



# Wellbeing



# Booklet

Name:

Tutor Group:

# Soul. Mind. Body.

When we think of wellbeing, we often think of Body, Mind and Soul, and each one of these is important to keep us well, physically, emotionally and mentally.

At times of uncertainty and change it can be helpful to focus first on the soul—or our spirit. If we can keep our spirit alive and feeling calm it can positively influence our minds and our bodies, and therefore also our day to day lives.

## Did you know?

As animals we are designed to only spend about 20% of our time in the 'fight, flight or freeze' state, and 80% of our time in the relaxed 'rest and digest' state.



Think of a rabbit. What does it do all day? Eat grass.

How does it feel most of the time? Chilled out and content.

If a fox chases the rabbit, its body will be filled with the stress hormones cortisol and adrenaline and it will go into fight, flight or freeze mode. When the fox has gone, what will the rabbit do? Go back to eating grass. Its stress hormones disappear and it can return to its relaxed 'rest and digest' state.

Animals live in the present moment. They don't analyse or overthink the past and they don't 'what if...?' about the future.

But for us humans with our lovely pre-frontal cortex (the big bit of your brain behind your forehead), we can spend 99% of our time thinking about and living in the past or the future. So we don't live in the present moment (the only bit of life we can actually be in), and it can prevent us being in our more natural 'rest and digest' state.

Today's lifestyles means we're often living in a wired, always on state, which has become the norm. And this isn't so healthy for our bodies, minds or spirits.

So these coming weeks and months, while they will present challenges, are also an opportunity to slow down and reset our systems back to the more healthy 'rest and digest' state. On the following pages there are some ideas for how to do this and to look after and nourish your soul as well as your mind and body.

# 1. Nature

Early humans spent their first few million years of existence in the elements—in forests and on the plains. Nowadays we spend much of our time inside, but physiologically and psychologically we are not adapted for this type of lifestyle. Urban environments are full of stimuli that can lead to a lot of stress on our minds and bodies, often resulting in negative health consequences. Technology and being constantly connected can add further pressure.

Escaping outdoors is a natural antidote to our busy, indoor lives and can redress the balance, bringing our minds and bodies back to our natural, relaxed states.

Even looking at images of the natural world can relax and calm us.



## Putting this in context



Take a 5p coin. Put it on the ground in an open space and take 100 big strides away from it so you're 100 metres away.

The 100m represents the length of time that human beings have lived outside in the forests. The 5p coin represents the time we have lived in urban environments.

This is why we feel good when we're outside—we're reconnecting with our roots and how we as humans have lived for thousands and thousands of years.

***Anne Frank: I firmly believe that nature brings solace in all troubles.***

For many of us, we're so busy racing around physically or in our heads that we've forgotten or lost the ability to tune in to our senses, thoughts, feelings and emotions. Read on for some ideas to reconnect you to yourself, your senses and your awareness.

# Reconnect through nature

*There is a sunrise and a sunset every single day, and they are absolutely free.*

## Ideas to reconnect with nature and yourselves

Spending time in nature allows us to tune in to our body's natural rhythms and our senses, both external senses (sight, hearing, touch, taste, smell) and our internal awareness (thoughts, feelings and emotions). It has been shown to reduce anxiety, anger and depression, improve mood and self esteem, health and wellbeing, including reducing blood pressure and increasing immunity. It quietens your mind and helps you to find peace. Even going in your garden for 10 minutes each day will be beneficial.

Here are some things to try. They are all simple mindful exercises that will slow you down and help you tune in to your senses and to increase awareness of ourselves and the present moment.

