

COVID-19 Youth In Mind Wellbeing Guide

This is our Youth In Mind COVID-19 wellbeing guide. Our Practitioners have added some of their personal top tips to this guide, which means that it's full of tried and tested advice!

In here you'll find 10 things to do to help your wellbeing, some suggestions of what you can do to keep yourself occupied, some exercise tips, some mindful breathing and some relaxing colouring – AND MORE!

We know it's going to be a tough time, and we want to remind you that you're not alone in this – if you're struggling and you need us, we'll still be working, so all you have to do is give us a call....

How to contact us @ Youth In Mind!

We are still available to help any children, young people and their families across Tameside, Oldham, Glossop or Rochdale via telephone and web-based platforms.

We are offering help to any young people who are struggling with different feelings and emotions, such as:

- Anxiety
- Worry
- Anger
- Stress
- Sadness
- Feeling self-conscious or as though you are not good at anything
- Confusion

You could be feeling one of those, all of them or a different emotion all together! If these feelings are affecting your life, and you could do with having a chat about them, feel free to call us **0161 330 9223** or email us to office@togmind.org to book an appointment.

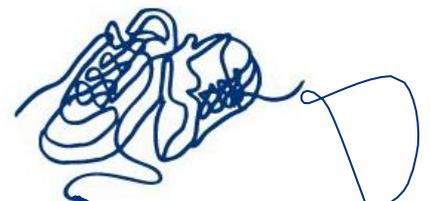


10 things to help your wellbeing

1. **Eat well:** Healthy foods and loads of water is good for our minds, bodies and immune systems.
2. **Spend time with loved ones and open up:** Spending time with others can really boost your mood (you don't have to be in close contact to communicate with others). Check in on everyone you know, we all need to pull together and lookout for each other at a time like this!
3. **Help others:** Share the load on tasks and chores that need to be done by making an action plan of things you can do to help. Helping others makes us feel good about ourselves and encourages others to help us out in return.
4. **Sleep:** Getting around 10 hours sleep is needed to make sure our energy levels are restocked and that our bodies have time to recover from the day!
5. **Be active:** Exercise not only keeps us healthy, but also releases chemicals to our brain to make us feel good! Whether it be walking up and down the stairs or doing a full work out...every little helps to keep our minds healthy and our bodies motivated.
6. **Enjoy something:** Doing something you enjoy, and having your own time and space, is as important as spending time and communicating with others. Keeping up a routine and keeping up your interests is extremely important.
7. **Breathe:** Take notice of your breathing. If we are worried, our "fight and flight" response kicks in, and our breathing changes. This isn't something to worry about as YOU are in control - all you have to do is practice some breathing exercise, and take a minute to listen to your body and then you'll regain control.
8. **Be mindful:** Take some time to focus and appreciate your present moment... Let thoughts come and go... Imagine your worries as clouds in the sky, and with your breathing, blow them away... Take notice of the things you can hear, feel, smell, see and taste ... Take time to appreciate some simple things...
9. **Open up:** Many people are feeling worried at the moment. However, we can all help each other by opening up and talking to people we love. Talking to each other, listening to each other and being aware of how others are feeling will help us all get on whilst we spend more time together.
10. **Routine:** Plan out your time! Isolating at home means you might find it hard to concentrate on your work. Make a plan, set yourself breaks and stick to it - see this time at home as an opportunity to achieve. Learn about yourself and others, make an action plan for the future and think about things you want to see, do and experience. Set some goals! If you keep to your routine, you will still have time to do your work and time to relax.

