

Transcript of CYP Video

Video opens with song playing in background ,“Let me go Home, Home is wherever I’m with you.”

Lyrics fade to background music.

Alice: Hello my name is Alice and I’m part of the Children and Young People’s team at Buckinghamshire Mind. So, just like a lot of people at the moment, we are all working from home, so we’re going to have a think about how we’re keeping ourselves mentally and physically well during this period of social distancing and isolation.

So these are some of the things I have been doing to help myself feel and stay well; so I’ve been reading some of my favourite books, I’ve been doing lots of artwork which I really enjoy, reminding myself to take a break and have a relaxing cup of tea, listening to my favourite music or podcast, and doing lots of exercise as well, cause that’s really good for our physical and mental health. So, I’ve been doing home workouts, yoga videos to get the blood pumping. And I’ve also been playing with my furry friend, which has been

good for my mental and my physical health. So, everyone will be really different, so it's important to think about what you enjoy personally, why you enjoy it and how you can still make sure you're doing those things even in these circumstances.

Kat: Hi, I'm Kat Frei and I work for Bucks Mind Children and Young Peoples Team and I've been doing lots of things to keep physically and mentally healthy while I'm self-isolating at home. I'm playing with my dog as much as I can - *laughter while playing* Otis. I'm trying to be out in the garden as much as I can. I've been doing some mindful colouring with my nice new pens and pencils, and I've been baking cookies. We want you to know that we're thinking of you during this hard time, and that we think it's really important that you continue to look after your wellbeing, your family's wellbeing, and really be kind to yourself during this difficult time.

Grace: Hi, my name is Grace, I work for the CYP team at Bucks Mind, and I've been doing lots of different things to look after both my mental health and my physical health whilst working from home at the moment. I always love to have the radio on in the

background whilst I'm working, just to have that sense of someone else in the room with me. I also find that lighting one of my favourite candles and kind of having that next to me whilst I'm working away is really nice. I've been making sure to come outside and getting some fresh air, so taking regular breaks coming outside with the dog and feeling the lovely sunshine as well. What's quite nice about working from home is that I've been able to do some home workouts, I do the body coach workouts on YouTube - they're completely free, and in the time that I would normally be travelling to work in the mornings, that's when I've been doing my workouts. And I'm a big coffee lover, so always making sure I got a coffee on hand.

Delphine: Hi guys, I'm Delphine, and I'm also part of the CYP team at Bucks Mind. It's been so nice to hear from my colleagues and listen to the ways that they're taking care of their wellbeing, so now I'd love to share with you some of the things that I'm doing to look after my mental and physical health.

For me it's been really important to stick to a routine, so I've been keeping my to-do list in my diary and writing it the day before, so that when I wake up the following morning, I know what I need to achieve that

day. Just like Grace, I enjoy having a scented candle in my workspace, I've also been keeping the area filled with fresh flowers to lift my mood. It's really important for me to get fresh air whenever I can, so I've just laced up my trainers to go out for a walk. I absolutely love my home yoga practice, and now that I have extra time, I can do one every morning, and sometimes in the evening too.

Right So that's us, but what about you, how have you been taking care of yourself during this week, whatever you'd like to share – if you could ask you parents or carers or teachers if you're still at school, to send us anything at all, we'd love to hear from you, keep in touch, we'll be thinking of you, all our love, the CYP team at Bucks Mind.