



Summer Wellbeing

- We know that the summer holidays should be a time when you are buzzing, but sometimes you might not be feeling your best.
- One thing that might help is having a bit of a routine in your life and you can do this by planning activities that you can enjoy, so why not try....

Connecting to others



TALK AND LISTEN- TALK TO
SOMEONE OVER THE PHONE
RATHER THAN SENDING A MESSAGE



BE THERE- ASK HOW SOMEONE'S
DAY/ WEEKEND WAS AND REALLY
LISTEN WHEN THEY TELL YOU



FEEL CONNECTED- PUT 5 MINUTES
ASIDE TO FIND OUT HOW SOMEONE
REALLY IS

Get active



Do what you can- do something simple like stretching- check out Youtube for some ideas.



Have a daily wash or shower- keeping clean can make you feel good



Enjoy what you do- organise a fun activity for you and your friends- it doesn't have to be complicated- a game of football/ rounders/ board games



Move your mood- make it your mission to get out each day- check out a new place in your area, go for a walk with friends

Take notice



Remember the simple things which give you joy-
make a playlist of music which makes you happy



Check how you are feeling- are you getting enough
sleep and food?



Start a new collection-photos of things that make
you feel good/ football cards/ odd shaped pebbles



Have a clear the clutter day and sort out your
bedroom area



Take notice of how others are feeling and acting

Learn



Embrace new experiences- learn a new skill or improve an existing one- cooking, gaming, programming



See opportunities-check out free online courses- get in the holiday mood by learning a new language on duolingo,



Surprise yourself- check out a new documentary series like 'Planet Earth' or 'Drive to Survive'

Give



Your time- why not help out at a local charity?



Your words- make it your mission to say one nice thing to someone else a day



Your presence- support someone you know with their day to day activities- cleaning, washing , food shop, walking the dog

Feel you need something more?

- Check out Kooth at www.kooth.com @kooth_uk
There's lots on their Instagram such as playlists, podcasts, self-care advice
- Young minds Crisis Messenger- 24hrs/ 7days a week
Text YM to 85258