- 1) Go into a green space and when you're standing comfortable, close your eyes and just breathe. Do this for a minute or so. Then tune in - what can you feel – the wind, the rain, the sun? Can you feel cold or warmth? What does this feel like on your skin? Take your time to really feel aware of the sensations and what you're noticing. Simply observe what and how you feel but make no analysis or judgement. Just be in the present moment.
- 2) Keep your eyes closed, what can you hear? What sounds are near? Which are far away? Spend a few minutes really tuning in to the different sounds and how close or near they are. What do you notice? How do you feel?
- 3) Ask someone to lead you with your eyes closed and take you to different things you can touch. What does each feel like? Are they cool, warm, soft, prickly, smooth, wrinkled? Do they smell of anything? Notice and feel without judgement. Do with at least 5 things then swap over.
- 4) Nature camera – Ask someone to lead you with your eyes closed to something. When they've guided you into position, very briefly open your eyes (0.5 seconds) to quickly see what they've found for you, then close your eyes again. Repeat with at least 5 things, then swap.
- 5) Nature microscope – pick an object (leaf, twig, stone, flower). Imagine you're an alien and it's the first time you've ever seen this object. Spend 5 minutes studying every aspect of it—it's shape, colour, texture, temperature, weight, sound, smell. After 5

minutes, look around you. What do you notice or experience? Go 5 steps and choose something else.

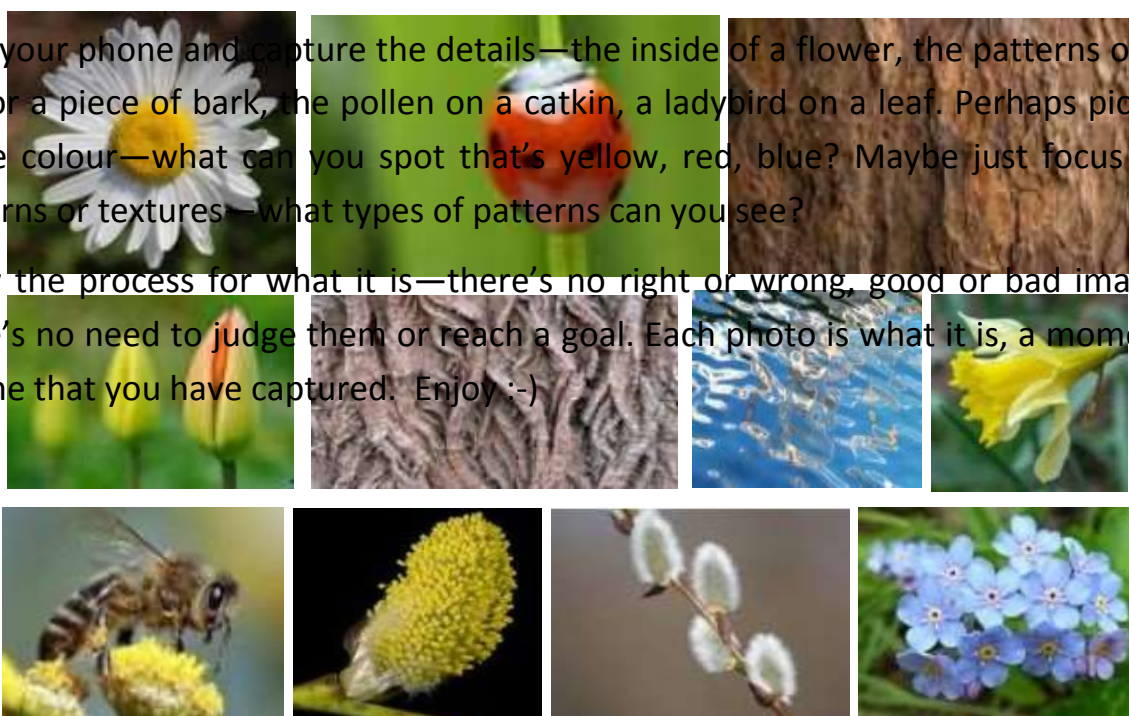
## Beauty in simplicity

Spring is a fantastic time of year to get outside—plants, animals and insects are all coming back to life and everything is changing and growing.

Take 10 minutes to wander around your garden or outside each day—what do you notice? What is different? Have the leaves on a tree come out more? What new flowers have come up or out? What else has grown? What insects can you see? What birds are in the garden? Can you spot which bird makes which sound?

Take your phone and capture the details—the inside of a flower, the patterns on a leaf or a piece of bark, the pollen on a catkin, a ladybird on a leaf. Perhaps pick a single colour—what can you spot that's yellow, red, blue? Maybe just focus on patterns or textures—what types of patterns can you see?

