

HOW TO SURVIVE A NATIONAL LOCKDOWN



MATRIX SURVIVAL PACK

SIMPLE TIPS AND STEPS TO HELP GET YOU THROUGH
LOCKDOWN!



WHAT TO DO DURING LOCKDOWN



1

GET ACTIVE

Try taking your daily walk or exercise with a friend - a safe way for you to catch up and stay connected!

2

HELP AT HOME

Do a job at home without being asked - wash up, feed your pets, cook a meal, clean your room!

3

STAY IN TOUCH

Call a friend or family member that you don't live with, or maybe someone you haven't spoken to in a while.

4

BE THOUGHTFUL

Make a card and send it to someone you care about or is alone and needs cheering up!

STAY SAFE OUT THERE!

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Daily Tips

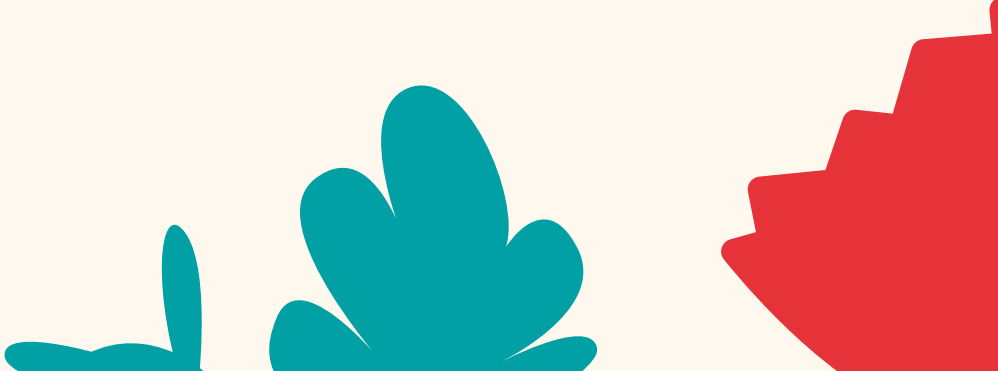
- At the end of each day write down 3 positive things that happened today.
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- If you're anxious, try a breathing technique or a grounding technique to help calm you down.
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- Exercise is important for physical and mental health, try and do some every day, however small it is.
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Today's checklist

2021



SUPPORT LINKS



YOUNG MINDS

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

GOV.UK

[Guidance and support during coronavirus](#)

CHILDLINE

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/#lockdown>

MATRIX

<http://www.matrixtrust.com/youth-support-1-2-1/>



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