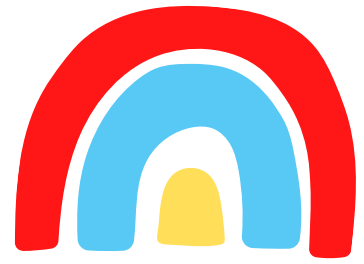
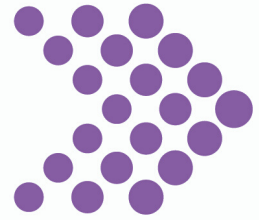


Self-Isolation Survival Guide



How to get through a
pandemic...

ForwardThinking
Birmingham



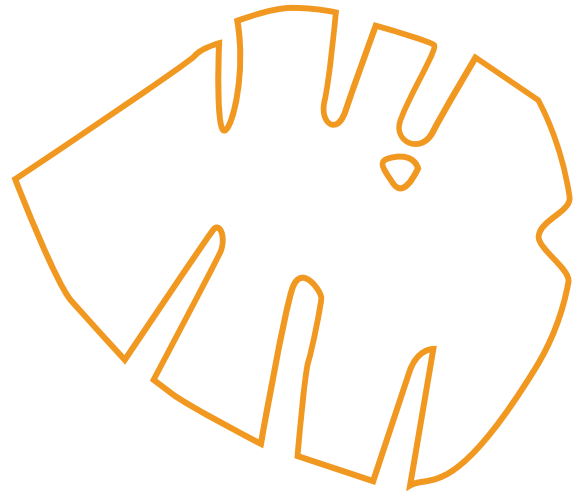
<https://www.forwardthinkingbirmingham.org.uk/>



**Birmingham Women's
and Children's
NHS Foundation Trust**

<https://bwc.nhs.uk/>

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Foreword...

Hi folks! We are Think 4 Brum - a board of young people who are 'Experts by Experience'. This means we have all struggled with our mental health at some point in our lives and use our experiences to help shape mental health services in Birmingham.

We are dealing with unprecedented circumstances. Things are tough, especially for young people, and it is okay if you are struggling more than usual.

As a youthboard, we realised we have the platform to raise and empower young people's voices at a time when we are being pushed aside by the media.

Our feelings are valid and we deserve to be heard.

We've put together a Survival Guide for young people whose symptoms have increased in light of the current situation. We recognise that not everything in this Guide will be suitable for everyone; and that's okay. This is just a collection of things you may find helpful.

Remember, we're all in this together!

Love,

Think 4 Brum x



hello!

A mental health reminder

A relapse, a sudden series of attacks, a string of awful days (or whatever your step back may be), does not decrease your value.

Take your time, do some self care, even if it's just being proud that you got through another day. Reflect on the progress you've made.

You are strong: One step back is nothing when you look at the journey you've already made.

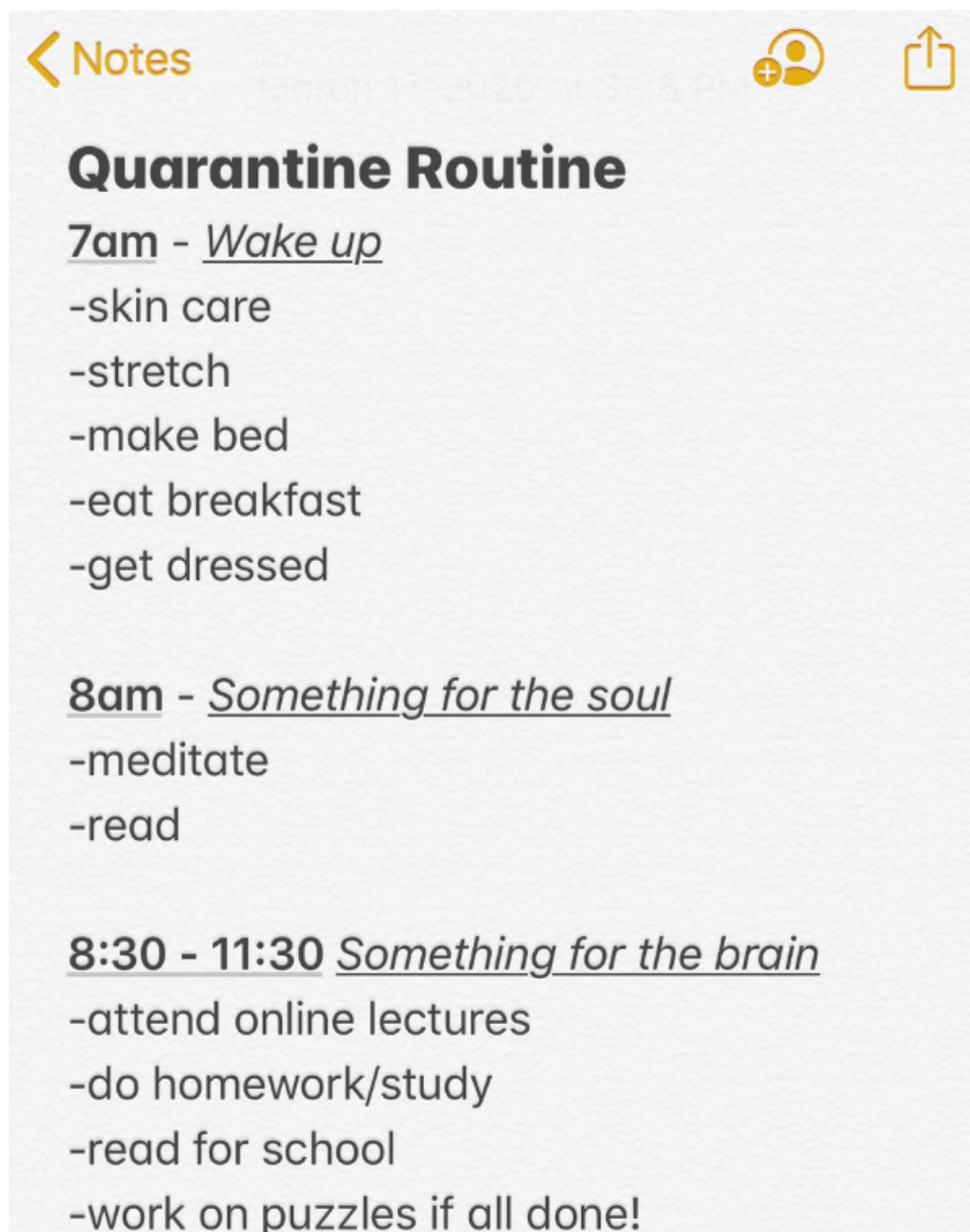
You aren't alone.

@letstalk.mentalhealth



My Daily Plan...

Sometimes, having a clear schedule (like you would at school or college) can be really helpful in planning your day. Below is an example by Twitter user *@plntbasedcutie*, who shared her quarantine routine...



12:00-1:00pm - Lunchtime

1:00-1:30pm - Spend time outside

Choose one:

- reading
- sun bathing
- go for walk

1:30-2:30 - Something for the body

Choose one:

- yoga
- HIIT
- bike
- treadmill
- body weight/weight training

2:30-3:00- Something productive

-Chores

Choose one:

- clean out drawers
- clean/whiten shoes
- wash makeup brushes

3:00-4:00pm- Something for the heart

-hobbies

Choose one:

- bake
- paint
- garden
- read for pleasure
- cook

4:00-6:00pm - *Something fun*

- be lazy (netflix, movies etc.)
- board games
- social media

6:00-7:00pm - *Dinner time!!*

9:00-10:00pm- *Winding down*

- take sleeping pill/vitamins
- shower
- face mask
- journal
- express gratitude
- sleep by 10

You can create your own daily routine based on what works for you! Routines are designed to be flexible, so try not to put too much pressure on yourself to stick to it exactly - it's okay to have a lie-in or chill for a bit! This is just to help give you a sense of control and stability.

Feel free to print out the following page as many times as you'd like, or create your own plan from scratch!



General Hygiene

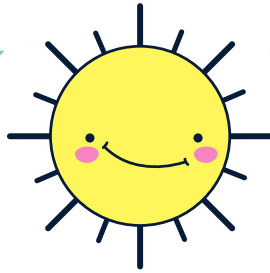
Take a star for any you have done

Showered
today



Brushed
my teeth

Brushed
my hair



Changed
my
clothes

Taken my
meds



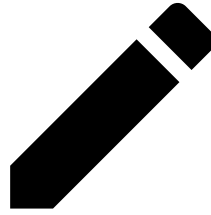
Moisturised
my hands

Slept at
night

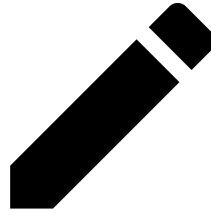
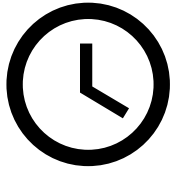


Drank
water

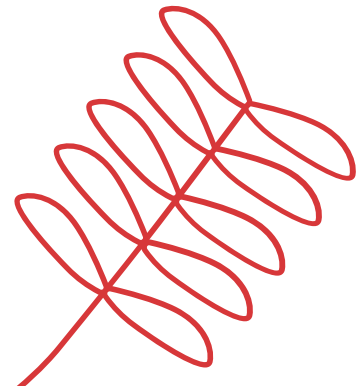
Today...



Today...



Things you can do to help...



We can all feel a bit useless during something like this, but there is always something you can do to help, no matter how small! These are just a few of our ideas...



Try not to stockpile! The anxiety around running out of essentials is very real, but stockpiling means that the most vulnerable people do not get the things they need. Be mindful of what you are buying, and pool your resources with neighbours if you can!



Offer to do some shopping for those most at risk, such as the elderly or people with existing health conditions. You can order their groceries online and have them delivered to their door if you are in isolation too, as some older people may find it difficult to shop online.



3

Donate to or volunteer at a foodbank if you are able to. The majority of foodbank volunteers are pensioners, putting them in the higher risk category, so you can make a huge difference by helping out. Foodbanks are also seeing increased demand and their stocks are suffering due to panic-buying, so donate what you can to your local foodbank.

4

Use social media for good! Whether it's an uplifting message or a funny video, it's the little things that can make a big difference to those struggling. Help put a smile on someone's face!

5

Check out #BrumTogether volunteering:

<https://theaws.co.uk/coronavirus/>

For Birmingham voluntary opportunities during this time, here you can access positive stories, anxiety calming tips, voluntary opportunities, official GOV.UK advice, supporting advice etc.



COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



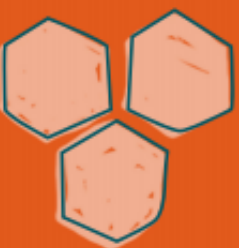
Think of others, consider your actions & be kind

People in every community will face the challenges of Covid-19 in some way – from needing basic provisions to help while they are unwell.



Connect and reach out to your neighbours

As self-isolation increases, we need to find new ways to stay connected and check in on one another for our physical and mental wellbeing. Share phone numbers and stay in touch.



Make the most of local online groups

Keep up to date, share information and be a positive part of your local community conversations.



Support vulnerable or isolated people

Different groups in our communities are at increased risk and social isolation and loneliness are key concerns for all ages. There are things you can do like volunteering for local support services or donating to food banks to help.



Share accurate information and advice

Support anyone who may be anxious about Covid-19. Sign post them to the correct advice from Public Health England and encourage people to follow the correct hygiene practices.



Stuff to do...

Life during isolation can be boriing - here are some things you can do to keep the boredom at bay!



Start gardening and grow your own veg! Things like potatoes, garlic cloves, onion bulbs, beetroot and peppers can be put directly in soil - no shop-bought seeds needed!



Listen to a podcast - there are loads out there!



Call or Facetime your friends and family, especially those who are particularly isolated or vulnerable to withdrawing into themselves.



Go for a walk - this might take a little bit of planning, but as long as you keep your distance from others, a bit of exercise will do wonders!



Take a virtual tour of a museum or art gallery...go to the Louvre or the Museum of Modern Art from your sofa!



Have a clear out and sell your old clothes on Depop! The World Health Organisation has deemed sending and receiving parcels safe and through the use of a collection service rather than dropping items off at the post office, you can minimise the risk of exposure to yourself and to others.



Water your plants! Or grow some new ones with cuttings.



Unfollow everyone and everything that makes you sad.



Write a letter to your future self.



Take a free course on anything at all... literally anything! From climate change solutions to the controversies of British imperialism - it's all out there! Check out FutureLearn and The Open University.



