

HOW TO BEHAVE IN A WORLD

PANDEMIC

LISTEN TO THE GUIDANCE SET.

The guidance set by the government is very important to follow, they know what they are talking about, so make sure to follow the guidance that they give.

For example, the British government have advised that people from different households should always stay 2 metres apart, so shops have taken that advice and made sure that the queues outside their shops are well spaced out.

LOOK AFTER YOURSELF

Being involved in a world pandemic can be very stressful, because no one has ever been through anything like this before, so it is important to look after yourself and each other.

Take some time out of your day, every day, just to reflect



TRY AND GET INTO A ROUTINE

It can be very hard to concentrate during a world pandemic, but it is very important to keep motivated, and try and get into a routine.

Every night, plan what you want to achieve the next day. Don't set yourself too much, just be realistic, and you will feel so good when your at the end of

BUILD ON YOUR RESILIENCE

During a world pandemic, every little thing can get in your way, but you've got to think 'I'll make it through this'

Every time something negative comes up, think of the positive. This will help to build your resilience and make you mentally stronger.

