



Educational Psychology Service
Shirehall
Abbey Foregate
Shrewsbury
Shropshire
SY2 6ND
Tel: 01743 258414
eps@shropshire.gov.uk

Guidance for Maintaining Emotional Health & Well Being

- It is normal to be worried or even a bit scared about coronavirus.
- Avoid spending hours watching the news or talking about the pandemic on social media.
- Spend time outside every day.
- Exercise every day, e.g., going for a walk or helping with household chores.
- Take on and complete a challenging task such as some schoolwork or tidying your bedroom.
- Do something you enjoy such as playing games.
- Be kind to those in your household.
- Maintain bedtime routines including the time you would normally go to bed.

A handwritten signature in black ink that reads 'Sheri Wright'.

Sheri Wright
Specialist Senior Educational Psychologist (Emotional Health & Well Being)