Do a jigsaw - the more pieces the better! Bonus points if you include other family members too ;)

100+ INDOOR ACTIVITIES

CRAFTS

MAKE PAPER AIRPLANES
SALT PAINTING
MAKE SUNCATCHERS
MAKE SALT DOUGH
MAKE SPONGE STAMPS
MAKE A CEREAL BOX AQUARIUM
MAKE SCRATCH ART
MAKE YOUR OWN BOOKMARKS
PAINT PET ROCKS
MAKE RECYCLED CRAYONS
MAKE PAPER BOATS
FINGER PAINT
MAKE FRIENDSHIP BRACELETS
MAKE A BIRD FEEDER
MAKE PAPER BAG PUPPETS
MAKE HANDPRINT ART
MAKE A SCRAPBOOK
DECORATE T-SHIRTS
MAKE A THANKFUL JAR
PAINT LEAVES
MAKE A TIME CAPSULE
MAKE BUTTON ART
PAINT WITH WATERCOLORS
COLOR IN A COLORING BOOK
MAKE PAPER CRAFTS
BUILD A CARDBOARD CASTLE
MAKE TISSUE BOX MONSTERS
MAKE A TOILET PAPER ROLL
BUTTERFLY
STAMP WITH CELERY
MAKE CHALK ICE
MAKE PUFFY SIDEWALK PAINT
DRAW A SELF PORTRAIT
USE RUBBER STAMPS
DO SCRAPE PAINTING
PAINT A RECYCLED JAR
MAKE SUPERHERO COSTUMES

ACTIVITIES

MAKE PLAYDOUGH
MAKE SLIME
MAKE PLAY MUD
MAKE RAINBOW RICE
MAKE FAKE SNOW
MAKE A SENSORY BIN
MAKE A SENSORY BAG
BUILD A FORT
HAVE A PILLOW FIGHT
WRITE A STORY
MAKE ICE CREAM IN A BAG
MAKE GUMMY BEARS
MAKE FRUIT ROLL-UPS
HAVE A MOVIE DAY
PUT ON A FASHION SHOW
BAKE CUPCAKES OR MUFFINS
DO YOGA
BUILD AN OBSTACLE COURSE
MAKE DINNER TOGETHER
PLAY WITH MAGNETIC TILES
BUILD SOMETHING WITH LEGO
USE DOT MARKERS
BUILD A STACK OF CARDS
PUT ON A PUPPET SHOW
MAKE A TREASURE HUNT
INDOOR BOWLING
LEARN TO DRAW
PUT ON A PLAY
MAKE INDOOR HOPSCOTCH
DO A FAMILY CHORE TOGETHER
HAVE A DANCE PARTY
HAVE A TEA PARTY
PLAY WITH WATER IN A BIN
SET UP A PLAY STORE
MAKE A SOCK TOSS GAME
MAKE PERLER BEAD ART
WRITE IN A JOURNAL

GAMES

PLAY WOULD YOU RATHER
PLAY I SPY
PLAY SIMON SAYS
PLAY BOARD GAMES
PLAY HIDE AND SEEK
INDOOR SCAVENGER HUNT
PLAY BINGO
PLAY CARD GAMES
DO A PUZZLE
PLAY CHARADES
BUILD YOUR OWN GAME
PLAY FREEZE DANCE
PLAY HOT POTATO
PLAY MARBLES
KEEP THE BALLOON UP
PLAY DOMINOES
PLAY HANGMAN
PLAY TIC-TAC-TOE

EDUCATIONAL

READ BOOKS
DO A SCIENCE PROJECT
LEARN ORIGAMI
LEARN ABOUT A NEW ANIMAL
LEARN A NEW CARD GAME
LEARN TO SEW
LEARN TO KNIT
DO BRAIN TEASERS
LEARN A NEW LANGUAGE
LEARN ABOUT A COUNTRY

Links to activities...

Anxiety easing games (blogpost)

From Think4Brum's Engagement Lead...

Louna's blogpost:

<https://burstsofautumn.com/my-favourite-anxiety-easing-phone-games-lifestyle-series/>

Louna's blog: <https://burstsofautumn.com>

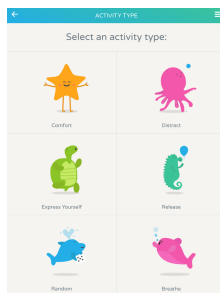


Free music sessions

Check out TeachMeMusicAcademy group on Facebook for free music lessons

Anxiety easing apps we recommend

Calm, Calm Harm, Headspace, Down Dog, My Oasis, Happiful Magazine... or check out the 'antistress' category for sensory related apps



Zumbaaaaa!

Join in on Zumba classes through Zoom!

Go to <https://www.zumba.com/en-US> the. Find an instructor in the menu tab and search for Rachel Grocott (please contact Rachel for details on how to join)

Hearts and Minds group activities and MH check ins

Check out Hearts and Minds for access to experts by experience resources. Link to getting involved:

<https://heartsandminds.org.uk/hearts-and-minds-is-going-online/>



Reminders...

Remember, there's no pressure to do everything at once. Some things in this Survival Guide might not feel right for you - that's okay! We designed this as a collection of resources and ideas so you can pick and choose whatever floats your boat! You don't have to reinvent yourself or learn six new languages. Just surviving this uncertain time is a big enough achievement.

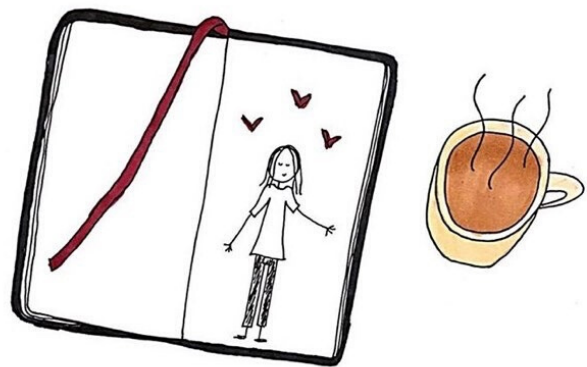


Fiona Thomas | Author
@fionalikes

Doing nothing is a valid activity
Doing nothing is a valid activity
Doing nothing is a valid activity
Doing nothing is a valid activity

10:11 · 28/02/2020 · [Twitter for iPhone](#)

@fionalikestoblog



MY LIFE IS NOT ON HOLD.
THINGS MIGHT LOOK DIFFERENT RIGHT
NOW, BUT I'M STILL MAKING PROGRESS
TOWARDS THE PERSON I WANT TO BECOME.

@psychalive

**Be kind to your body.
If you're sleeping in longer
than usual, taking more
naps, and not sticking to
your schedule that is ok.
Listen to what your
body needs.**

@femalecollective

I Don't Know Who Needs To Hear This But...

@therapyforwomen

If you feel like you aren't "making progress" right now because you are reverting back to old behaviors, please remember that we are in the midst of a global pandemic. Of course your brain is seeking old + familiar ways of coping. This doesn't mean you are regressing. It's simply means life has really upped the ante.

@therapyforwomen

Debunking COVID19 info...

Tips on keeping safely informed

To be safe, be tactical:

- Use reputable sources (BBC News, scientific articles, GOV.UK)
- Keep it factual; headlines are just summaries, sometimes biased, and, don't feed into conspiracies
- Be empathetic; it is not your job to keep on top of the research, it is your job to be kind to yourself (firstly) and others

It's okay to not know, but you can control what you do know and where you get your information from. Step away if you need to; ignore it if you need to. That's perfectly okay.



You can do this by reinforcing social boundaries...

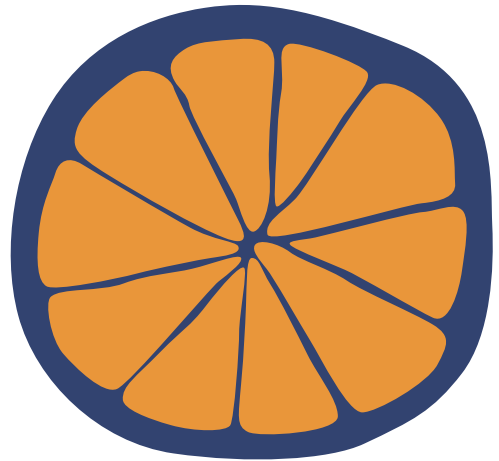
Social boundaries: code for emotional availability during social distancing...

During times like this, communication is key to keeping our mental health in check - but sometimes that is hard. Here is a helpful 'code' for you and friends, created by Think 4 Brum Chairperson, Heather.



**You're allowed to be
selfish with your time**

Really Easy Recipes...



Maintaining a healthy, balanced diet when you're stuck at home all day can be tough. There are loads of places online where you can find hundreds of cheap, basic, store cupboard and vegan and veggie recipes with loads of room for substituting ingredients, such as Jack Monroe's website!

Check out <https://cookingonabootstrap.com/> for more!



Buzzfeed have lots of great simple and easy articles. YouTube is filled with chefs. Tasty can satisfy every food need too!





or cook...

WITH
INGREDIENTS
YOU HAVE IN
YOUR CUPBOARD

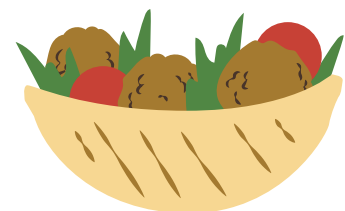
Here are some websites that find and create recipes for you - just enter what ingredients you have in your cupboard, and they will do the rest!

cookipedia

https://www.cookipedia.co.uk/recipes_wiki/Find_recipes_that_contain_these_ingredients

recipeland

https://recipeland.com/recipes/by_ingredient



#BiteBackLunchList...

Here is the #BiteBackLunchList created by Jamie Oliver, which contains quick and simple recipes that can be eaten hot or cold. The list was originally created for families accessing Free School Meals. They only cost £15 a week which is equivalent to the £15 voucher that the government is giving to families of children accessing Free School Meals. However, these are all cheap and healthy meal ideas for anyone using minimal ingredients.

#BiteBackLunchList

• Sliced wholemeal loaf (400g)	£0.79
• Baked beans in tomato sauce (reduced salt and sugar if available)	£0.30
• A block of store brand cheddar cheese (220g)	£1.55
• Store brand sweetcorn in water (325-380g)	£0.50
• Store brand tuna chunks or salmon in spring water (3 X 80g)	£2.00
• Store brand couscous	£0.45
• Store brand lower fat mayonnaise or light cream cheese (400-500g)	£0.90
• Shredded iceberg lettuce (140g)	£0.69
• Clementines x 1	£0.24
• Store brand bag of mini apples x 6	£0.62
• Loose tomatoes x 1	£0.28
• 6 large free-range eggs	£1.20
• Jacket potatoes (700g)	£0.58
• 2pt semi-skimmed milk	£0.80
• Crunchy peanut butter	£0.85
• Loose bananas x 3	£0.39
• Greek-style yoghurt (500g)	£0.69
• Sliced chicken (240g)	£1.99

£14.82



Meal Ideas

#BiteBackLunchList

Sandwiches:

Tuna mayo and sweetcorn
Cheese, tomato and lettuce
Chicken and mayo
Egg and tomato

Toast:

Scrambled, poached and boiled eggs
Baked beans and cheese
Peanut butter and banana

Jacket potatoes:

Tuna mayo with sweetcorn
Cheese and baked beans
All of these can be served with lettuce

Couscous:

Chicken and sweetcorn
Salmon and tomato

Dessert (or a snack):

Banana with half a tablespoon of peanut butter
Yoghurt and fruit



Whilst these options may not be suitable for everyone, it always helps to have a few options as a go-to, and you can adapt the ideas with whatever you have lying around!

For more information, visit

<https://www.biteback2030.com/real-story/making-your-ps15-free-school-meal-voucher-go-further-home>



Struggling with eating...

We may not be moving as much as we usually do, but that is not a reason to restrict your intake or overexercise, no matter what the media is telling you. This situation is particularly tough for those struggling with their body image and disordered eating, but you deserve to listen to be kind to yourself! You are not being lazy - your body is trying to protect you from a global crisis.

[illegible][illegible][illegible][illegible]

from @bodyposipanda on instagram

Stuff to read...

With the current situation, escaping into a world of fantasy may be helpful. Here are some of our favourite reads....



Eleanore Oliphant is Completely Fine by Gail Honeyman



Reasons to Stay Alive by Matt Haig



Gangsta Granny by David Walliams



The Idiot Brain by Dean Burnett



Dancing By The Light of The Moon: Over 250 poems to read, relish and recite



The Curious Incident of the Dog in the Night-Time by Mark Haddon



Notes on a Nervous Planet by Matt Haig

Audible have also launched a new site called Audible Stories, where children and young people can listen to hundreds of audiobooks in six different languages!

Some authors are offering eBooks for free on Amazon too!

