Top Ten Tips

for coping with changes due to the pandemic

1. Use a planner, diary or calendar to keep track of the days

2. Accept that some days may feel really tough and challenging

3. Take time to keep your own and your family's senses and emotions regulated

4. Organise activities that you can focus on and look forward to

5. Have as much routine and structure as you need to cope well

6. Make the weekend special – do something to show that it is different e.g. a movie and homemade pizza on Saturday

7. Look after your wellbeing – exercise, relax, self-care, reach out to others in whatever way works for you

8. Recreate favourite activities at home e.g. a 'home-based hairdresser's salon' with magazines and a cuppa while you have your hair done or a 'pop-up library' where you create a bookshelf for your family to borrow from

9. Variety can be important – balance your activities and don't spend too much time focusing on things you can't change

10. Remember that we all cope differently and that's ok!