Northamptonshire
County Council

Online Safety and wellbeing - Corona Virus

Social media and Zoom are great ways to connect with family and friends during this uncertain time. However it's not only important to keep yourself safe online but also consider your wellbeing, screen time and sleep. We have put some tips together for you to help manage technology and your mental health over the next few weeks.

1. **Think before you post**, is it relevant, is it offensive will it cause distress. If the answer is yes then don't post it. Right now let's make sure we are keeping social media a fun experience for us all by posting funny and safe memes, videos and quotes. What do your followers bring you? They should make you feel positive, if they don't then cut back on who or what you follow.

2. **Spring clean your accounts** especially social media and streaming accounts. Take this time as an opportunity to make sure you have the right privacy settings, you are making safe connections online and being kind online.

3. **Challenge what you see**, and it's OK to have a break from the news and social media. When scrolling through social media or watching the news, think critically. Ask yourself, what's the meaning behind the post or headline, is it a trusted author or source. It's really important we ask ourselves these questions in the current climate.

4. **Get some fresh air**, that's so important for our wellbeing. Try not to spend too much time online. If you're struggling then what about a new hobby - cook, bake, run, bike, volunteer or walk. It's important to build a routine and add some tech time into your daily routine.

5. **Sleep, eat well and its ok if you're feeling edgy, anxious or frustrated** - that's perfectly normal, it's called being human. However spending large amounts of time online could make those feelings more intense. Things are always better after a good night's sleep, can your bedroom be a digital free zone, can, you come away from tech one hour before bed and its important to have a regular bedtime.

Keep connecting, keep being safe and most importantly be positive online