

Wellbeing Booklet



What is mental health?

Everyone has mental health!

It is about our emotions and our thoughts as well as our physical feelings and behaviours. Like physical health, looking after our mental health is really important. Sometimes we can get stuck in cycle and struggle to get out. This booklet will provide you with our top 5 tips to looking after your wellbeing.

- 1. Connect with others**
- 2. Be active**
- 3. Learn new skills**
- 4. Give to others**
- 5. Mindfulness**



1. **CONNECT WITH OTHERS**

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**

WHAT CAN YOU DO?

SPEND TIME WITH A FRIEND

PLAY A BOARD GAME WITH FRIENDS OR FAMILY

SPEND TIME WITH FAMILY OR PEOPLE AT HOME

GIVE SOMEONE A CALL

PLAN TO MEET UP WITH SOMEONE YOU LIKE TO

SPEND TIME WITH

TALK TO SOMEONE ABOUT HOW YOU FEEL

CONNECT WITH SOMEONE WITH SIMILAR

INTERESTS THROUGH A CLUB OR SOCIAL MEDIA

Support Circle

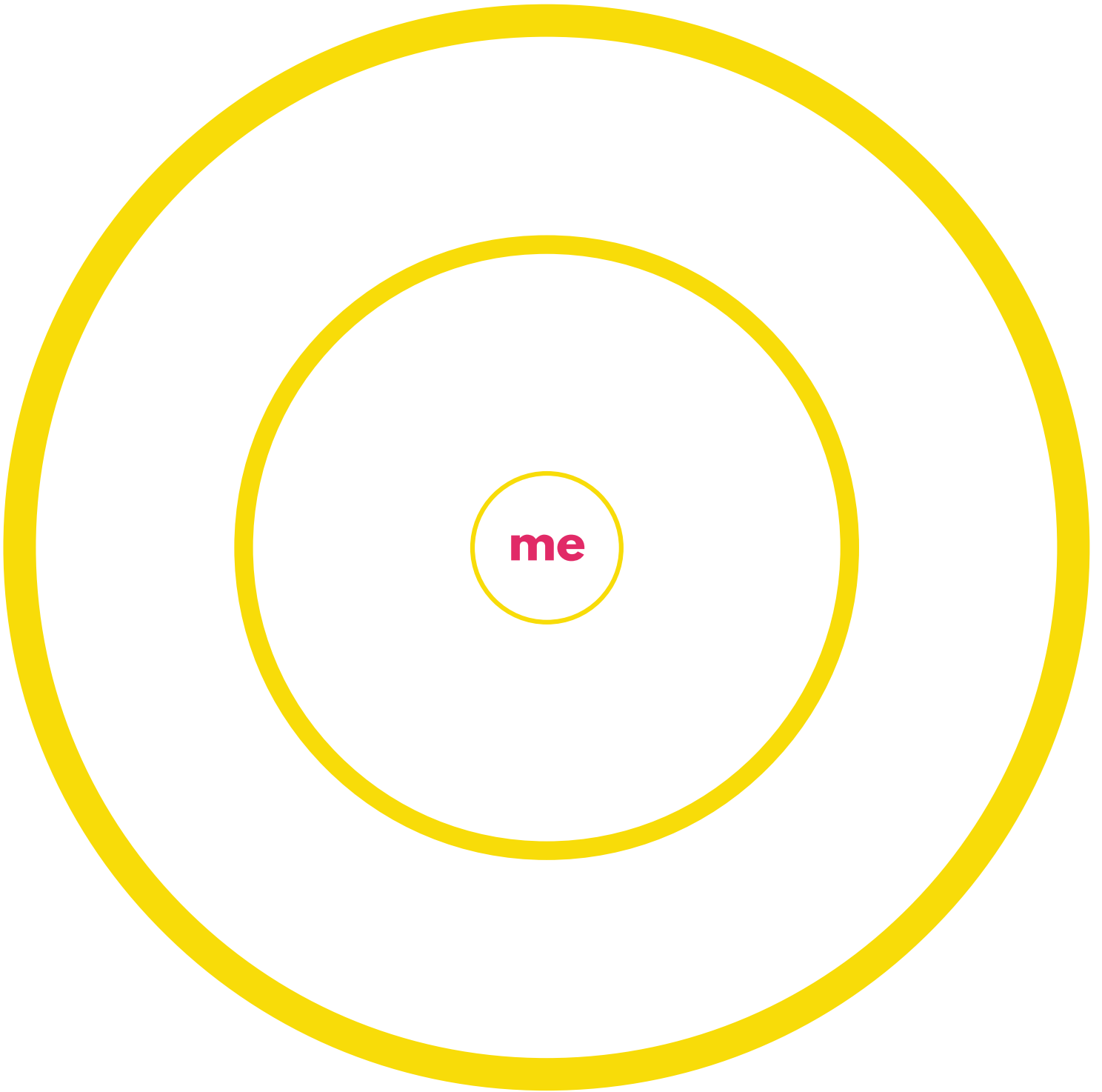
Reaching out to others and using your support networks can be really helpful.

