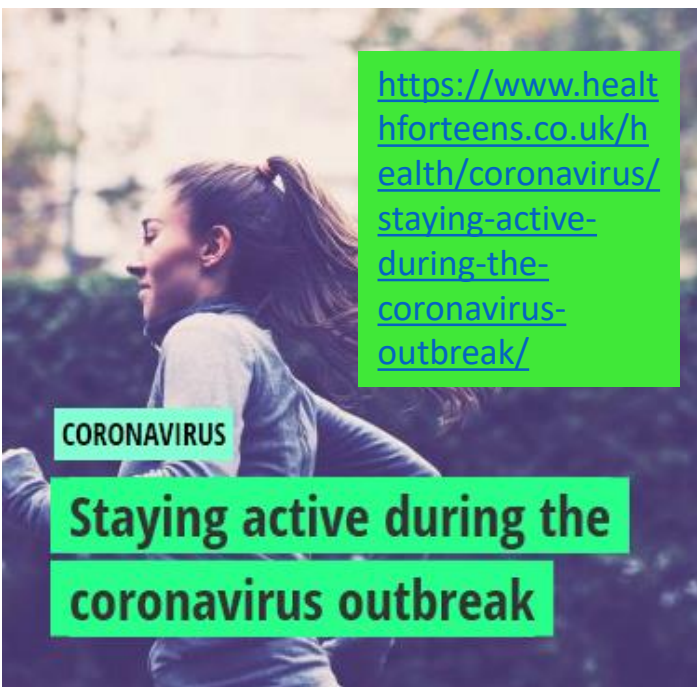
cga@clapton.hackney.sch.uk

Try not to drink too many sugary drinks. Apart from being expensive, they are bad for your teeth and too much sugar is not good for your general health either. Try drinking tap water instead.



Why exercise is important?

- ✓ Helps maintain good energy levels and helps with motivation
- ✓ Causes the body to make chemicals which help us to feel good
- ✓ Helps with sleep
- ✓ Helps us to maintain strong bones, heart and lungs
- ✓ Builds strong muscles which support our joints
- ✓ Gives us a sense of purpose – something to aim for
- ✓ Gives us a sense of achievement when we reach our goals



Remember - if you go out to exercise you must stay 2 metres away from anyone who does not live in the same household as you. You should not be meeting up with people from other households to exercise.

<https://www.sportengland.org/stayinworkout>

THE NATIONAL LOTTERY SPORT ENGLAND

join the movement

#StayInWorkOut

These websites have loads of suggestions for exercising for free at home. Make sure not to pay for anything even if it says it's a trial.

P.E. WITH JOE
Monday 30th March

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The Body Coach TV
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- 3 P.E. with Joe | Wednesday 1st April 2020
The Body Coach TV
30:43
- 4 P.E. With Joe | Thursday 2nd April 2020
The Body Coach TV
31:13
- 5 The Body Coach TV
31:13

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvD7ogmmPLJXYA1q0gFF3pe>



Becoming a young adult, there are so many things to think about! Maybe there are topics that you are worried about but too embarrassed to talk about. The 'Health for Teens' website covers lots of topics. Click here to find our more <https://www.healthforteens.co.uk/health/> If you are still worried about your own or someone else's physical wellbeing, try speaking to an adult in your family using this website as a conversation starter, send a non-urgent email to cga@clapton.hackney.sch.uk so that we can direct you to the right support or you could contact someone on Kooth (see next slides for details).