If you have a library card and live in an area managed by Birmingham City Council, you can access eBooks via the Library of Birmingham.

1. Email enquiries@libraryofbirmingham.com with the number on the back of your library card. They will set up an account for you and send you an email with your membership number.

2. Download 'Libby by Overdrive' on your device. It's compatible with Android, Apple and Windows.

3. Type in 'Library of Birmingham' and then enter your membership number which was sent to you in Step 1.

4. Done! Let's get browsing...



If you're struggling, check out

https://www.birmingham.gov.uk/info/50163/library_services/1550/ebooks/2 to download visual instructions!

Stuff to watch...



Now is a pretty good time to catch up on a TV series or rewatch your favourite films! Here's a list of useful stuff...



Disney+ is offering a 7-day free trial, so you can watch the best of Disney, Pixar, Marvel and Star Wars ad free!



Quarantine and chill? Netflix Party is a new Chrome extension that allows you to watch Netflix with your friends - with synchronised playback AND a groupchat feature!

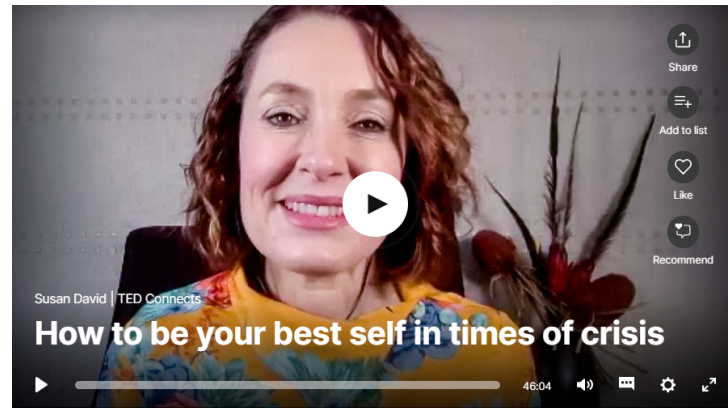


TED Talks have started a live, daily conversation called Ted Connects: Community and Hope, which honestly sounds like it's exactly what we all need right now.



If all else fails...there's always Youtube! One of our favourite Youtubers is @grackle, who is only posting wholesome content at the moment!

TED Talks...



https://www.ted.com/talks/susan_david_how_to_be_your_best_self_in_times_of_crisis



https://www.ted.com/talks/brene_brown_the_power_of_vulnerability



https://www.ted.com/talks/abigail_spanberger_how_to_connect_with_people_who_are_different_than_you

Creative outlets...

WE ALL NEED SOME ART THERAPY
FROM TIME TO TIME



downloadable colouring in
apps on app stores, websites; check out the
link in @__c_e_s on Instagram for doodles

abstract paintings
with things/paints you have at home, make a
mess, let it out!

collages
grab old magazines, books, leaflets etc. and
cut them up, and stick them together



art by @_zoecookart on instagram

Sleep Hygiene...



Tips for getting a good night's sleep

- Have a **routine** time schedule for sleeping
- Use sleep assisting **apps** (check out the bedtime function in the clock app!)
- Charge your phone at a plug **far** from your bed
- Have **minimal light** on whilst in bed
- Try to **wind down** (yoga, no work an hour before bed, a hot chocolate...)
- Try to get some form of **movement** throughout the day
- Dont stay in **bed** all day if you're able to
- Try to get **fresh air** when the sun is up



Some resources that may help...

Coping with anxiety and uncertainty.

- A blog from YoungMinds

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

- Information from Mind

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

- A blog on how to manage anxiety and isolation

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

- A video from the Anna Freud Centre for young people

<https://www.youtube.com/watch?v=ME5IZn4-BAk&feature=youtu.be>

- Guided meditation by Headspace

<https://www.headspace.com/covid-19>

- A visual guide on living with uncertainty

[https://www.canva.com/design/DAD2pJafRMk/I2MYytUhIb5TQTmhhofT2Q/view?](https://www.canva.com/design/DAD2pJafRMk/I2MYytUhIb5TQTmhhofT2Q/view?utm_content=DAD2pJafRMk&utm_campaign=designshare&utm_medium=link&utm_source=viewer)

[utm_content=DAD2pJafRMk&utm_campaign=designshare&utm_medium=link&utm_source=viewer](https://www.canva.com/design/DAD2pJafRMk/I2MYytUhIb5TQTmhhofT2Q/view?utm_content=DAD2pJafRMk&utm_campaign=designshare&utm_medium=link&utm_source=viewer)

- Advice from Youth Work Support

[https://youthworksupport.co.uk/?](https://youthworksupport.co.uk/?utm_source=All%20Contacts&utm_campaign=228ece6630-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609)

[utm_source=All%20Contacts&utm_campaign=228ece6630-](https://youthworksupport.co.uk/?utm_source=All%20Contacts&utm_campaign=228ece6630-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609)

[0-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609](https://youthworksupport.co.uk/?utm_source=All%20Contacts&utm_campaign=228ece6630-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609)

- Five free webinars to help you cope with the challenges we are all facing <https://www.eventbrite.co.uk/e/how-are-you- coping-mastering-life-in-a-covid-19-world-tickets-100274555896>

-Some relaxation techniques from Childline

[https://www.childline.org.uk/toolbox/calm-zone/?](https://www.childline.org.uk/toolbox/calm-zone/?utm_source=All+Contacts&utm_campaign=228ece6630-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609)

[utm_source=All+Contacts&utm_campaign=228ece6630-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609](https://www.childline.org.uk/toolbox/calm-zone/?utm_source=All+Contacts&utm_campaign=228ece6630-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609)

- This micro-site has loads of resources for young people
https://young.scot/campaigns/national/coronavirus?utm_source=All+Contacts&utm_campaign=228ece6630-EMAIL_CAMPAIGN_2020_03_05_12_25_COPY_01&utm_medium=email&utm_term=0_9d3e5329da-228ece6630-53666609

Things to share

- A video exploring different ways to say hello
<https://www.bbc.co.uk/newsround/51733376>

- Covibook – an interactive resource designed to support and reassure children to help explain and draw the emotions that they might be experiencing.
<https://www.mindheart.co/descargables>

- Tiny rainbows by Emily Coxhead to spread some positivity
<https://www.dropbox.com/s/lt0ui2ghv8zadd2/Print%20Tiny%20Rainbows.pdf?dl=0>

- A free 'Happy Newspaper' pack available to download and print, with stories of good things happening in the world right now by Emily Coxhead
[https://www.dropbox.com/s/txqw8aahpwk66pi/Free%20\(temp\)%20The%20Happy%20News%20pack.pdf?dl=0](https://www.dropbox.com/s/txqw8aahpwk66pi/Free%20(temp)%20The%20Happy%20News%20pack.pdf?dl=0)

- A comic strip for younger children

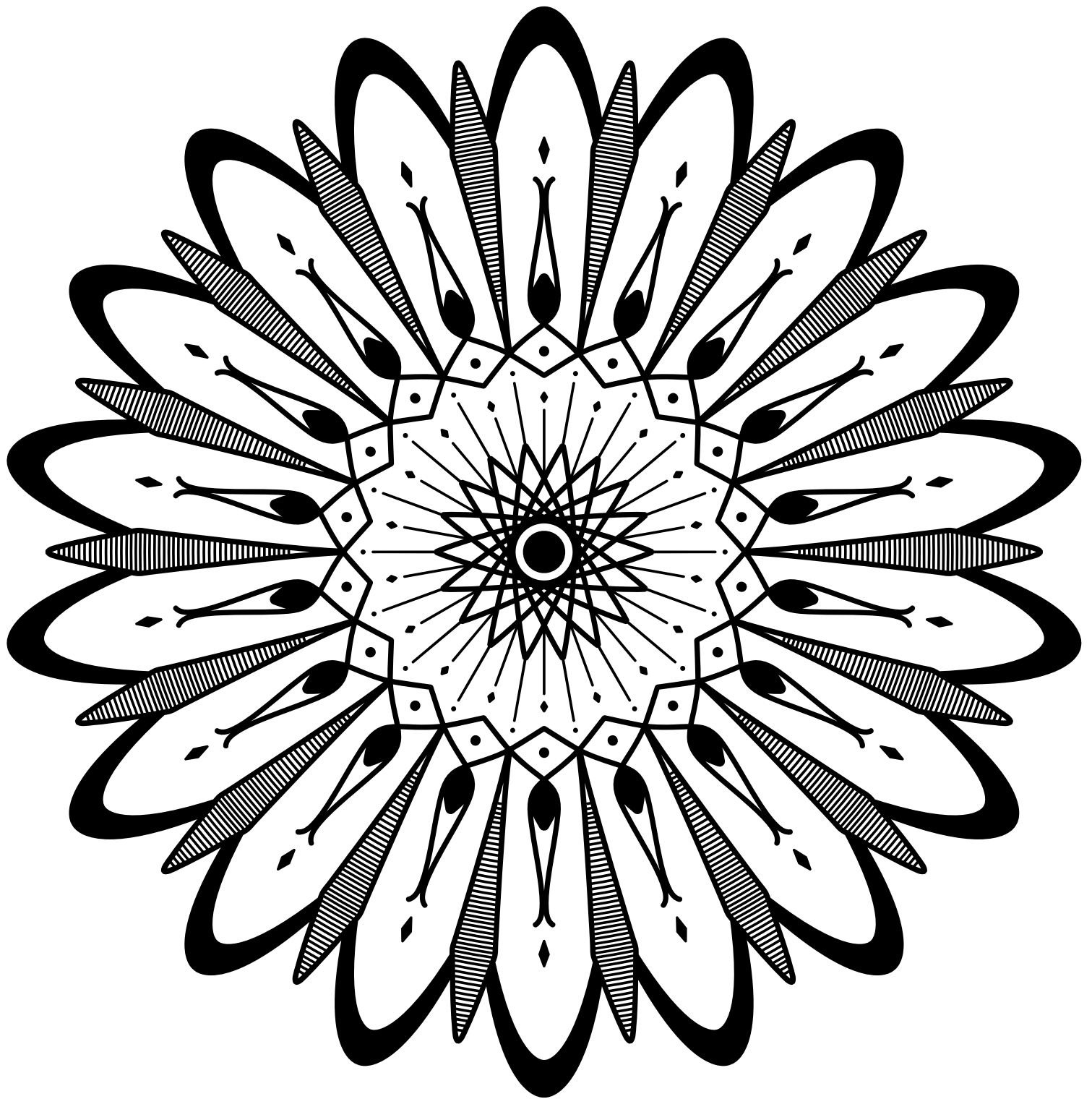
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