Fill in each of the circles with things that give you support. This can be people, places, objects, activities, food, pets or anything else that helps you to feel better!

Have a look at my example below and then try your own on the next page :)



Support Circle



2.

BE ACTIVE

Being active is not only great for your physical health and fitness, but your mental health too. It helps 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

WHAT CAN YOU DO?

DO AN ONLINE EXERCISE VIDEO

GO FOR A WALK/JOG/RUN

PLAY A SPORT YOU ENJOY

YOGA

GO FOR A SWIM

DANCE

MAKE A PLAN TO MANAGE YOUR TIME

ATTEND SOME LOCAL ACTIVITIES

GO FOR A BIKE RIDE

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

WHAT CAN YOU DO?

COOK SOMETHING NEW

DO SOME WRITING/JOURNALING

PAINTING OR DRAWING

DIY PROJECTS

SINGING/RAPPING/PLAYING MUSIC

DRAMA

WRITE A POEM

GROW YOUR OWN VEG

Flower hammering / pressing

MATERIALS NEEDED:

- Paper / card
- Hammer / rolling pin
 - Plastic sheet
 - Fresh flowers

STEP 1

Pick your flowers and leaves. These could be wildflowers that you find out and about on a walk (as long as it's not someone's house or a nature reserve!) Or you may have your very own garden.



STEP 2

Arrange flowers and leaves on the paper face-down. Or on the side (perhaps with the stem included) depending on the flower. Watercolour paper works well but normal card is fine too.

STEP 3

Cover flower arrangement with plastic sheet - or anything you can find that will provide a barrier and won't soak up the natural flower ink. I've used a laminated pouch sealed together so it's transparent and I can see what I'm doing!



Flower hammering / pressing

MATERIALS NEEDED:

- Paper / card
- Hammer / rolling pin
 - Plastic sheet
 - Fresh flowers

STEP 4

Carefully hammer the flowers through the plastic sheet to transfer the flower ink/print to the page (you might need an adult to help you)



STEP 5

Remove plastic sheet and peel away flower to reveal your new creation!

STEP 6

Experiment with different flowers, patterns, and adding pen. You could make cards for loved ones or just have fun getting messy and creative with nature!

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

WHAT CAN YOU DO?

SAY THANK YOU TO OTHERS

ASK FRIENDS HOW THEY ARE

OFFER A HELPING HAND

VOLUNTEER

HELP MAKE DINNER FOR YOUR FAMILY

SUPPORTING FRIENDS AND FAMILY

POP ROUND A LOVED ONE'S HOUSE FOR A CUP OF

TEA

HELP A LOCAL CHARITY

ORGANISE SOME FAMILY TIME

Beef/Veggie Ragu

INGREDIENTS:

- 1 tbsp olive oil
- 1 onion, halved and finely chopped
- 1 celery stick, chopped into small chunks
- 1 large carrot, chopped into small chunks
- 600g minced beef OR Quorn mince
- 3 tbsp tomato purée
- 2 garlic cloves, chopped
- 500ml beef / vegetable stock
- 400g spaghetti
- Grated cheese



STEP 1

Heat the oil in a large pan and add the onion, celery and carrot. Fry over a medium heat for 10 mins, stirring now and then, until softened and starting to colour.



STEP 2

Stir in the mince (OR Quorn mince) and cook, breaking up any clumps of meat with a wooden spoon, until browned.



