**Champions Lockdown Tips Call Out**

**Template:**

Hi! My name is [insert] and I am a Time to Change Kingston Champion. [Insert 2 sentence intro about and the decision to write these tips and how it works for you]

**[Insert main tip you will be talking about]**

[Include 1/2 sentences about this tip, how it helps you and where it came from]

**Suggestions for {insert tip]**

1. **[Insert suggestion 1]**

[insert 2/3 sentences on how to do suggestion 1]

1. **[Insert suggestion 2]**

[insert 2/3 sentences on how to do suggestion 2]

1. **[Insert suggestion 3]**

[insert 2/3 sentences on how to do suggestion 3]

**Example:**

Hi! My name is Eve and I am a Time to Change Kingston Champion. I have been creating a routine during this time to help me look after my mental health and stay healthy. Hopefully my tip will be of some use to you, but we are all different, so it may not work for everyone!

### ****Setting a routine****

Sticking to some sort of routine has really helped me stay focused and has been a healthy way to cope with any anxiety that this uncertain time can cause. A routine can include simple things, like brushing your teeth and getting dressed in the morning.

### ****Suggestions for creating a routine****

#### 1. Create a timetable

I have created a timetable to help me break down the day and maintain a routine. Daily tasks are broken up with small breaks and a lunch break, as breaks are key for our mental health as well as our overall productivity. A timetable with a to do list provides me with a sense of achievement and encourages my self worth. It is good to feel productive!

#### 2. Include self-care time

Including self-care time is important, so I have made sure to set aside time for myself. This time is important for reminding myself that my needs are important too. This time can include anything from watching your favourite TV show to taking a relaxing bath. I have personally really enjoyed having the opportunity to discover different online workouts. Joe Wicks hiit workouts are short and sweet, but definitely tough!

#### 3. Be realistic

I think it’s important to be realistic when creating a routine. I haven’t set myself a regimented routine and expected to stick to it entirely. A routine can help guide us through this time rather than be an added source of stress, so please don’t be hard on yourself if you haven’t ticked everything off the to do list!