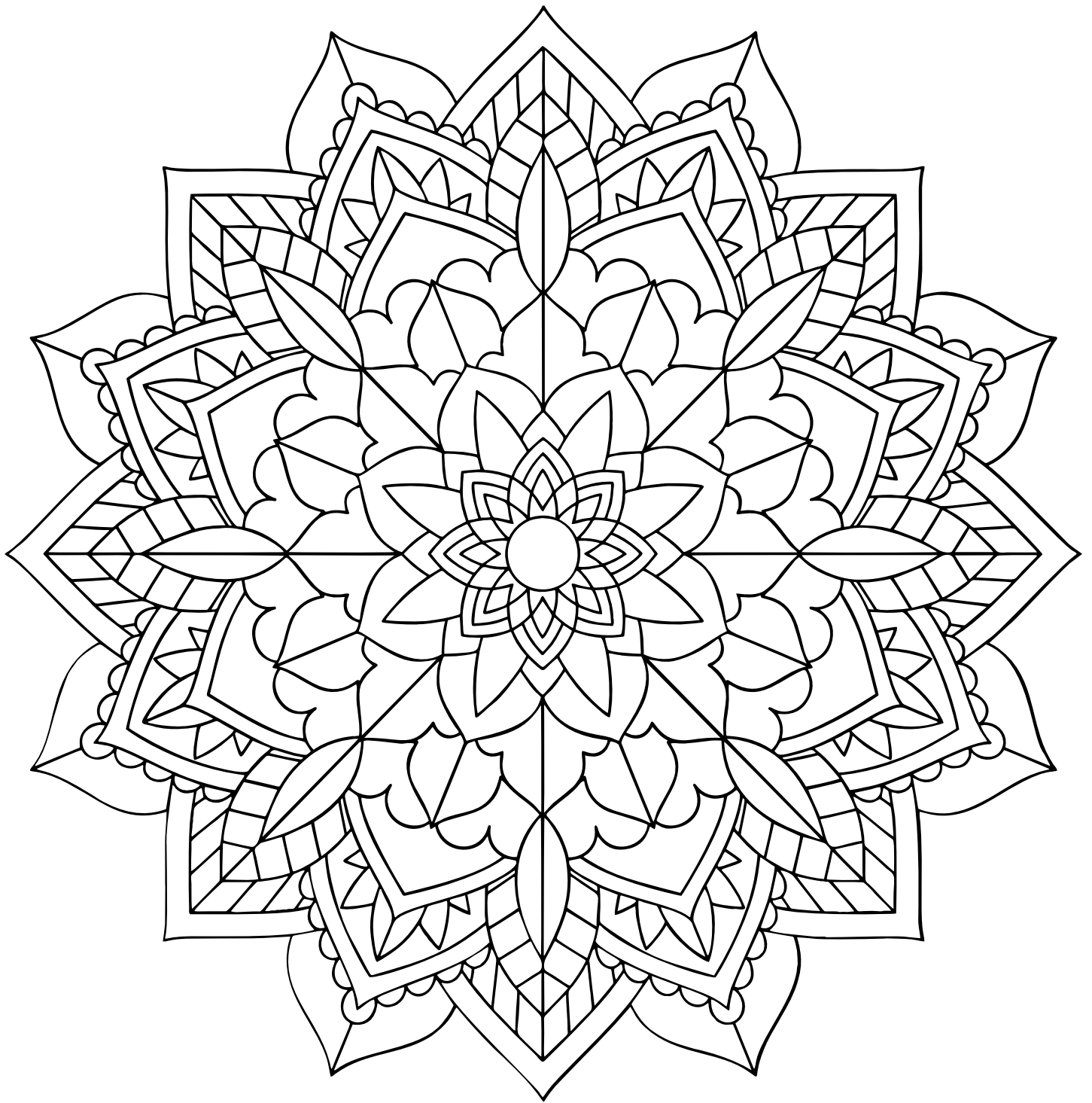
-Living Well Brum and Birmingham Mind have launched a Mental Health crisis and counselling support service for people struggling during this time. You can call 0121 262 3555 between 9am and 11pm for a one-off chat, or longer term support with free counselling and talking therapies from qualified professionals. One of our Think 4 Brum members has used this service and has highly recommended it!