Things you can do to occupy yourself:

- Listen to music
- Write a story or a comic book
- Read something – a book, a comic, a webcomic, a magazine
- Make a list of things you needed to do but haven't had time to do them and tick them off as you go.
- Play games – board games, pen and pencil games, imaginary games, xbox/playstation/computer games
- Look up some memes! Maybe watch some funny dog/cat videos!
- Exercise – running, yoga, Joe Wicks PE sessions
- Mindfulness
- Plan your future goals and make action plans to achieve these
- Grow a plant (watch it grow and take care of it will help you see that you can have a positive impact and achieve)
- Mindful colouring
- Painting, drawing, keeping a journal (Search 'visual journal' on google)
- Help out with chores at home
- Help out with some home improvements and DIY (where safe to do so)
- Teach yourself something new (Youtube will be your best friend to learn new things)
- Organise and Tidy your room (a clear space helps us think clearer, your room might now be where you need to work or you might find that it helps you with sleep or you might even find something you forgot you had)
- Make a quiz to learn about the people you live with or your own game to play together (have a look online or dig out some board games you already have).
- Pamper yourself, make a face mask and relax with cucumbers on your eyes
- Watch some TV or a Film



At home exercise

1. Mountain Climbers

Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat!



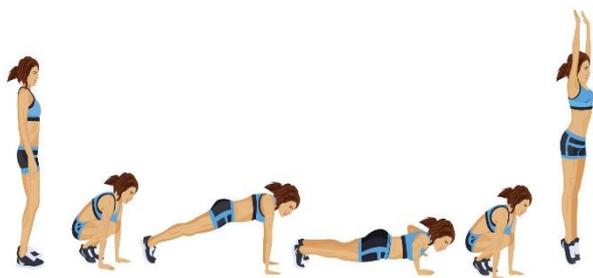
2. Bear Crawls

Palms and feet flat on the floor, arch your back so that you look like a mamma bear. Race your kids across the room. Add some fun by having a competition! Who can "roar" the loudest?



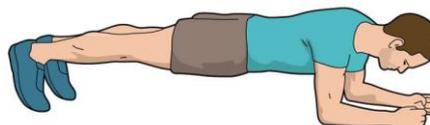
3. Burpees

Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.



4. Planks

Elbows on the floor and balanced on your tiptoes, go eye-to-eye and see who can last the longest. 30 seconds is considered the gold standard. For fun, ask your smallest child to sit on your back and see how long you last.



5. Leg Raises

Lay on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.



6. Jumping Jacks

With many variations to the classics, this one can go on and on. From standard to reverse, this one will keep your heart rate up.



Mindfulness activities

Give them all a try, which do you like best?

Dissolve a thought!

Breathe in deeply through your nose
(1-2-3-4)

Breathe out fully through your
mouth (1-2-3-4)

Imagine each thought you have is a
cloud that forms above your head

As you breathe in (1-2-3-4) notice
this cloud

As you breathe out (1-2-3-4) let the
cloud dissolve

Repeat with a new thought

Magnetic Hands!

Breathe in deeply through your nose
(1-2-3-4)

Breathe out fully through your
mouth (1-2-3-4)

Put your hands in front of you,
shoulder width apart and palms
facing each other.

Pretend there is a magnet that is
slowly drawing your palms together

Bring your palms very, very close
until they almost touch

Then slowly bring your palms back
out again

Keep breathing and repeat.

Appreciate three things!

Start by concentrating on your
breath

Breathe in deeply through your nose
(1-2-3-4)

Breathe out fully through your
mouth (1-2-3-4)

Take a moment to notice three
things of beauty around you

What do you see?

Continue to breathe

How does it make you feel?

Keep breathing

Breathe like a bee!

