

ISOLATION RECOMMENDATIONS



DURING MARCH 2020, A TIME WHEN PHYSICAL SOCIAL DISTANCING MEASURES WERE IN PLACE ACROSS THE WORLD AND A TIME OF UNCERTAINTY FOR MANY YOUNG PEOPLE, YOUNG PEOPLE WORKING WITH CHILYPEP CAME TOGETHER TO HELP BUILD THE SUPPORT AROUND THEM.

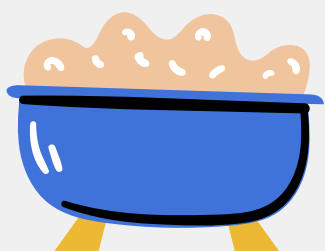
YOUNG PEOPLE UTILISED THE TECHNOLOGIES AROUND THEM TO STILL STAY SOCIAL WHILST PHYSICALLY, SOCIALLY DISTANCING.

YOUNG PEOPLE REACHED OUT THROUGH PHONE CONTACT AND SOCIAL MEDIA PLATFORMS AND OTHER ONLINE NETWORKS TO KEEP IN CONTACT WITH THEIR PEERS, COMMUNITY AND EDUCATIONAL SOURCES.

YOUNG PEOPLE PRESENTED QUALITIES BY USING AN ARRAY OF SELF-HELP METHODS WHILST PROVIDING PEER SUPPORT TO THEIR FRIENDSHIP AND WIDER NETWORKS.

YOUNG PEOPLE THAT ARE PART OF CHILYPEP WOULD LIKE TO MAKE THE FOLLOWING SUGGESTIONS TO SUPPORT AND HELP OTHER YOUNG PEOPLE WITH THEIR WELL-BEING, THROUGH TIMES OF UNCERTAINTY, WHEN FEELING ALONE OR ISOLATED AND AS A HEALTHY FORM OF DISTRACTION.

SOMETHING FOR OUR BODIES



WEAR COMFY CLOTHES

WORKOUT

HAVE A WARM BATH

TURN THE MUSIC UP – LISTEN TO THE CHILYPEP SPOTIFY PLAY-LIST

WALK THE DOG OR GO FOR A WALK

HUG A FAVOURITE CHILDHOOD TEDDY/CUSHION

MEDITATE

TAKE PART IN YOGA

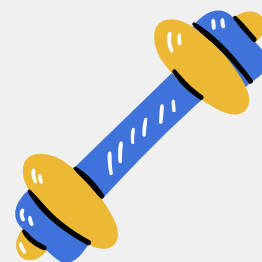
RELAX AND UNWIND – PAMPER YOURSELF AND MAKE YOUR OWN FACE-MASK

USING THE GUIDES IN THE YOUTH MENTAL HEALTH FIRST AID KIT

SELF-HELP KITS WITH EXERCISES MIGHT BE HELPFUL FOR THOSE WHO DON'T

REALLY KNOW WHAT TO DO TO KEEP FIT WHILST SELF-ISOLATING

SIT IN THE GARDEN



SOMETHING FOR OUR HAPPINESS

EVERY TIME YOU THINK YOU'D LIKE TO DO SOMETHING, BUT CAN'T DUE TO FEELING LOW OR UNABLE TO DO DUE TO THE SOCIAL DISTANCING RULES IN PLACE DUE TO COVID 19; WRITE IT ON A PIECE OF PAPER AND PUT IT IN A JAR. THEN POST SOCIAL DISTANCING RULES OR ON A DAY WHEN YOU DON'T FEEL AS LOW, TAKE THEM OUT OF THE JAR ONE BY ONE AND TRY TO DO THEM.



GLITTER GEL YOUR EYEBROWS

BUILD A BLANKET FORT

MAKE A DEN

WATCH A MOVIE YOU HAVEN'T SEEN FOR A LONG TIME

COLOUR THERAPY - YOU CAN USE DIFFERENT APPS OR A COLOURING BOOK

HOST A ZOOM MEETING/CATCH UP — WE DO THIS EVERY WEEK WITH THE OASIS GROUP

HOST AN ONLINE 'SING A LONG' SESSION, ENCOURAGE OTHERS TO REQUEST SONGS

HOST AN ONLINE 'MAKE UP TUTORIAL' SESSION AND INVITE YOUR FRIENDS AND

SHARE TIPS

WRITE A FOOD LOG AND ADD SOME FUN FOOD FACTS

FACETIME

SHARE PHOTOS OF CUTE ANIMALS



SHARE PHOTOS/VIDEOS OF PETS

WATER PLANTS/FLOWERS

CREATE FUN DESKTOP BACKGROUNDS

DRAW

SING

WRITE SONGS/STORIES

FAUX STAIN GLASS

YOGA

MEDITATE

MAKE AND PLAY INSTRUMENTS

CREATE COLLAGES

CREATE CARDBOARD CREATIONS E.G. A ROBOT

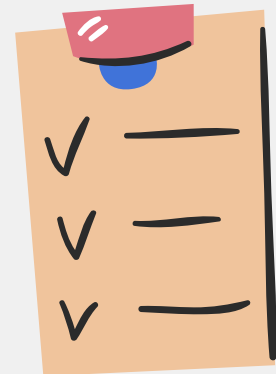
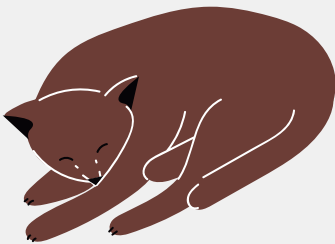
**CREATE A COMPANION OUT OF EVERY DAY HOUSEHOLD ITEMS, GIVE THEM A NAME
LIKE CECIL**

RE ORGANISE OUR ROOM WHILST LISTENING TO PODCASTS

PAINTING, SOMETIMES PICTURES SOMETIMES FURNITURE (WITH PERMISSION)

WATCHING YOUTUBE

**CONGRATULATE THE SMALL THINGS, IT'S A DIFFICULT TIME FOR EVERYONE AND IF
YOU CAN'T DO AS MUCH AS YOU COULD PRE QUARANTINE THAT'S OKAY TOO
CRY UNTIL ITS OVER (CRYING IS A HEALTHY AND NORMAL REACTION TO A HARD
SITUATION)**



SOMETHING FOR SOMEONE ELSE

LOOK AFTER EACH OTHER



HELP FAMILY MEMBERS WITH HOUSEHOLD CHORES

LET YOUR PET GO DOWN THE SLIDE (SAFELY)

SEND A VIRTUAL HUG

CREATE A SHARED PLAY-LIST WITH FRIENDS AND FAMILY

HOST A LIVE 'SING A LONG' SESSION, ENCOURAGE OTHERS TO REQUEST SONGS

HOST A LIVE 'MAKE UP TUTORIAL' SESSION AND INVITE YOUR FRIENDS AND

SHARE TIPS

WRITE A FOOD BLOG, SHARE TIPS AND FUN FOOD FACTS

ENCOURAGE KINDNESS IN YOUR COMMUNITY

SEND A HANDWRITTEN LETTER IN THE POST WITH A POSITIVE MESSAGE INSIDE

TO YOUR FRIENDS AND FAMILY

LEAVE POSITIVE MESSAGES AROUND THE HOUSE ON POST IT NOTES