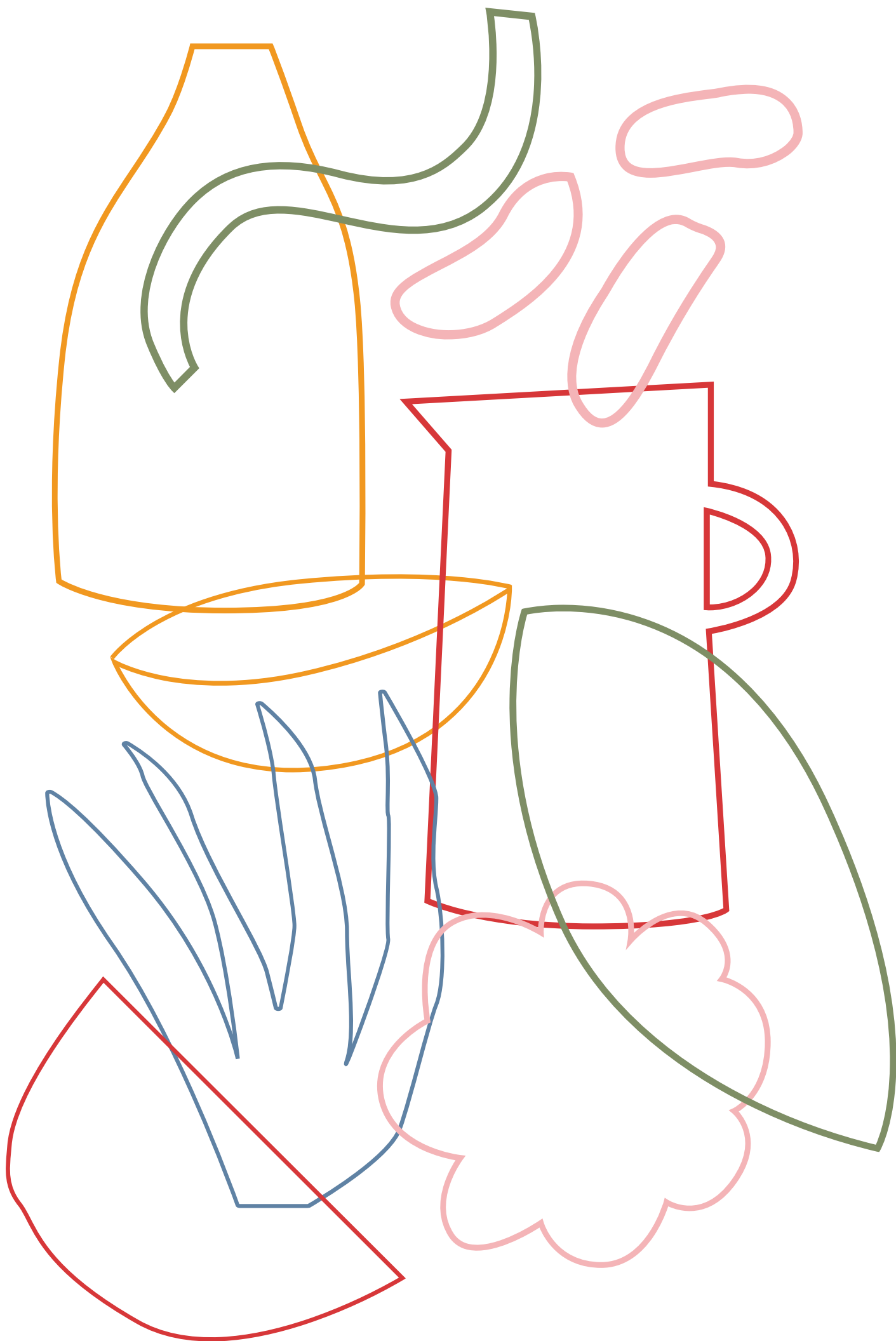


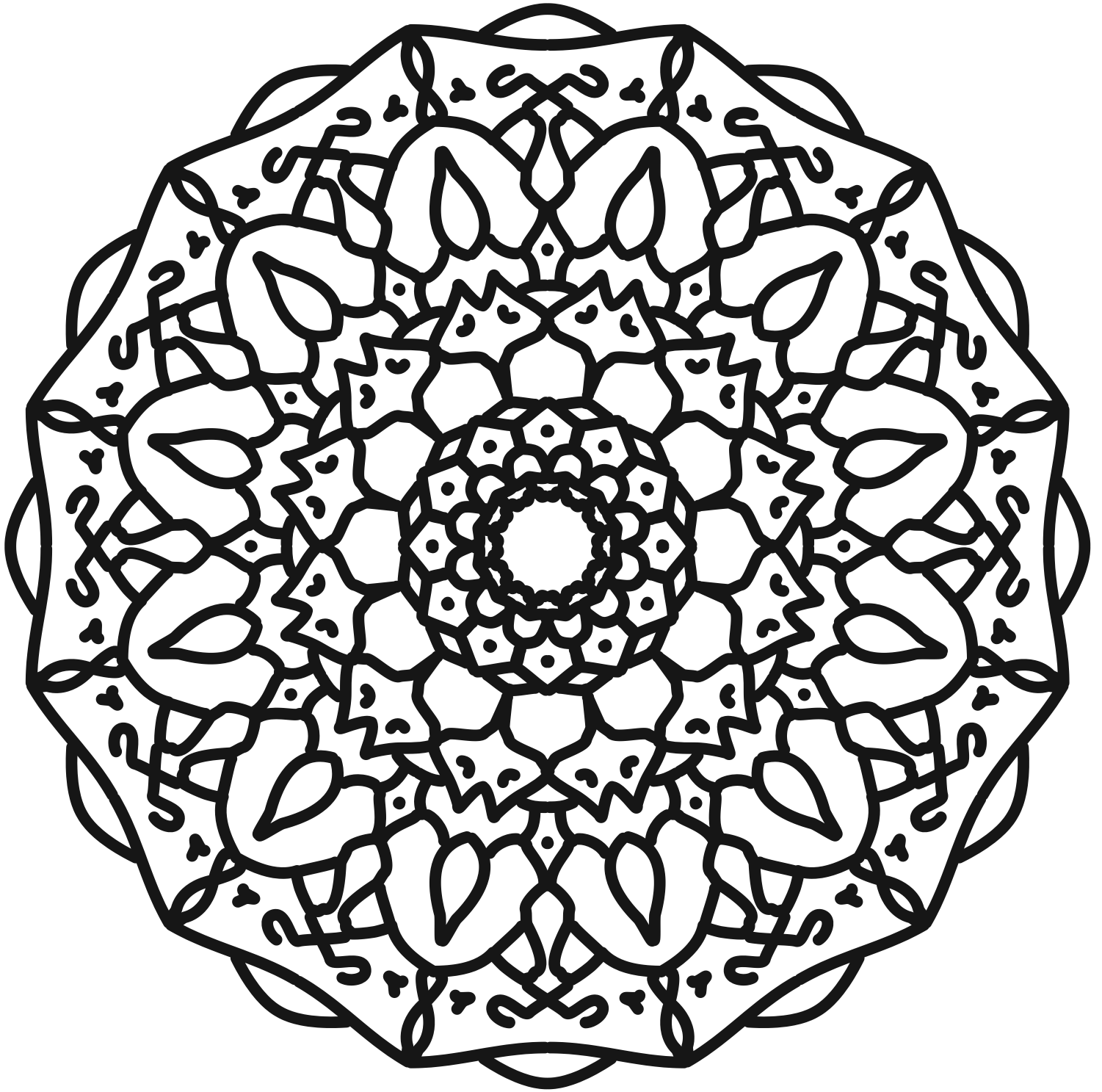
@themindgeek

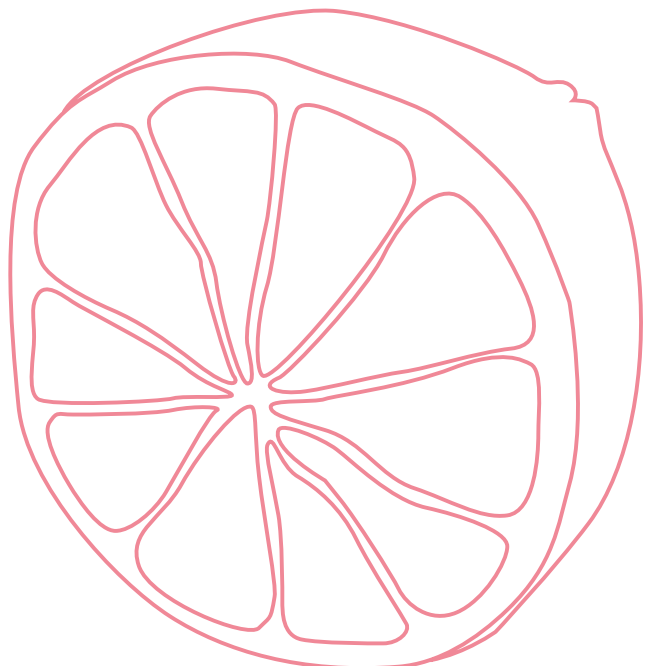
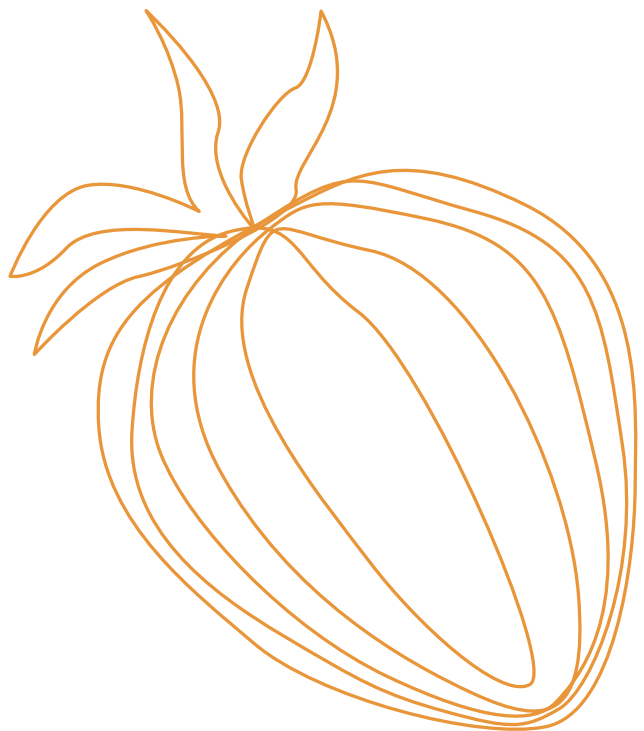
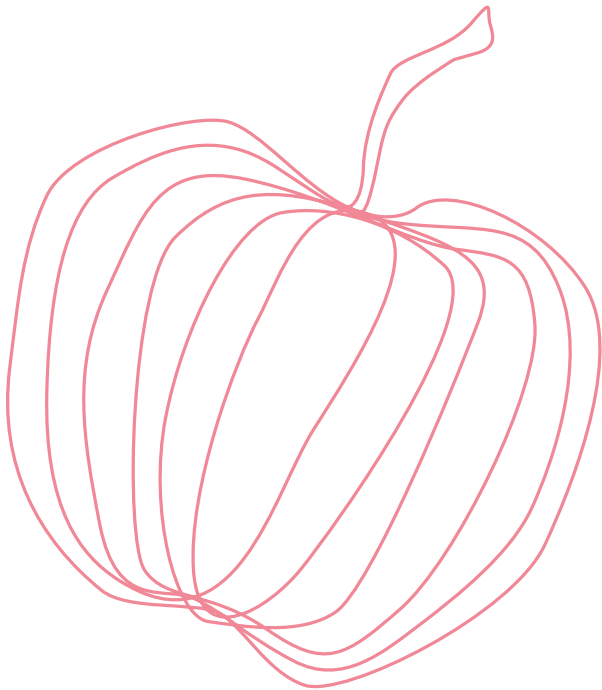
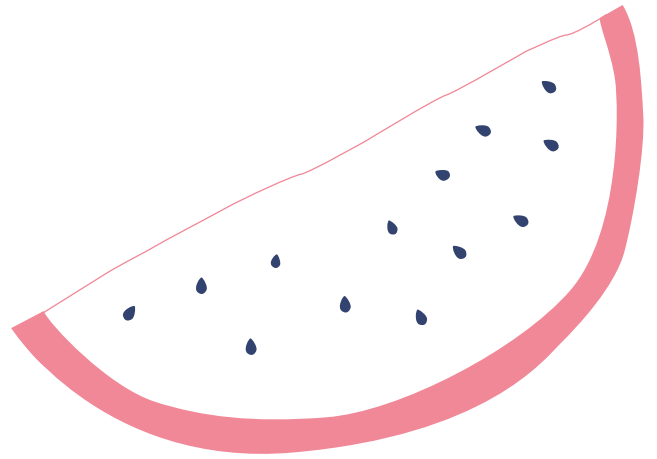
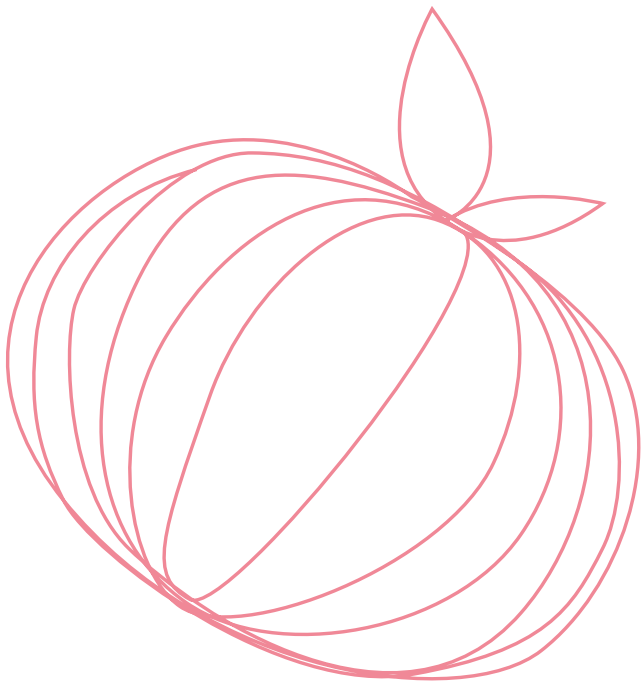
Colouring pages...



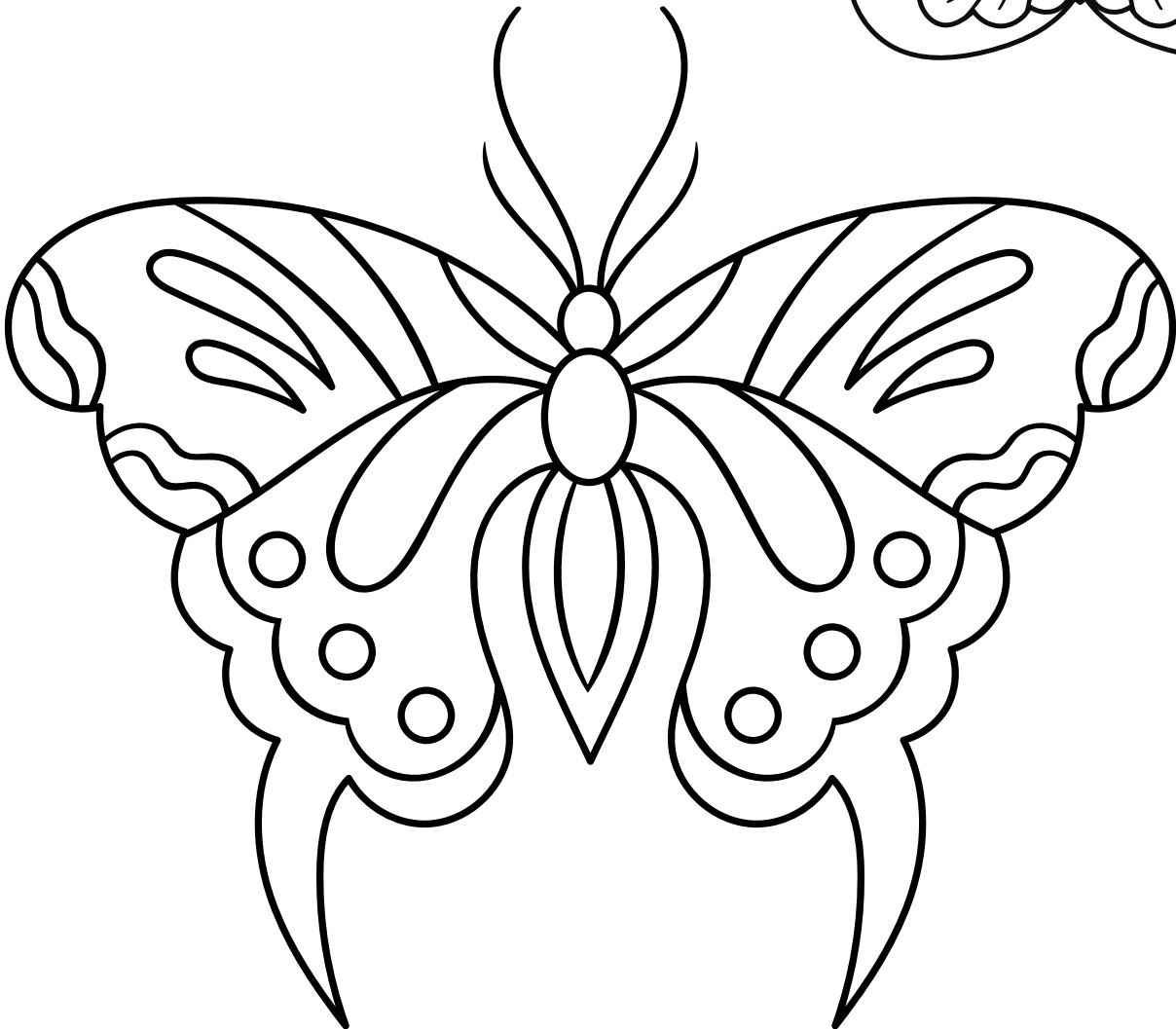
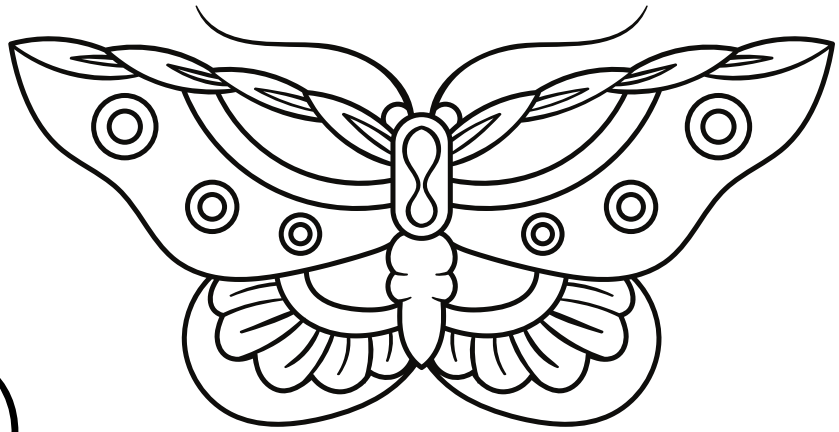


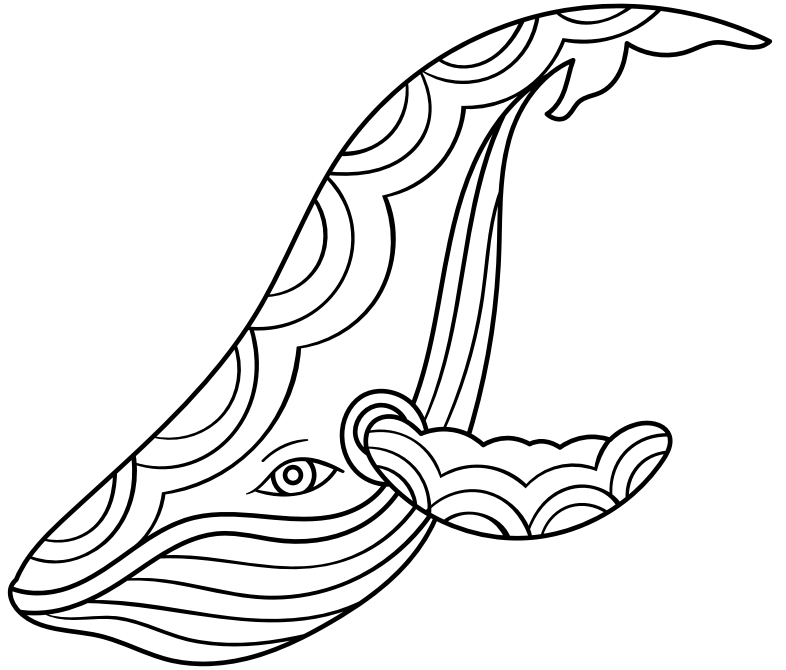
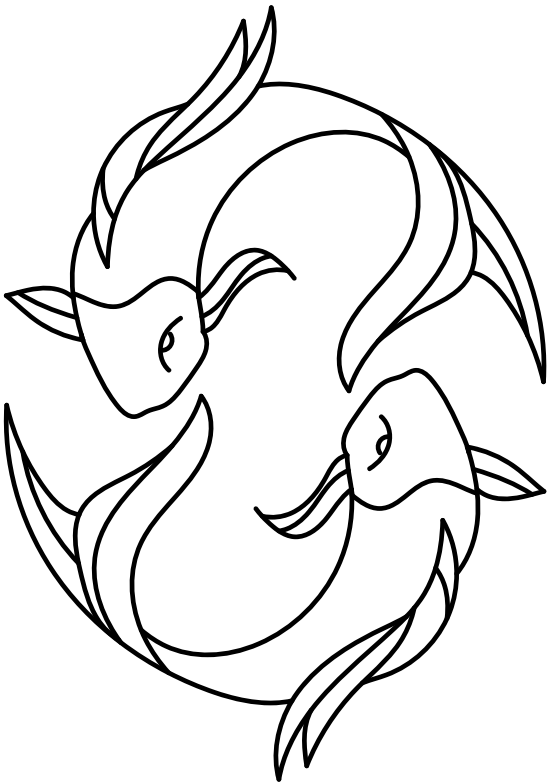
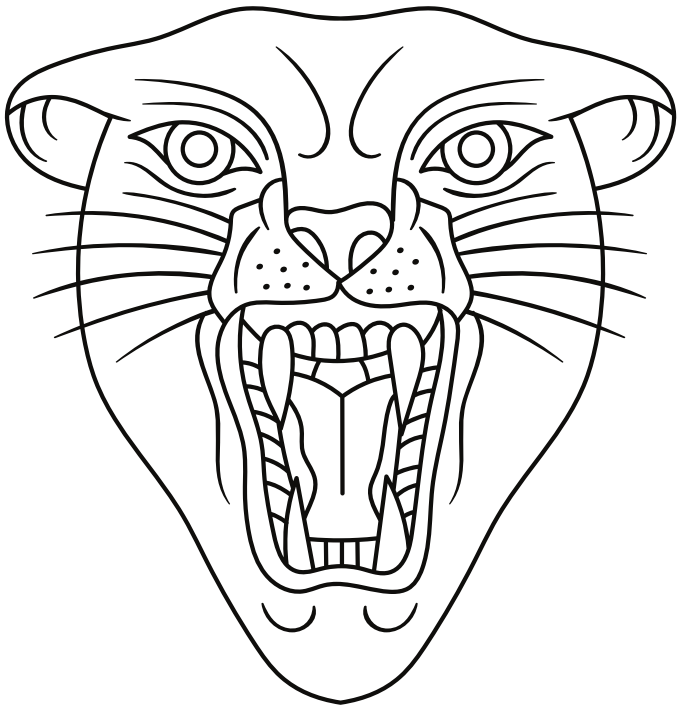