Beef/Veggie Ragu



STEP 3

Add the tomato purée, and garlic, and cook for 1-2 mins more. Reduce the heat, stir in the stock and season. Cover with a lid and leave to cook gently for 1 hour until the meat is tender and the sauce has thickened. If using veggie option, can reduce cooking time to 30-45mins.



STEP 4

Remove the lid and continue cooking for 15 mins. Meanwhile, cook the pasta following pack instructions. Reserve a mugful of the cooking water, then drain the spaghetti and add to the ragu. Mix well and add a little pasta water to help the sauce coat the spaghetti. Grate cheese on top.



**WELL DONE, YOU HAVE
MADE YOUR RAGU!**



5.

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.

WHAT CAN YOU DO?

BREATHING EXERCISES

YOGA

GUIDED MEDITATION

LISTEN TO NATURE SOUNDS

BLOW BUBBLES AND FOCUS ON THE SHAPE, SIZE AND

COLOURS

HAVE A BATH WITH LOTS OF LOVELY SMELLS

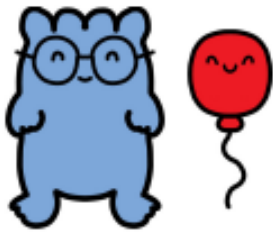
COLOURING

STROKE A PET ANIMAL

Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused and helps us to face our fears.

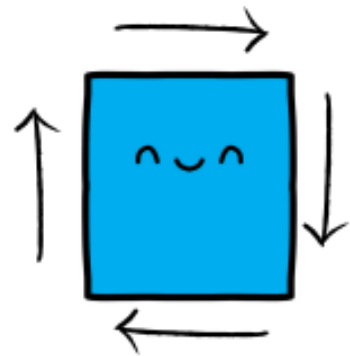
Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the balloon go down from your belly.

Square Breathing

- Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.



Finger Breathing



- Use your index finger to trace around the edges of the fingers on your opposite hand.
- Count 1, 2, 3, 4 and breath in as you go up the first finger.
- Count 1, 2, 3, 4 and breath out as you go down the finger.
- Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Top Tip! Practise these breathing techniques when you're calm so that you're better prepared to use them when you need to.



Count **slowly** when breathing in and out and **repeat** the technique as many times as you need to until you feel calmer.

GROUNDING TECHNIQUES

Grounding Techniques

Grounding Techniques are there for a time when you feel anxious to help you to concentrate on what is happening to your body and your surroundings rather than being trapped in your own mind with distress

Why they are useful:

It can help you stay with the present moment rather than thinking about what worries you in the future or what worried you in the past. Below are some grounding techniques that may help you with this:

5-4-3-2-1

This is a technique to help you concentrate on all five of your senses.

To begin with, close your eyes and take a deep breath in and out. Then open them and name out loud:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Take a deep breath to finish

DISTRACTION

Another way to ground yourself is the distraction method. For this begin by taking a deep breath and looking around your surroundings and pick something to count.

For instance, you could be counting the amount of trees you can see or the number of white cars.

You can also mentally distract yourself through trying to double numbers in your mind starting with the number 2 - this can be quite challenging so may help to distract your mind from the distressing thoughts.

4-7 BREATHING

WHY/WHEN: When we are stressed, anxious or angry we breathe faster and take in too much oxygen which can lead to dizziness and a feeling of panic

HOW TO: Count to 4 in your head (or on your fingers) as you breath in
Count to 7 as you breath out

To make your out breath last longer imagine you're breathing through a straw

Repeat for 5 minutes or until you feel calmer

ROOTED

This technique is useful to clear your mind and calm your emotions it can be helpful to focus fully on the present and feel rooted to the earth

HOW TO: Sit or stand with your feet placed flat on the ground or lie down on your back the ground (be careful it's a place you won't get hurt). Close your eyes and breathe deeply as you focus you're attention on the parts of your body touching the ground one by one. What does it feel like?

Feel the ground support and hold your body. Allow your body to grow heavy and sink into the ground. Imagine your body growing roots into the earth.

