

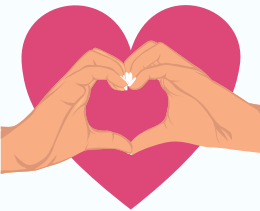
# Well-being tips for parents with teenagers at home during the Covid-19 outbreak



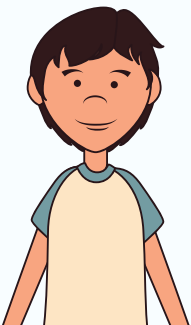
**DON'T PUT TOO MUCH PRESSURE ON YOURSELF -** You don't have to take on the teacher's role and enforce a rigid timetable. Encourage some structure and agree on this. You are there to help and support them with the work set by their teachers.



**TRY NOT TO WORRY -** about things you cannot control or change. Rather, focus on what you CAN do. Look to the future and set some goals together.



**DON'T BE TOO HARD ON THEM -** It is normal for your teenagers to feel upset, angry and unmotivated at this time. Try to be understanding of this encourage them to focus on the positives.



**GIVE THEM A PURPOSE -** Use this time to learn to live together as adults and prepare your teenager for the next stage of their life. Teach them a recipe and challenge them to cook for the family. Encourage them to get creative and stay active.



**BE HONEST & HAVE FUN -** You don't have all the answers. Face things together as a family. Stay up-to-date with what is happening but don't let it take over your thoughts. Make time for family fun!

# 'Take 5' well-being tips for teenagers during the Covid-19 outbreak



**CONNECT** - Keep in touch with your friends and family. Why not organise a virtual quiz or set up study groups with classmates to help you with school work?



**BE ACTIVE** - Play games in the garden, walk the dog, go for a jog, join a Joe Wicks workout, or do a Tik Tok routine. Exercise is good for your mental health.



**GIVE** - Caring for others can help your mental health. Help your parents around the house, cook for your family or call someone you know is isolated.



**KEEP LEARNING** - You may be feeling worried about school. Focusing on some goals for the future, instead of things you can't change, will help you feel better.



**TAKE NOTICE** - Get outside and spend time in nature as much as you can. Try to limit your screen time and focus your mind on natural beauty.