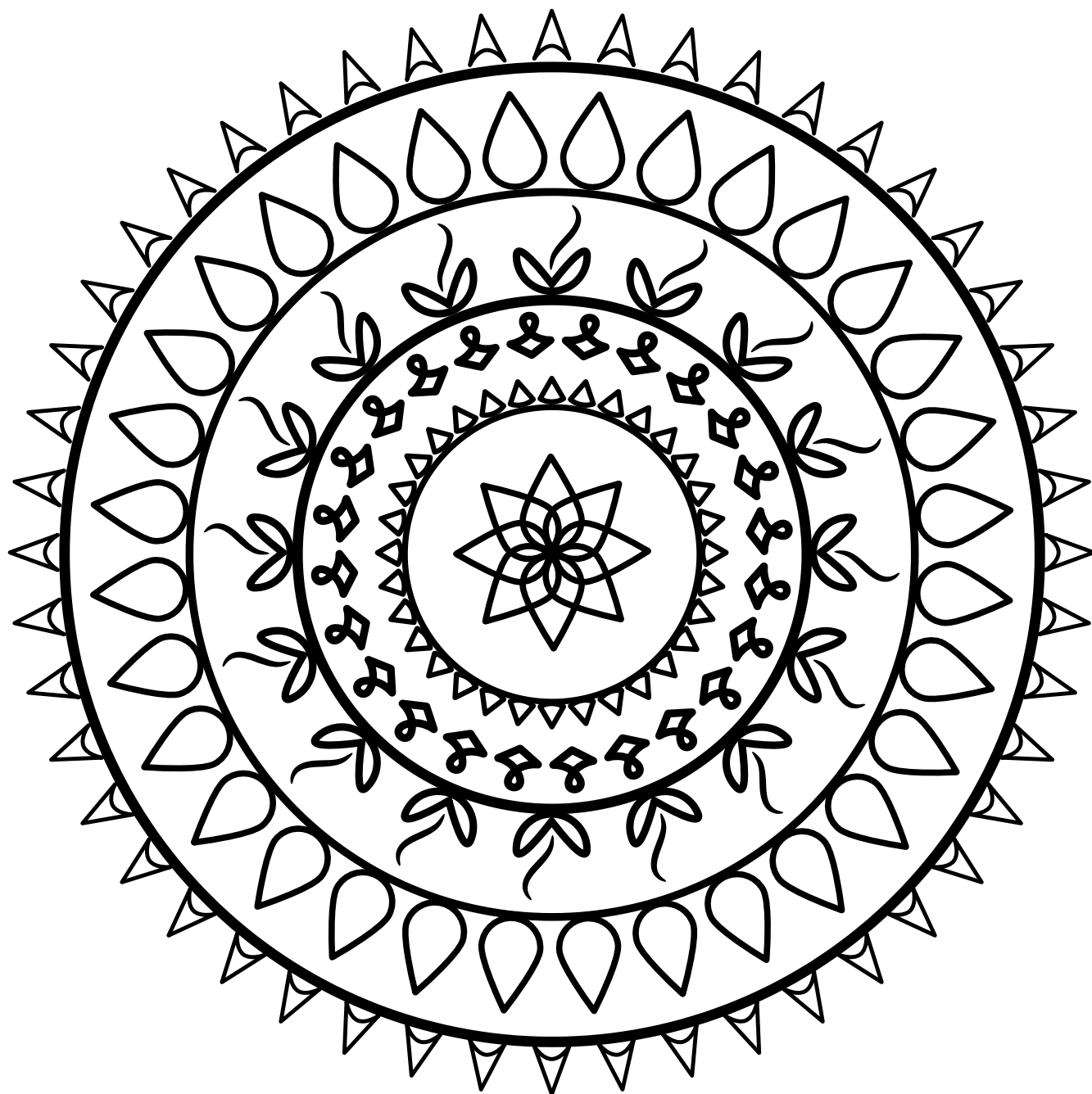


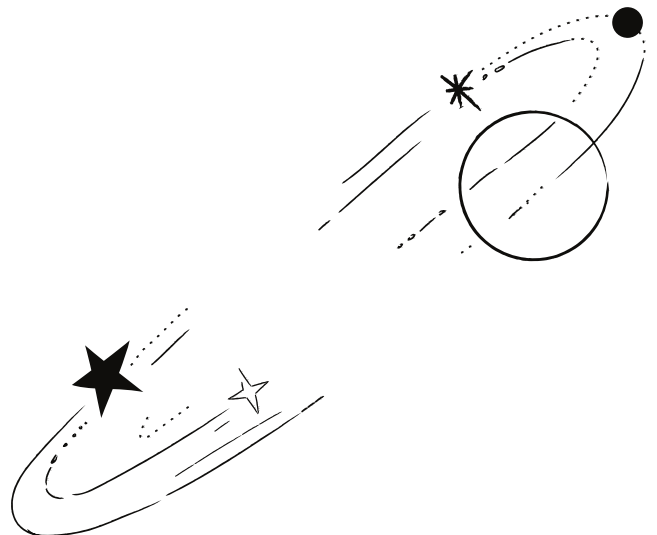
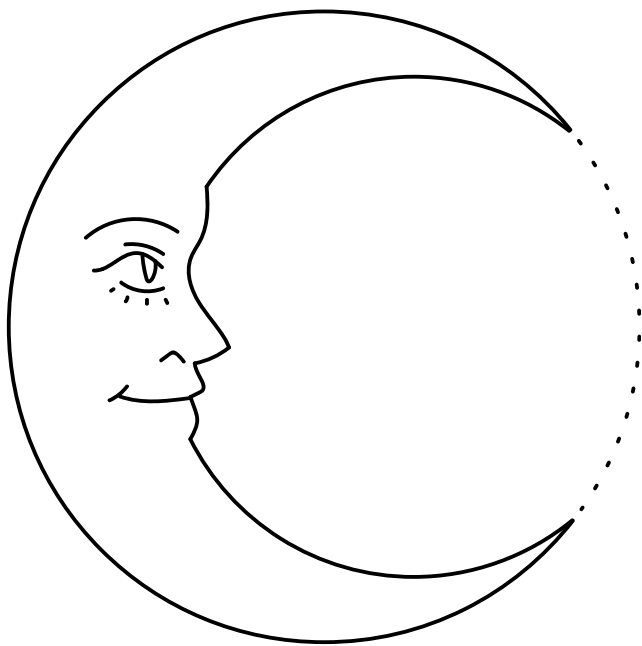
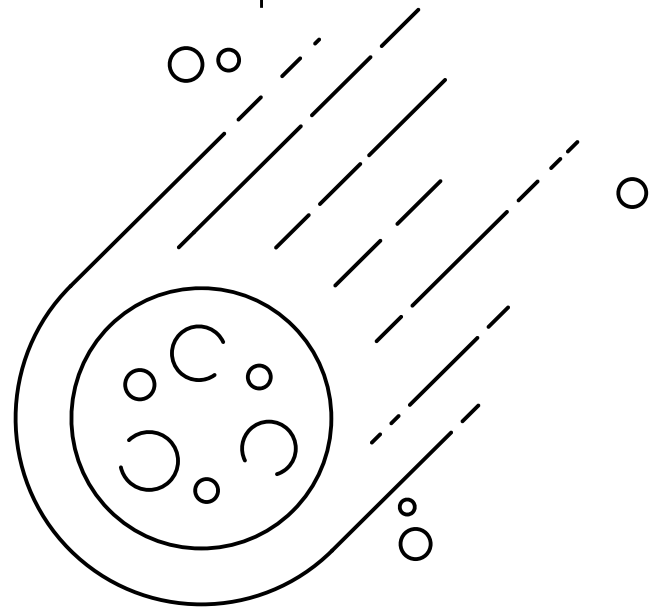
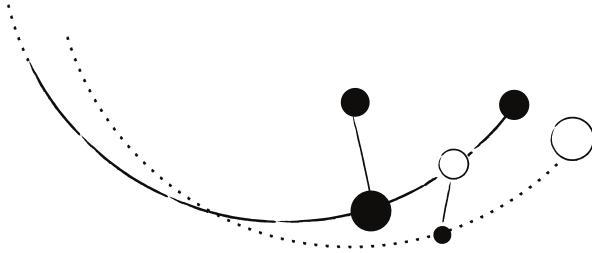
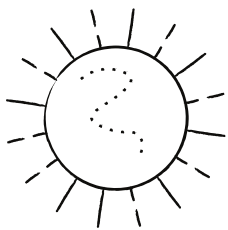
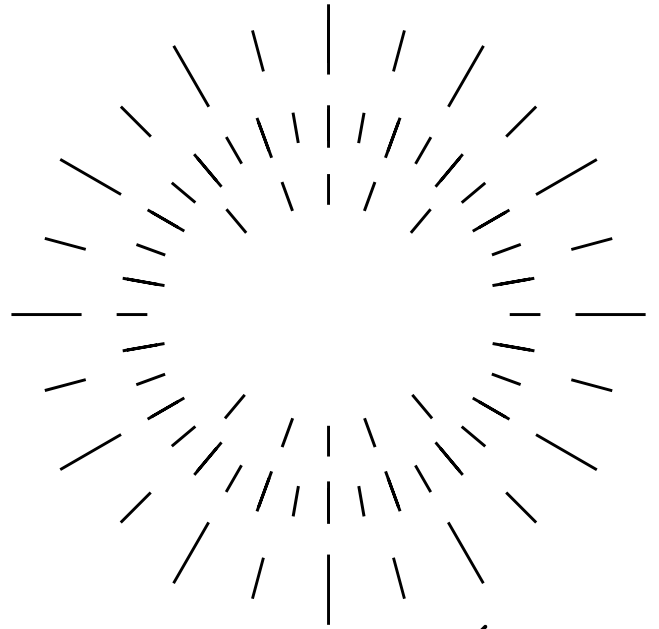
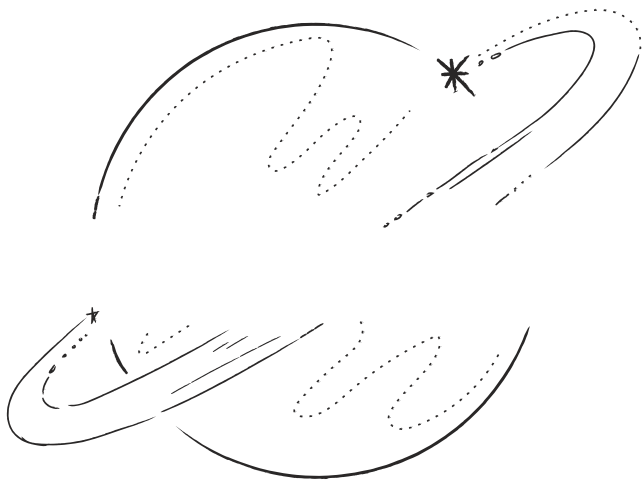