Cover your ears with your thumbs
and your eyes with your fingers

Keep your lips closed and teeth
slightly apart inside your mouth

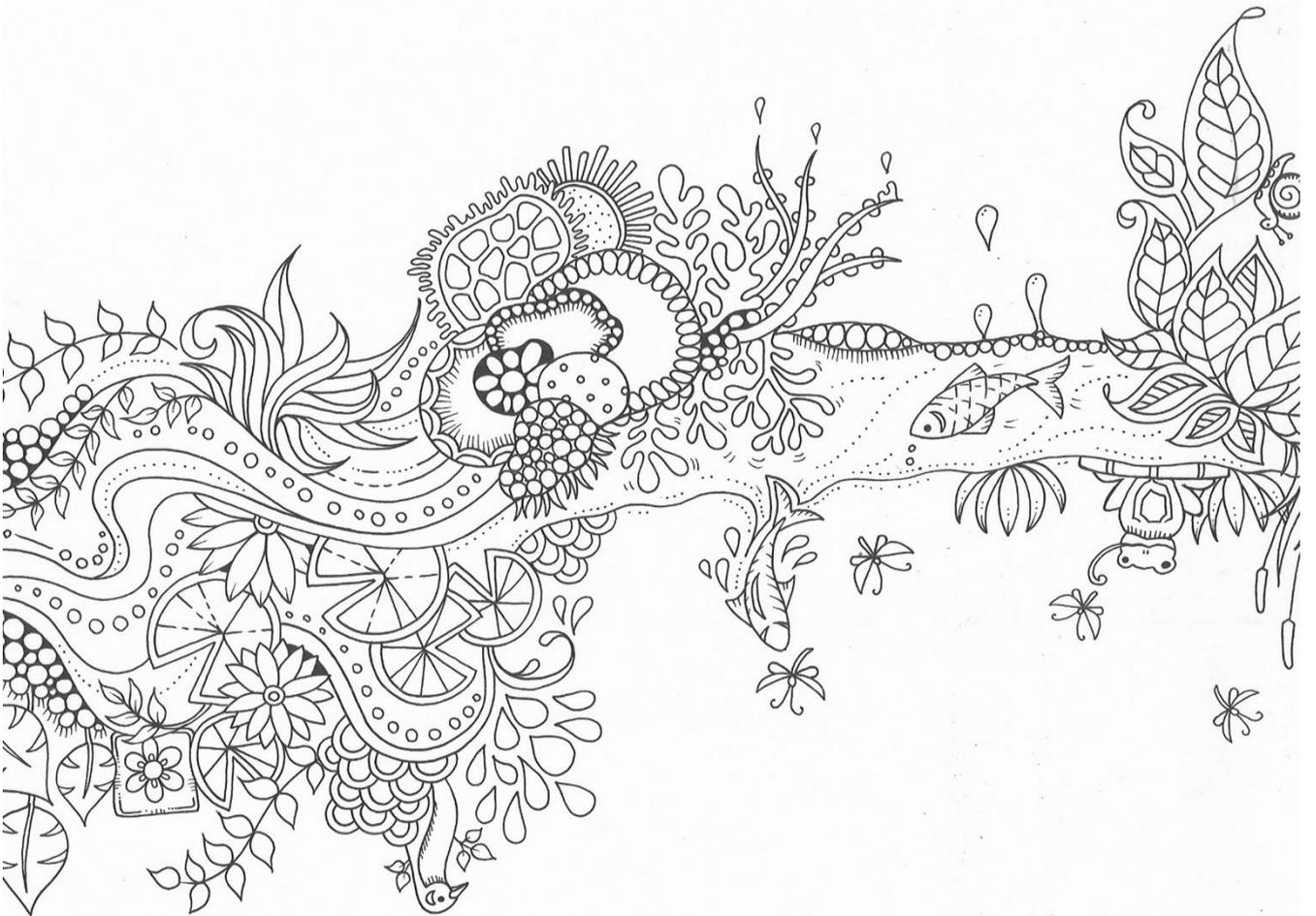
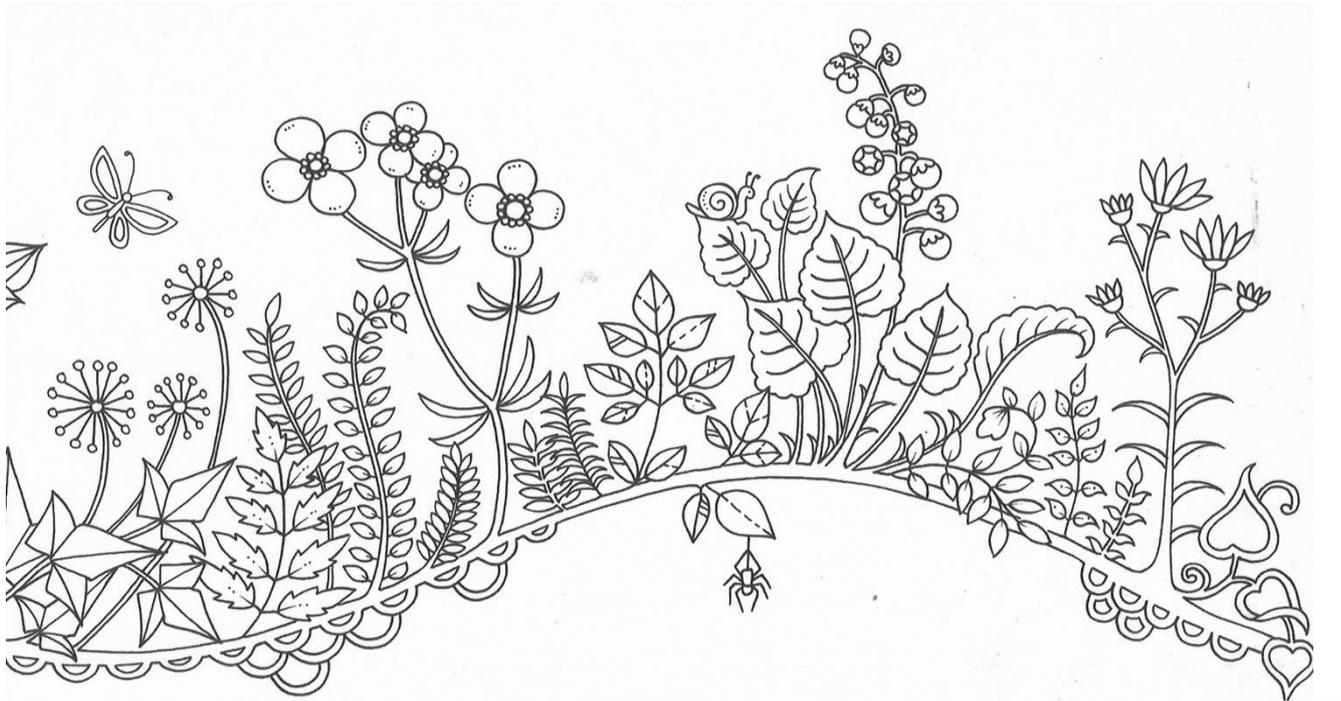
When you inhale, think about closing
your throat just slightly so you can
actually hear your breath

