



Picture by cynefin

## How to support your community during the coronavirus outbreak

by Cassie (cynefin)

Supporting your community likely looks different during the coronavirus outbreak, especially since many of us have had to stay home for prolonged periods of time. Giving support is still possible, though! Below are a few things you can do.

- **Keep in contact with others.** Keeping communication open with friends, loved ones, and even neighbors can be beneficial. You can also check on particularly high risk people to see if there is anything you can do to assist them. Something small such as picking up a few groceries or a prescription can make a big difference.
- **Utilize local businesses when possible.** Small businesses, such as restaurants and other local businesses are likely struggling financially during this time. Consider supporting a restaurant or another business nearby. Use curb side pick up, donate, or buy a gift card for yourself or for someone else to use later.
- **Donate or volunteer if you can safely do so.** Is there a food bank or a kitchen nearby you can volunteer with? If not, you can also donate items (like non perishable foods). In some areas, take a book/leave a book cabinets are being used as food pantries to help others. See what is being done in your local area and join in.

## NEWS

### Mental Health Awareness Week (18th to 24th May)

It's Mental Health Awareness Week and this year's theme is kindness. Why not brighten up someone's day by sending an uplifting message? It's also the perfect time to practice self-kindness at home.

Join us in raising awareness and take a look at this feeling wheel to check in with yourself and take note of how you're really feeling.

<http://www.teenhelp.org/forums/f14-mental-health/t160134-mental-health-awareness-week-how-have-you-been-feeling>

### New article (22nd May)

#### Volunteering at the Ronald McDonald House

This article describes one user's experiences with volunteering for a good cause. Check it out here.

<http://www.teenhelp.org/forums/f72-general/t160130-volunteering-ronald-mcdonald-house>

## INTERESTING TOPICS THIS MONTH

### Quick and easy recipes

If you are looking for quick and easy recipes to make during lockdown, or if you're thinking of taking up cooking, take a look at this thread for some ideas.

You can add your own ideas here too!

<http://www.teenhelp.org/forums/f184-food-recipes/t160058-quick-easy-recipes>

### What have you been doing during quarantine?

Share what you have been doing during quarantine and find out what others have been doing here.

<http://www.teenhelp.org/forums/f3-general/t160064-what-have-you-been-doing-during-quarantine>



## NEWS



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## Starting a healthier morning routine

by Haley (Halcyon)

The coronavirus pandemic has seen sudden changes to our daily lives and if your morning routine has gone by the wayside, you are not alone. Having a healthy morning routine can help you feel more in control and help set the tone for the rest of the day. Here are some tips to help you get back into a routine.

- **Lower your expectations.** Make your morning routine something that you can stick to when you go back to school/work. Don't cram it full of activities; think about what you value and choose activities to align with what's important to you.
- **Plan your morning routine in advance.** Write a list of what you would like to achieve in the mornings and then create a set time schedule for each activity.
- **Plan your sleep schedule.** Having a good morning routine also depends on a good night's sleep. Think about how many hours' sleep you need at night and try to go to sleep at the same time every night.
- **Try not to hit the snooze button.** Consider placing your alarm out of reach so that you have to physically get out of bed to switch it off - there's no temptation to hit 'snooze' that way.
- **Start slowly.** You may need to wake up 15 minutes earlier each day until you get back on track and maybe add one new morning activity each day so you're not overwhelmed. That's okay. Experiment until you find the routine that's best for you.

### Articles (31st May)

#### 10 quiet activities to do when your surroundings seem too loud

The world around us can sometimes feel too loud and overwhelming and it can be a distressing experience, but having some quiet activities picked out can be beneficial. Read this article to learn 10 activities you can try to find some peace and quiet.

[www.teenhelp.org/forums/f80-mental-health/t160157-10-quiet-activities-do-when-your-surroundings-seem-too-loud](http://www.teenhelp.org/forums/f80-mental-health/t160157-10-quiet-activities-do-when-your-surroundings-seem-too-loud)

#### Tips to working out in your teenage years

Regular exercise is important for mental and physical development during your teenage years. This article describes ways you can keep fit by doing a combination of cardio and strength training. Read on to find out more.

[www.teenhelp.org/forums/f82-general-health/t160132-tips-working-out-your-teenage-years](http://www.teenhelp.org/forums/f82-general-health/t160132-tips-working-out-your-teenage-years)

## INTERESTING TOPICS THIS MONTH

### How to get organised?

This user would like tips on how to get organised. If you have any tips that help you, share them here!

[www.teenhelp.org/forums/f219-lifestyle/t160131-how-get-organised](http://www.teenhelp.org/forums/f219-lifestyle/t160131-how-get-organised)

### Braces

Have you worn braces before? This user would like to hear your experiences with them.

[www.teenhelp.org/forums/f16-general-health/t160144-braces](http://www.teenhelp.org/forums/f16-general-health/t160144-braces)

