TOPIC 1

Staying in your house day in and day out can be detrimental to the well being of your body, but more importantly the wellbeing of your mind. It can be difficult to stay positive and maintain a healthy state of mind, but with these few simple tips, anyone can do it!

HAVE THIS BEING SAID STAND UP, WALKING SOMEWHERE EITHER OUTSIDE OR JUST THROUGH MY HOUSE.

TOPIC 2

It may be tempting to try and stay up to date reading and watching all the news that pops up on your phone or TV but staying away from the constant influx of bad news can make you less likely to dwell on what is happening and can prevent you from going down the rabbit hole of sad news. Instead of only looking at the new about the Coronavirus, try going and watching SGN with John Krasinski on Youtube or go to the Good News Network, to find some uplifting stories.

BE STANDING WITH PAPER THAT SAYS “BAD CORONAVIRUS NEWS” ON IT AND AS I’M TALKING THROW IT OFF SCREEN AND GET RID OF IT, HAVE THE OTHER WEBSITES DOMAINS OR LOGOS WHEN TALKING ABOUT GOOD NEWS.

TOPIC 3

Maintaining a regular schedule can also be very helpful in keeping up your mental health. Setting a general time to get up every morning, having a layout of the day’s schoolwork, and sticking to a schedule each day can make your days seem more regular. Having some sort of normalcy in your days with greatly help your mental state, but don’t forget to give yourself breaks throughout the day. You don’t have to finish everything in the morning! Spread that work out.

STAND UP AGAIN SHOWING A SCHEDULE, AND WEAVE B-ROLL OVER OF ME MAKING A SCHEDULE AND WRITING IT OUT

TOPIC 4

Keeping up your physical health can play a huge part in having a healthy mind. It can be hard to exercise while stuck at your house and without a gym, but two great ways are to do some yoga, or go out for a run or walk because getting outside is essential during this time- Just make sure to maintain at least 6 feet from others! You should also try to eat well if possible. Eating well can make you

TOPIC 4 (CONT’D)

feel physically better, and if you feel good physically you are more likely to feel good mentally. Try to also get enough sleep, it can be hard to get yourself to go to sleep when it seems like you don’t have to get up in the morning, but sleep is still very important. Setting aside 5 or 10 minutes a day to meditate can also do wonders for your mental health!

 SHOW MYSELF DOING EACH TASK AS I AM SAYING IT- NOT AS B-ROLL BUT SAYING IT STAND UP WHILE I’M DOING IT

TOPIC 5

The final, and probably most important, way to stay sane and in a good mental state, is to keep in touch with friends. Each day try and reach out to at least one friend, whether that be texting with them or some sort of face to face call. Setting up group chats and group calls can be a great way to feel like you are hanging out with people while you can’t. There are also many great apps out there that allow you to play games with friends remotely.

 PUT B-ROLL OVER THE STAND-UP WOVEN THROUGH- B-ROLL OF TEXTING, CALLING, FACETIMING ECT.

For KYOT this is Kathrin Houston