Enjoy the process for what it is—there's no right or wrong, good or bad image, there's no need to judge them or reach a goal. Each photo is what it is, a moment in time that you have captured. Enjoy :-)



If you don't have a birdfeeder in your garden or outside a window, buy one or two and see what happens! One for peanuts and one for seeds is a good starting point. How many hours or days does it take for the first bird to come? Which birds visit and at what times of the day are they most active? How many can you see in 30 minutes? Observe their mannerisms, colours, sounds. Which is your favourite?

## Inspiration

*We all need space. Unless we have it we cannot reach that sense of quiet in which  
whispers of better things come to us gently.*

Octavia Hill, co-founder of the National Trust

*Look deep, deep into nature. And then you will understand everything.*

Albert Einstein

*Nature does nothing uselessly.* Aristotle

*I have nature and art and poetry, and if that is not enough, what is enough?*

Vincent Van Gogh

*I am no bird; and no net ensnares me; I am a free human being with an  
independent will.* Charlotte Bronte

*To sit in the shade on a fine day and look upon verdure is the most perfect  
refreshment.* Jane Austen

*I only went out for a walk and finally concluded to stay out til sundown. For going  
out I found, was really going in.* John Muir

*Our task must be to free ourselves.... By widening our circle of compassion to  
embrace all living creatures and the whole of nature and its beauty.* Albert Einstein

*Adopt the pace of nature. Her secret is patience.* Ralph Waldo Emerson

*Nature has many ways of refilling us. When we awake to the glory of a beautiful  
sunrise, she fills us with hope. When we play like children in the waterfall, she fills  
us with joy. When we answer her thunder with our own, she fills us with power.  
When we kneel by the river and surrender an image of our lost one to its currents,  
she fills us with grief. When we sit with the wisdom that comes from seeing and  
understanding our journey, watching swans gliding in silence on the dark lake, she  
fills us with reverence. And when the work is done and we stand alone on the  
hillside beneath the stars, she fills us with grace.*

Ian Siddons Heginworth (environmental arts therapist)



**Interested to find out more?**

<http://www.bbc.co.uk/earth/story/20160420-how-nature-is-good-for-our-health-and-happiness>

<https://www.sciencedaily.com/releases/2018/07/180706102842.htm>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/nature-and-mental-health/how-nature-benefits-mental-health/>

<https://www.theguardian.com/environment/2019/jun/13/two-hour-dose-nature-weekly-boosts-health-study-finds>

<https://positivepsychology.com/positive-effects-of-nature/>

**WATCH!** The Good Life on BBC1—a new series, with an edition on the benefits of being in nature scheduled to air around 12th April. Features the UK's Forest Bathing Institute, which is based in Surrey (<https://tfb.institute/>). Prepare to have your eyes opened!

# 2. Gratitude

**Gratitude:** 'the quality of being thankful; readiness to show appreciation for and to return kindness.' Oxford English Dictionary

It can be easy to focus on all the stresses, problems and challenges in our lives. We can't always choose joy and happiness, just as we can't always ignore the bad things in the world or negative feelings. However, we can train our brains to think more positively by appreciating the little and simple things in life. The more we see the positive, the less space there is for the negative.

Making a subtle shift in your outlook will, over time, enable you to see the world through a new lens of more positive awareness.

## Tell me more!

Gratitude—noticing and being grateful or finding joy in the small things—is extremely powerful. It makes us feel happier, healthier and more hopeful. Life flows when we are more grateful. And it's not just us who benefit. Imbuing our lives with daily gratitude has the power to ripple outwards to everyone and everything we come into contact with. And we all need a bit of that.

## Did you know?

Our thoughts become our feelings. So how we think directly impacts how we feel. If we fill our heads with negative thoughts and 'I can't', 'It's terrible' and 'I'm worried', then this becomes our reality.

Or in other words: What we focus on, grows.

Read that again: What we focus on, grows.

So to grow calmer and happier feelings, we need to focus on, think about and participate in positive and uplifting things. Aka Gratitude.