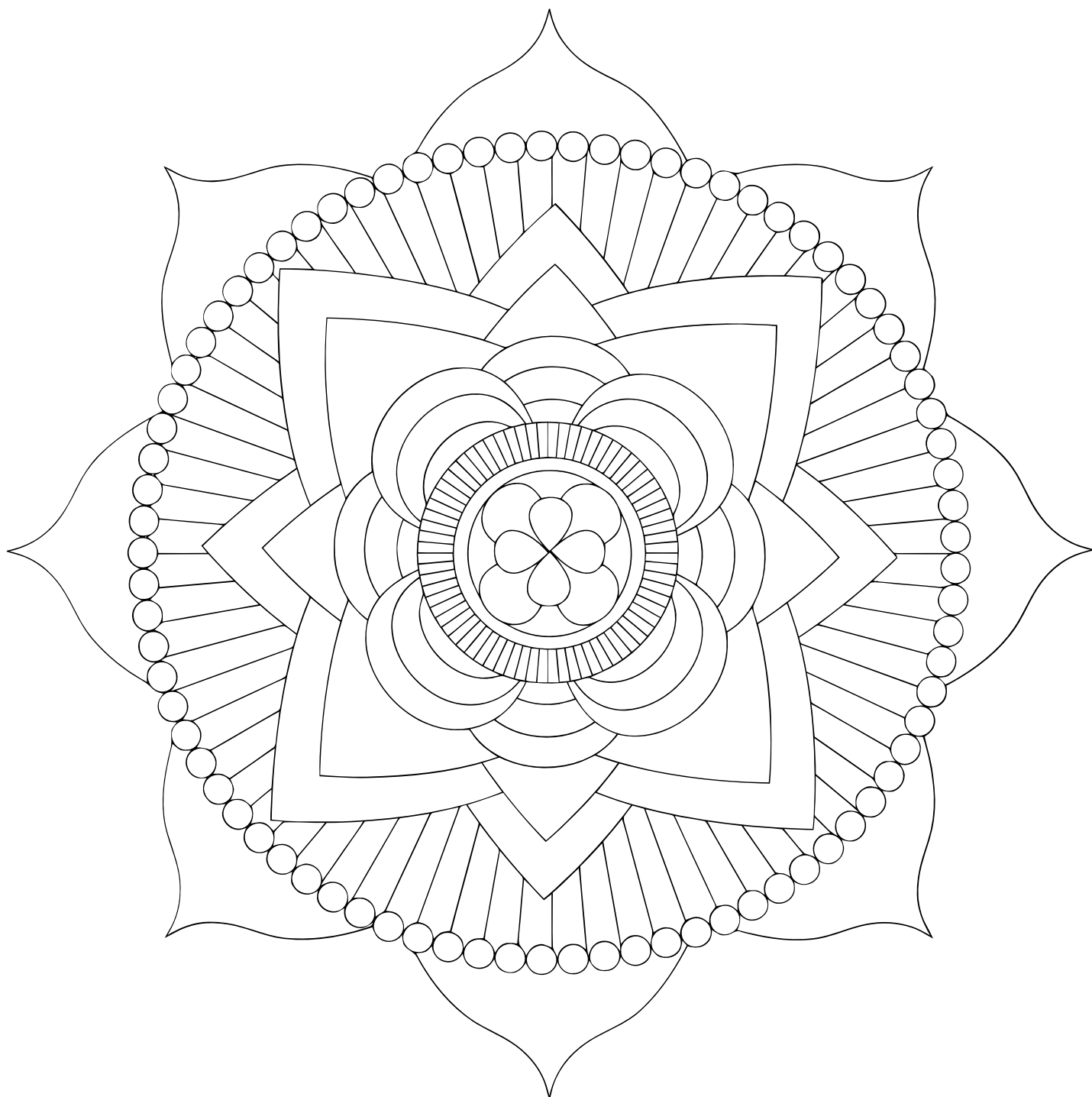


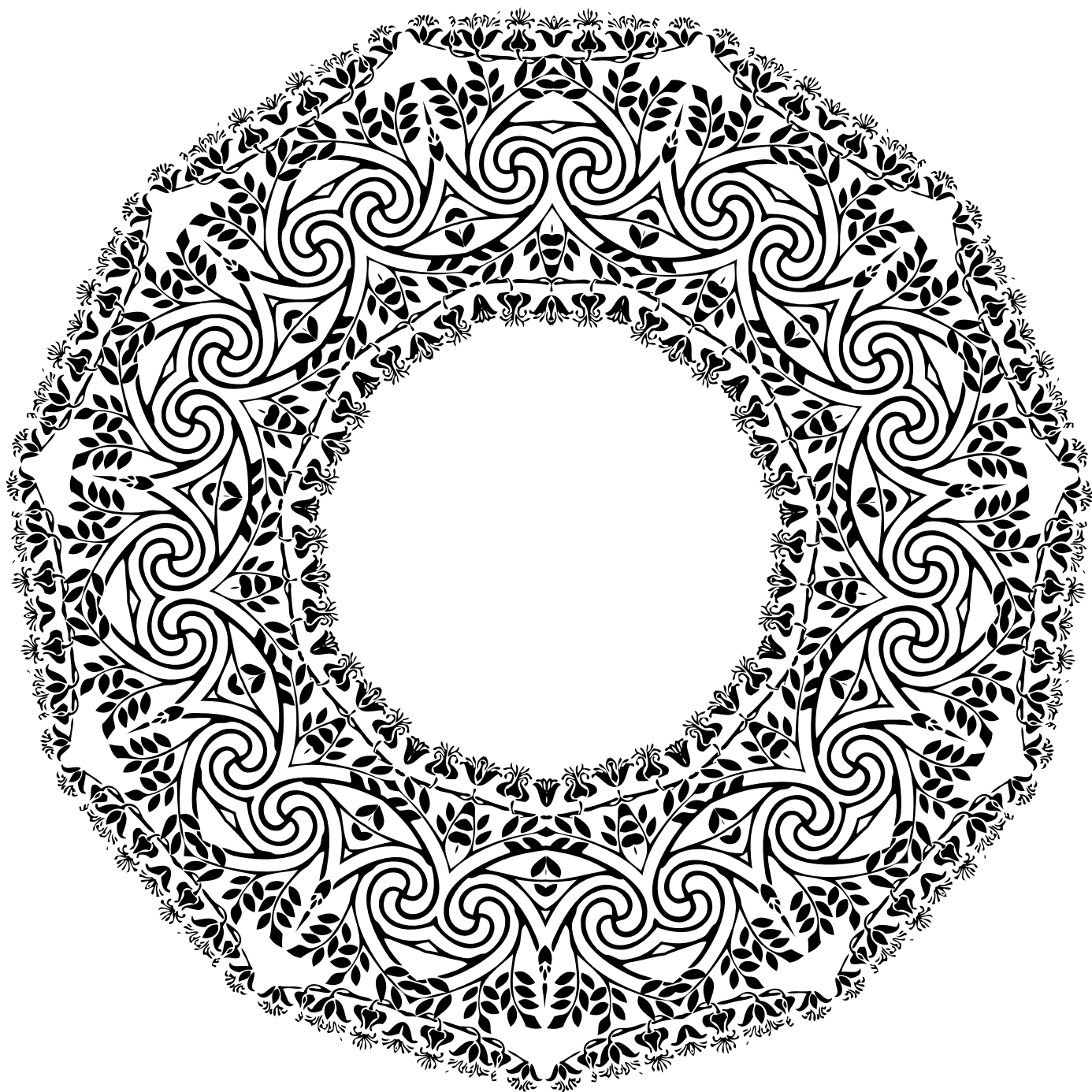


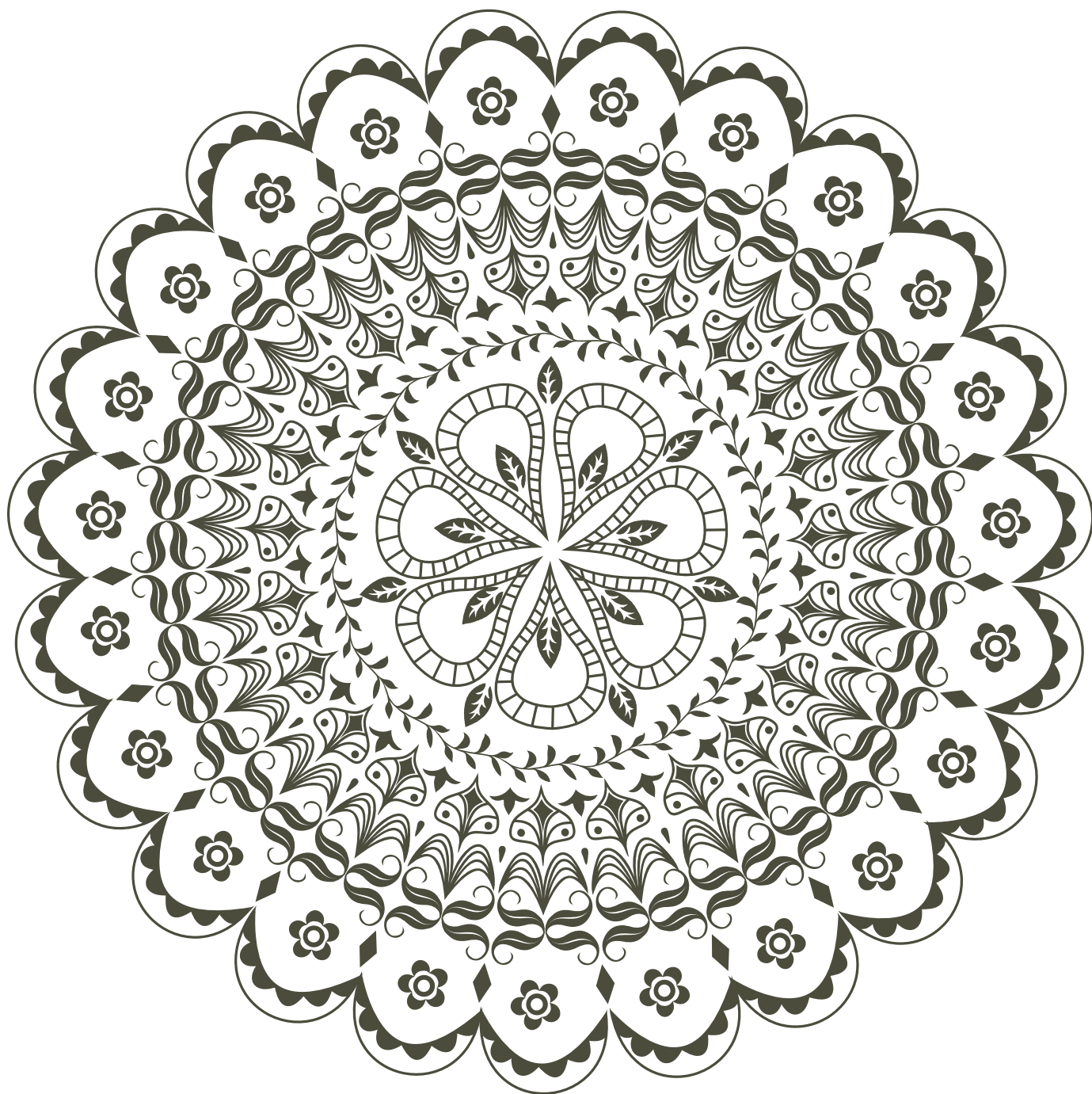


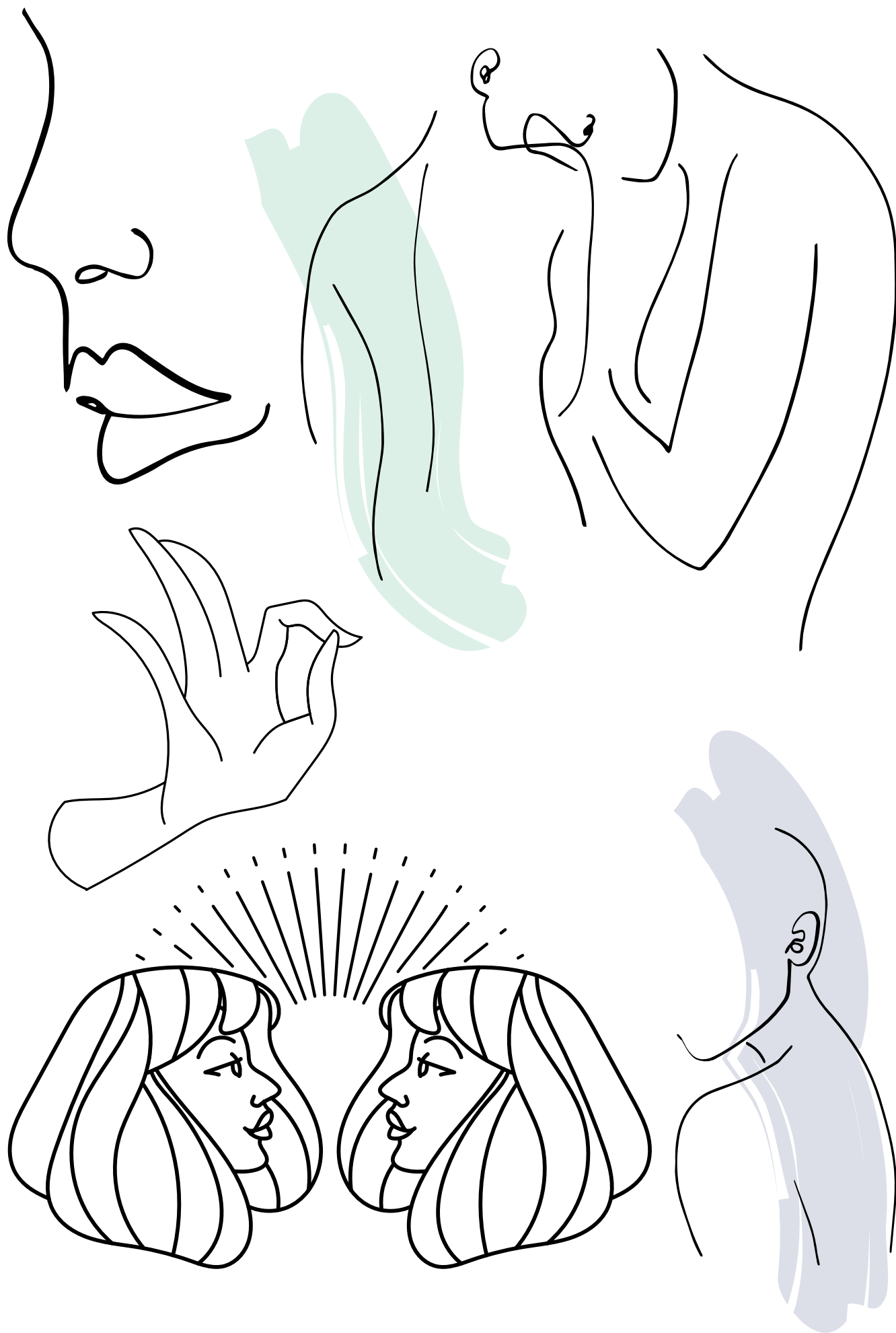












Things to make you laugh...



