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Exclusive additional resources and information (fact sheets, tips, personal stories, animations) from Reachout.com, mapped to the content in the textbook

In the last few months we have had to make major changes in our lives to reduce the risk of catching or spreading Covid-19. For young people around the country this means that you have to stay at home, try to learn online, live more closely with your family than ever before and not get to meet your friends, relatives and neighbours.

This is bound to cause worry and stress. You might find it difficult to get out of bed, do your schoolwork, try to get some exercise, eat sensibly, keep contact with your friends, not binge on social media and control your anxiety about a health situation that's new to the whole world. For many of you this is the first time that you will spend all day, every day with your family without being able to meet your friends, grandparents etc. This can be hard to do especially for such a prolonged time and can be particularly difficult at a time in your life when you are becoming more independent and learning to take more responsibility for yourself.

Some of the lessons in your *Health and Wellbeing* SPHE book can help you to make sense of and manage this anxiety. Some useful issues that are covered are:

Page 25

Health Check - looking at what it means to be healthy

Pages 48–74

Help with general hygiene and physical activity, healthy eating, sleep and exercise

Page 83

Getting help if concerned about parents drinking

Page 127

Being clear about what makes a good friend

Page 160

List of help agencies for mental health issues

Page 172

Help with Wellbeing

Page 174

Relaxation techniques, meditation and mindfulness, and progressive muscle relaxation