Colour me in

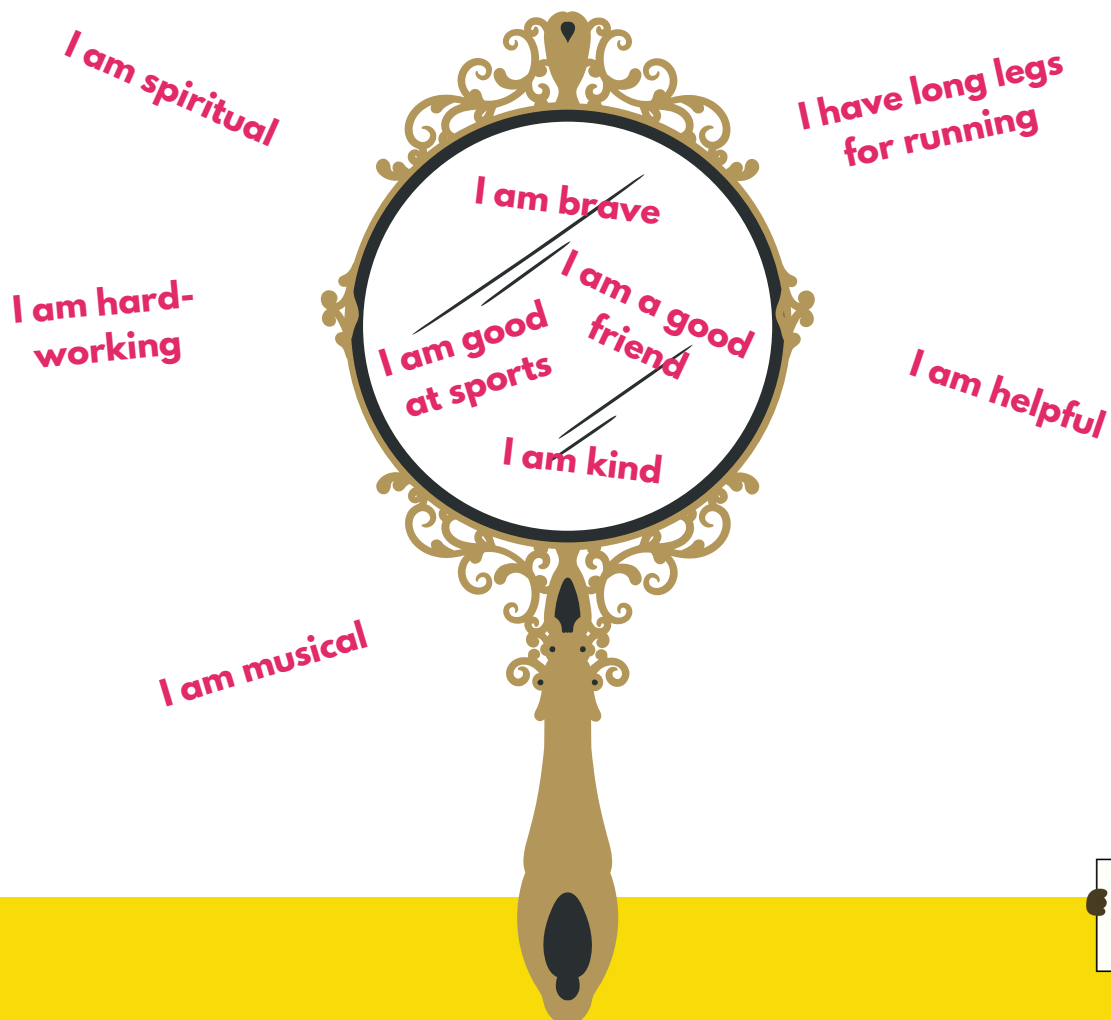


My positive mindset mirror

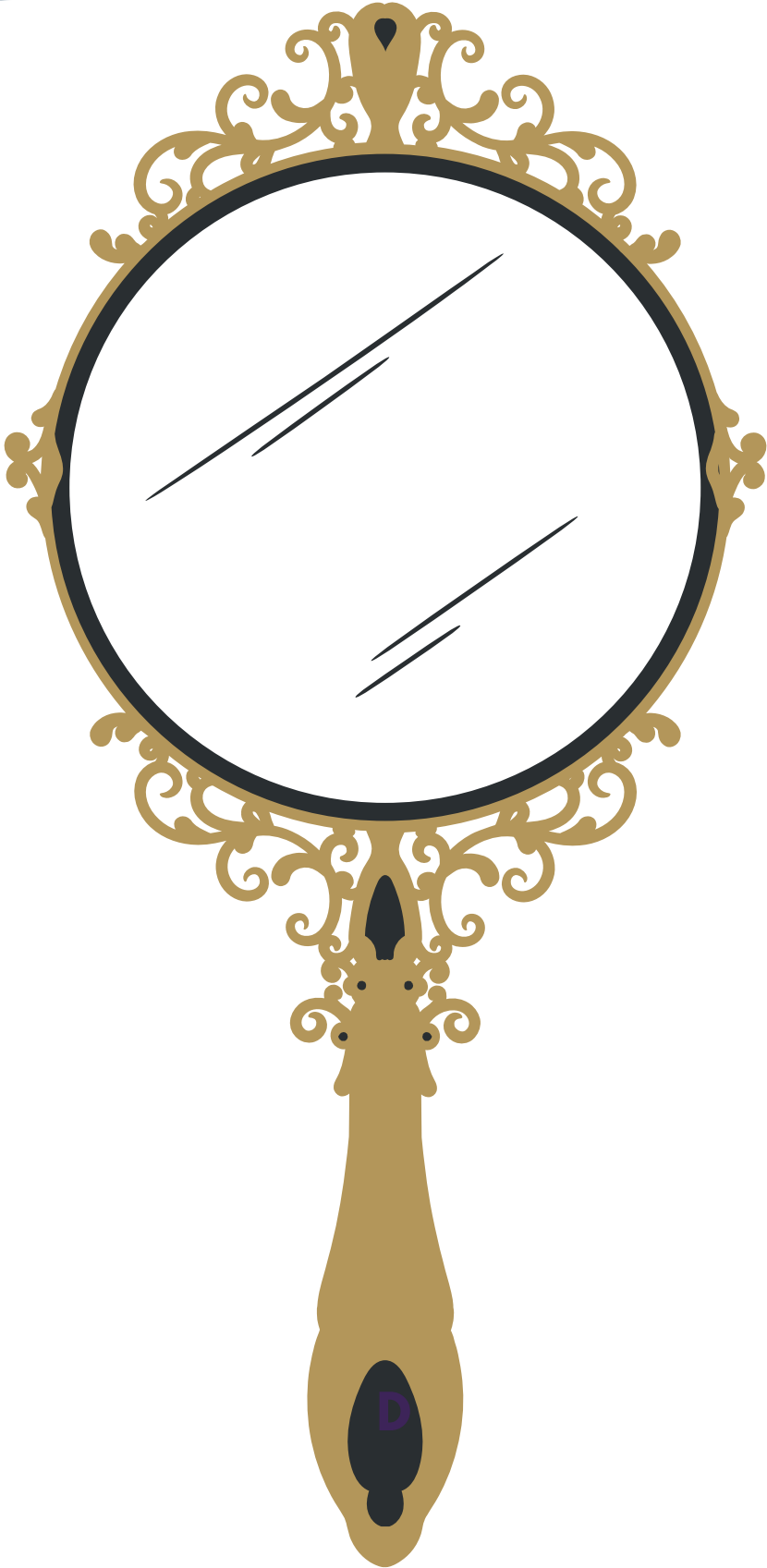
Everyone finds it difficult to recognise strengths in ourselves but it is important for building confidence and resilience. This will help you face your fears, especially when encountering new challenges.

Add strengths to the positive mindset mirror. Think of strengths relating to your character, talents, skills, interests and values.

Have a look at the example below and then try your own on the next page :)



My positive mindset mirror



OTR'S OFFER

At OTR, we have loads of projects available. Here you can see everything we currently have on offer, with the age range that each project caters for in the top left hand corner. Want to find out more? Head on over to our website (otrnorthsomerset.org.uk) or get in touch for a chat!



IDEAS FOR APPS TO TRY

USEFUL APPS



Calm Harm



Clear Fear



MeeTwo



SAM



DistrACT



My Possible Self



Smiling Mind



Stay Alive



What's Up?

Helpful Organisations and Professionals



www.otrbristol.org.uk

11+

OTR is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire.



www.themix.org.uk

11+

webchat open from 3pm – midnight everyday



www.kooth.com

11+

online support and counselling, self-help materials and forums
midday - 10pm on weekdays, 6-10pm Sat and Sun



www.childline.org.uk/get-support 0800 1111

24/7 helpline and online 1-2-1 chat. Talk to a trained counsellor in a safe space about anything that's worrying you