

Coping mechanisms during quarantine:

- **Reading!**

Reading is scientifically proven to reduce stress. It also doesn't hurt that we, as students, gain some other relevant benefits from reading such as a wider range of vocabulary and sharper writing skills.



- **Create new goals!**

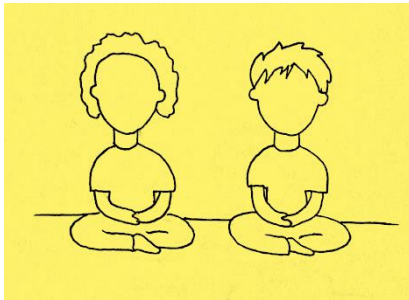
During your time in quarantine you can set yourself new goals. Some of us are *trying* (emphasis on the 'trying') to use this opportunity to exercise and become healthier, while others are trying to master how to play A certain chord on a guitar. Giving yourself a goal to reach will keep your mind occupied and will make you happy when you achieve the goal.



- **Dreamwork!**

You remember as a kid when you dreamed of getting a certain toy or what sort of person you wanted to be? Take this time to create mood-boards or projects of your dream stuff, whether that be your dream outfits or dream house. Surround yourself with images or plans of what you want, it will keep you thinking positively and fuel your desire to work harder to get to your goal. Be optimistic, anything can happen.





- **Connect! not the wifi doe...**

Right. Sitting in your room alone, on your phone scrolling through Instagram, while Netflix is playing in the background isn't going to do your studying, most certainly won't pay your bills and isn't going to feed your mind anything necessary (except memes, they're essential). Go and meditate, connect with yourself, do you know who you are? what you want? Reflect on lessons you have taken part in, lessons you've learned, write

down what you're grateful for and what you absolutely despise and then embrace it. Connect with your family/Close friend(s), have deep conversations with them, build and strengthen your relationship with yourself and others.

- **Last but not least...chill**

During this time, we all need a minute to process what is going on and take a deep breath. For some, this time is a very difficult time for a plethora of reasons, and it doesn't help that we don't have our basic routine to help us cope with it. So we would really suggest taking a minute, cool down and chill...



Longley Park
SIXTH FORM

longleypark.ac.uk