Exhale slowly through your mouth (1-
2-3-4) while making low humming
sound

Keep breathing and repeat.



Mindfulness colouring



Plan your future:

My Goal	When do I want to achieve this?	What I need to find out:	What I can start to do now:
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Something I am looking forward to

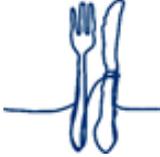
Places I want to visit

One hope for the future

Keep it up!

Having a good routine is really important to our mental health, happiness and wellbeing.

Plan your week in the boxes below with what activities you'll do and how long you'll spend on them. Make sure you take regular breaks and drink plenty of water, too!

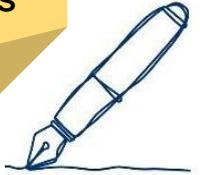
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning! 					
Activity time! 					
Break time! 					
Activity time! 					
Evening! 					

Journal writing

Journal writing is a great way to express how you feel and can help you manage feelings of anxiety, low mood and stress.

Try to think of at least one positive thing that happened to you (as well as the bad things) each day and have a go at filling in your first chapter!

You can write down all your worries and fears without anyone else knowing! It can help you to make sense of what you're feeling and how it's affecting your wellbeing. It's also a great way to track how your mood changes from day-to-day and to identify some of the reasons why you're feeling this way.



Chapter one...

SIX TIPS TO IMPROVE YOUR SLEEP