Tom
@tomholdensharma

Italy: Lockdown 16,000,000 people
USA: No travel except UK for 30 days
China: Wuhan Lockdown and deep cleans
WHO: Covid-19 is now a pandemic
UK: happy birthday to you-
[#excepttheuk](#) [#coronavirus](#)



eve
@evebennetttx

Forget Panic! at the Disco
Today's vibe is Anxiety Attack! in Tesco



alina
@loversinfilm

you are the dancing queen, young and sweet, stuck in quarantine

5:59 am · 17/03/2020 · [Twitter Web App](#)

124K Retweets 368K Likes



hi. so, @mynameissdan · 2d
Replying to @loversinfilm and @dreamdannie

dancing queen, feel the beat of covid-19
oh yeahhhh



Sir Michael
@Michael1979



QUARANTINE DIARY

Day 1: I have stocked up on enough non-perishable food and supplies to last me for months, maybe years, so that I can remain in isolation for as long as it takes to see out this pandemic

Day 1 + 45 minutes: I am in the supermarket because I wanted a Twix



Dana Jay Bein (#DJB)
@danajaybein

I've lost my mind.
I wrote Coronavirus Rhapsody:
Is this a sore throat?
Is this just allergies?
Caught in a lockdown
No escape from reality.

Don't touch your eyes
Just hand sanitize quicklyyyyy
I'm just a poor boy, no job security
Because of easy spread, even though
washed your hands, laying low
I look out the window, the curve doesn't
look flatter to me, to me

💬 53 ↻ 3,967 ❤️ 38.5K ⬆

Dana Jay Bein (#DJB) @danajay... · 1d ✓

mama, just killed a man
i didn't stay inside in bed
I walked by him, now he's dead
mama, life was so much fun
but now I've caught this unforgiving
plague

💬 41 ↻ 3,711 ❤️ 32.6K ⬆

Dana Jay Bein (#DJB) @danajay... · 1d ✓

mama, ooooooh
didn't mean to make them die
if I'm not back to work this time
tomorrow
carry on, carry on as if people didn't
matter

I'm just a poor boy, facing mortality
HE'S JUST A POOR BOY FACING
MORTALITY

spare him his life from this monstrosity

💬 7 ↻ 2,262 ❤️ 23.4K ⬆

Dana Jay Bein (#DJB) @danajay... · 1d ✓

Touch your face, wash your hands, will
you wash your hands?

BISMILLAH NO WE WILL NOT WASH
OUR HANDS! (WASH YOUR HANDS!)
BISMILLAH NO WE WILL NOT WASH
OUR HANDS! (WASH YOUR HANDS)

💬 17 ↻ 2,575 ❤️ 23.9K ⬆

Dana Jay Bein (#DJB) @danajay... · 1d ✓

BISMILLAH WE WILL NOT WASH YOUR
HANDS! (WASH YOUR HANDS!)

WASH YOUR HANDS! (never, never,
never wash your hands oh oh oh oh oh
oh oh)

No no no no no

Oh mama mia, mia (mama mia wash your
hands!)

COVID-19 has a sickness put aside for
me, for me



JP ✓
@jpbrammer

do you know how useless my anxiety
is like I catastrophized about a million
scenarios yet somehow not this one



Susan Calman ✓
@SusanCalman

To be honest I've been ready to self
isolate since 1992.

Things to give you hope...



Kalwinder Singh Dhindsa
@KhalSir

Students who have had their end of year GCSE and A Level Exams cancelled.

Do not be disheartened.

Keep Believing.

You WILL receive the recognition your hard work deserves.

You will achieve and reach your destination.

Have faith in your Teachers.

We're not giving up on YOU



The Time Ladies
@thetimeladies_

"These are the dark times, but they don't sustain. Darkness never sustains, even though sometimes it feels like it might." ❤️❤️



Anisa Morridadi
@AnisaMorridadi

Everyday I am waking up and reminding myself of what I CAN DO rather than what I can't. It's small but it's pretty powerful.



Anneli Roberts
@pigletish

It is OK to be worried about yourself and your loved ones. You can also care about other people.

It's also OK to be upset about your cancelled holiday or social events or whatever.

"Other people have it worse" is a terrible reason not to let yourself feel your feelings.

When this is over,
may we never again
take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way—better
for each other
because of the worst.

LAURA KELLY FANUCCI



Bellaghy Chapel

Yesterday at 17:29 · 🌐



The most beautiful words I've heard yet to inspire & fill your lungs with love .❤️

"Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But....

They say that in Wuhan after so many years of noise
You can hear the birds again. 🎵
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear. 🌸

They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them. 🌈

Today a young woman I know
is busy spreading fliers with her number
through the neighbourhood
So that the elders may have someone to call on

Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary 🙏

All over the world people are slowing down and
reflecting
All over the world people are looking at their
neighbours in a new way 🌐

All over the world people are waking up to a new
reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love. ❤️

So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.



laken brooke
@21_laken

...

I saw this thing on facebook today that said "you may not want to exist right now, but someone is happy that you do." and that speaks volumes. you are worthy, you are never worthless. and if you are feeling that way reach out. our minds are a dangerous place.



Laura McInerney ✓
@miss_mcinerney

▼

To anyone who has a kid with exams swiped from under them, please PLEASE remind that learning lasts forever. All their work, all their skills and knowledge, that's theirs, to keep. Exams are a day and a grade. Don't let them lose that the LEARNING was what mattered.



★. olimpia .★
@hell0pia

▼

Citizens of Wuhan can finally hear birds chirping after years, Venice's water canals are clear and full of fish, and you can even see the Tatra mountains from Kraków because the smog has lifted.

This isn't an apocalypse. It's an awakening.

HELLO! If you are self-isolating, I can help.

My name is

I live locally at

My phone number is

If you are self-isolating due to COVID-19 I can help with:

☐ Picking up shopping

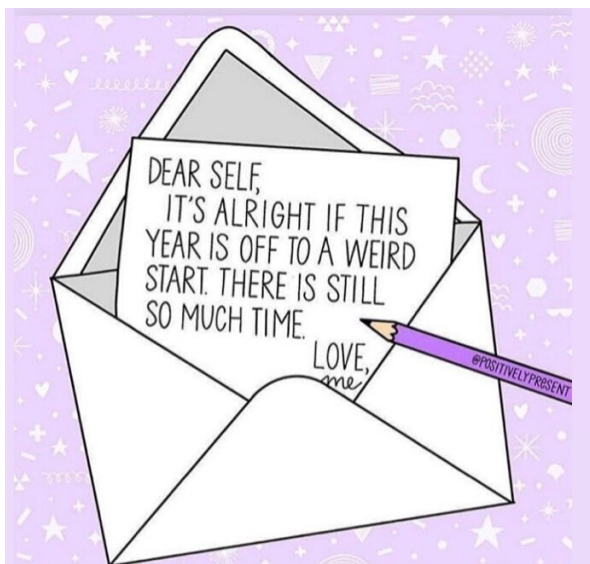
☐ Posting mail

☐ A friendly phone call

☐ Urgent supplies

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep. #ViralKindness



@advocating.mentalhealth

JUST A FRIENDLY
REMINDER — THERE IS
NO RIGHT WAY TO
FEEL RIGHT NOW.

— CLEO WADE —

@projecturok



Steve Bartlett

Your mental health is more important than your career, money, other people's opinions, that event you said you would attend, your partners mood and your families wishes, combined.

If taking care of yourself means letting someone down, then let someone down.

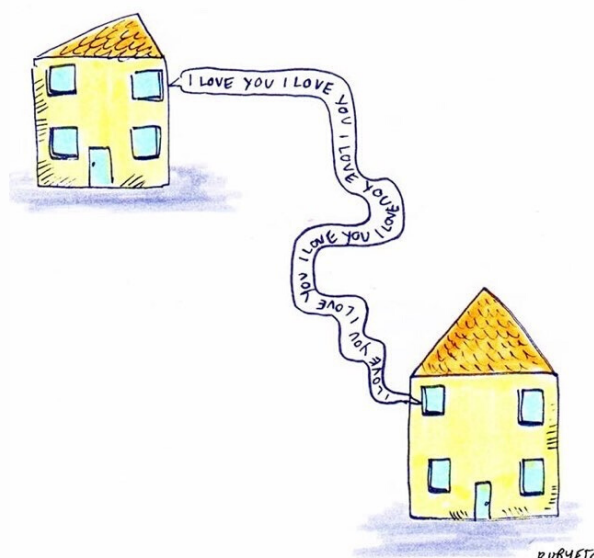
A NOTE OF HOPE

THINGS FEEL A LITTLE SCARY RIGHT NOW. AS HUMANS WE DON'T REACT WELL TO UNCERTAINTY. OUR MINDS ARE SCREAMING AT US AS THEY DON'T LIKE CHANGE... BUT OUR BRAINS ARE WONDERFUL THINGS & ADAPT VERY QUICKLY WE WILL FIND A NEW NORMAL, WE WILL FIND A NEW STRUCTURE, WE WILL GET THROUGH THIS TOGETHER

@jo_love_



@oktotalk



@rubyetc_

A final message from us...

We will be okay. We will get through this. This will pass - maybe not as quickly as we would like it to, but it will pass.

This is probably the hardest thing many of our generation will have to face, but we are a generation built on and through resilience. We all hold that power within us.

There are people out there who understand and who want to listen. Reach out to them.

One day, when we are old and grey, we will remember this strange time and we will say - we survived.



AND THE PEOPLE STAYED HOME. AND READ BOOKS,
AND LISTENED, AND RESTED, AND EXERCISED, AND
MADE ART, AND PLAYED GAMES, AND LEARNED
NEW WAYS OF BEING, AND WERE STILL.
AND LISTENED MORE DEEPLY.
SOME MEDITATED, SOME PRAYED, SOME DANCED.
SOME MET THEIR SHADOWS.
AND THE PEOPLE BEGAN TO THINK DIFFERENTLY.
AND THE PEOPLE HEALED.
AND, IN THE ABSENCE OF PEOPLE LIVING IN
IGNORANT, DANGEROUS, MINDLESS, AND
HEARTLESS WAYS, THE EARTH BEGAN TO HEAL.
AND WHEN THE DANGER PASSED, AND THE PEOPLE
JOINED TOGETHER AGAIN, THEY GRIEVED THEIR
LOSSES, AND MADE NEW CHOICES, AND DREAMED
NEW IMAGES, AND CREATED NEW WAYS TO LIVE
AND HEAL THE EARTH FULLY, AS THEY HAD BEEN
HEALED.

@FGRLSCLUB

AND THE PEOPLE STAYED HOME....
~ KITTY O'MEARA

“Look how much you've
already managed to
adapt to. Look how
resilient you've already
been. There's no "right"
way to respond to this
because it's never, ever
happened before. Give
yourself some credit. ☆
There's no one in the
whole world who has
this figured out yet.
So it's absolutely okay
if you don't either ♥
mellow doodles”

