



# COV-19 Wellbeing Pack

**S o H K**  
SCHOOL OF HARD KNOCKS

# Wellbeing Pack

Infectious disease outbreaks, like the current Coronavirus (COVID-19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times.

Here are some tips we hope will help you, your friends and your family to look after your mental health at a time when there is much discussion of potential threats to our physical health.



## Recognise what you can and can't control

We cannot control what is going on in the world, or even how other people are reacting to the warnings or recommended health guidelines issued by our governments. However, we can control ourselves, our routines, and where we source our information from.



## Get some exercise!

Running on the spot or doing some light exercise in the home will clear some of those potentially negative thoughts and is good for both physical and mental health. Try yoga or go outside where wide open spaces will be hugely beneficial.



## Stay connected

Talk to friends and family about how you're feeling. If you're feeling overwhelmed, reach out to a mental health expert. Stay in contact with others over socials or try an SOHK workout challenge and send it to us!



## Set daily targets

Try to achieve something every single day. Something as small as making your bed in the morning or beating your best score on a game. How many push ups can you do?



## Take a break from social media

There is lots of fake news which may fuel feelings of anxiety. Try to limit the news or overwhelming messages by putting your phone away or setting aside time in the day to check out and watch the sunset. Unfollow those friends that make you feel anxious.



## Calm your mind

To train your brain and find your Zen practice a daily meditation. It's as simple as pausing and taking 5 deep breathes and noticing what you are feeling. Follow our Mindfulness exercise on the following page.

# Move Your Body

## | Why move your body?

You may be used to exercising and moving around which is a good way of helping with emotions and stress. Even though you can't do your usual sporting activities, it's very important that you keep moving your body.

## | SOHK Weekly Challenges

[Keep an eye out on our Instagram \(Click to follow\) for our weekly physical challenges. You can even record yourself doing it and tag us on social media!](#)

## | Home Workout

1. Pick six exercises from the list below
2. Do each exercise for 40 seconds with a ten second break
3. Rest for two minutes
4. Do each exercise for 30 seconds with a ten second break
5. Rest for two minutes
6. Do each exercise for 20 seconds with a five second break

Press ups    Burpees    Bear Crawl    Sit Ups    Squats  
Star Jumps    Plank    Shadow Boxing    Lunges    Skipping  
Jump Squats    Lying Leg Raises    Table Pull Ups  
Keepie Uppies    Wall Squat    Run up and Down Stairs

Find us online



@sohk\_sa

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# Calm your mind

HEALTH  
WARRIORS.

## | Why calm your mind?

Take a deep breath. Hold it for a moment, and then exhale. Feel more relaxed? Breathing exercises are one way to relax in stressful times. Below is an exercise that will help you to relax your mind and body which can help ease stress. It can also relieve anxiety, depression, and if you have trouble sleeping. Give it a go!

## | Take 5 Calming Workout

**Breath 1: inhale slowly through your mouth for 4 seconds. Feel your belly and chest expand as large as they can. Then exhale slowly from your mouth for 4 seconds, fully emptying your lungs.**

**Breath 2: inhale slowly through your nose for 4 seconds. Then exhale slowly from your nose for 4 seconds.**

**Breath 3: as you breath deeply through your nose again, become aware of the sounds around you.**

**Breath 4: as you breath deeply through your nose again, use your senses to notice what is going on around you. What do you feel on your skin?. What do you smell? Don't worry about your thoughts- let them come and go.**

**Breath 5: After inhaling through your nose for 4 seconds, hold your breath for 4 seconds, feeling the air in your lungs. Exhale for a count of 4. When you are ready, slowly open your eyes.**



# Who we are

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## Who are School of Hard Knocks?

SOHK use rugby to help vulnerable young people improve their well-being and make better choices when it comes to risky behaviour, education and their career paths. On any normal day, at four low quintile government schools in Cape Town, South Africa SOHK offers weekly life skills through rugby coaching and one on one counselling to challenge, engage, motivate and inspire youth at risk.



*Scott Sloan*

CEO

## Message from CEO

For 18 months we have mentored and supported SOHK participants in order that they increase their wellbeing despite the many obstacles that have been flung in their way.

Right now we are practicing what we preach, providing much needed psycho-social support for stressed parents and assisting in child support and referrals to social services where needed. I can't think of a time when our work is more important than right now!

Please consider giving to support a child's mental health by clicking here:

[Donate](#)

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## For more information on COV19 visit:

- [www.who.int](http://www.who.int)
- [WHO Chat on WhatsApp: Say Hi @ +41 79 893 18 92](#)

