

IT'S OKAY

- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF.

STACIE SWIFT

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life and while we are in lock down they are even more important!

1. Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

So: Find some time to be with your family or those you live with –catch up on how you are feeling have lunch with a colleague make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, as is gaming, especially as you cannot visit people at the moment....



2. Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

Below are some of the sessions being posted on line for us all to join in with- give them a go !
The first link is 5 minute PE with Joe Wicks and the second is dance classes with Oti Mubsae ...

- https://www.youtube.com/watch?v=qGKGNzNbWjU&disable_polymer=true
- <https://www.youtube.com/watch?v=yORGGDusyKI>



- ✓ Dig out the Wii and try Wii dance...
- ✓ Take your daily chance to get some fresh air and go for a walk or run
- ✓ Skipping is a great form of exercise if you have a small garden

3. Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

- ✓ Try learning to cook something new.. For inspiration watch Jamie's "Keep calm and carry on cooking"
<https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on>
- ✓ Work on a DIY project, such as fixing a broken bike or painting a gate (if allowed)
- ✓ Try new hobbies that challenge you, such as writing a blog, or learning to paint ..
- ✓ Maybe even try to learn a new language or how to play that guitar you got 3 years ago!



4. Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
 - giving you a feeling of purpose and self-worth
 - helping you connect with other people
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- ✓ It could be small acts of kindness towards other people like volunteering to get shopping for someone self isolating
 - ✓ It could be saying thank you to someone for something they have done for you
 - ✓ asking friends, family or colleagues how they are and really listening to their answer
 - ✓ spending time with friends or relatives who need support or company via social media (Get you Gran to WhatsApp video call)



5. Pay attention to the present moment (mindfulness)

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges. So.. Try and think about the positives and the good things in the moment at least once in the day.

<https://www.elsa-support.co.uk/wp-content/uploads/A-TO-Z-OF-MINDFULNESS.pdf>



Some other ideas to help

- Keep a diary / scrap book of this time- you can record good things and also less positive things. You can stick in pictures or photos, new clippings that all capture this time.
- Do a cartoon/ picture every day that captures something that has happened/ how you are feeling and watch the story unfold.
- Write letters to yourself (or a trusted friend or family member) capturing your feelings



E EMPATHISE with yourself	F FEEL and acknowledge your emotions	G GRATITUDE be thankful for what you have	H HAPPINESS let yourself be happy
i IMAGINATION use yours	J JOY be joyful	K KINDNESS to yourself and others	L LISTEN to what is happening now
M MEDITATE and learn how to relax	N NATURE enjoy all the nature around you	O OPEN your mind to the sensations around you	P PEACE find peacefulness
Q QUIET find a quiet place with no distractions	R REST your mind for a minute	S SEE what is around you right now!	T TIME be here now in the present moment
U USE your	V VISUALISE your happy	W WELLBEING look after	X EXHALE slowly

Where to go for help

- <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>
- https://youngminds.org.uk/find-help/looking-after-yourself/asking-for-help/?gclid=EAlalQobChMI8r3yzOHG6AIViLPtCh3YVwdLEAAYAiAAEgKAb_D_BwE
- <https://www.kooth.com/>
- https://www.childline.org.uk/?gclsrc=aw.ds&&gclid=EAlalQobChMI-Nmjk-PG6AIViKztCh2rfw03EAAYASAAEgI5LfD_BwE&gclsrc=aw.ds