*We can only be said to be alive in those moments when our hearts are conscious of our treasures.* Thornton Wilder



# Practice gratitude

*Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude. A. A. Milne*



## Ideas to shift your mindset and experience more gratitude

- 1) Take a few minutes each evening in bed to think of three things you are grateful for from that day. These don't have to be big—it can be gratitude simply for another day, your breath, food on your plate, sunshine or wind on your face, a quiet moment over a coffee. Check out <https://kidshealth.org/en/teens/gratitudepractice.html> for some more ideas
- 2) Start a Gratitude journal—a daily noting down of things you're grateful for or that have brought you positive feelings and emotions during the day. It may be a smile from someone that lifted your spirits or listening to music you love. You can jot down what you notice and feel in a notebook, or check out the many apps that are available (please do your own research and read the small print, especially if they cost money). For example: <https://www.happierhuman.com/gratitude-app/>
- 3) Listen to a gratitude meditation before you go to sleep. For example: <https://www.youtube.com/watch?v=35SY-e6N0mY>. There are plenty online so do your own research and find what works for you.

## Inspiration

*Positive anything is better than negative nothing. Elbert Hubbard*

*Turn your face to the sun and the shadows fall behind you. Maori proverb*

*Some days there won't be a song in your heart. Sing anyway. Emory Austin*

*Don't get your knickers in a knot. Nothing is solved and it just makes you walk funny. Kathryn Carpenter*

*For every minute you are angry, you lose sixty seconds of happiness.* Ralph Waldo Emerson

*Be glad of life because it gives you the chance to love, to work, to play and to look up at the stars.* Henry van Dyke

*When asked if my cup is half full or half empty, my only response is that I am thankful to have a cup.* Anon

*Give light and the darkness will disappear of itself.* Desiderius Erasmus

*If you think you are too small to make a difference, try sleeping with a mosquito.* Dalai Lama

*All the statistics in the world can't measure the warmth of a smile.* Chris Hart

*The man who moves a mountain begins by carrying away small stones.* Chinese proverb

*Some people grumble that roses have thorns; I am grateful that thorns have roses.* Alphonse Karr

*Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.* Anon

*When life looks like it's falling apart, it may just be falling into place.*

Beverley Solomon

*One joy scatters a hundred griefs.* Chinese proverb

*There are always flowers for those who want to see them.* Henri Matisse

*A smile is a curve that sets everything straight.* Phyllis Diller

*I don't think of all the misery, but of the beauty that still remains.* Anne Frank

## Interested to find out more?

<http://ei.yale.edu/what-is-gratitude/>

<https://positivepsychology.com/benefits-of-gratitude/>

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://chopra.com/articles/25-simple-ways-to-practice-gratitude>

<https://www.happiness.com/en/magazine/inspiration-spirituality/how-to-gratitude-practices/>

<https://www.countryliving.com/life/g28564406/gratitude-quotes/>

## 3. Reframing

*Opportunity often comes disguised in the form of misfortune or temporary defeat.*

Napoleon Hill

The coronavirus situation is something none of us has ever faced. And for many of us, the future probably feels rather scary, frightening and uncertain.

While we can't change or control what's happening, we do still have control over a number of things—from how we think to how we choose to spend the coming days, weeks and months.

So we can choose to reframe the situation and actively find positives and opportunities. This will help us to feel more in control, which will help us to feel safer and less anxious. It can also bring us a sense of wellbeing.

### **Did you know?**

Our thoughts become our feelings. So how we think directly impacts how we feel. If we fill our heads with 'I can't', 'It's terrible' and 'I'm worried', then this becomes our reality. Or in other words: What we focus on, grows.

Read that again: What we focus on, grows.

So to grow calmer and happier feelings, we need to focus on, think about and participate in positive and uplifting things.

### **Fire up your imagination!**

What can you think of that's positive about the current situation? What opportunities can you see? Are there things you don't normally have the headspace or time to do? Here are some examples to get you started:

□ take up a new hobby, learn a language or instrument, exercise, read, draw, paint, write spend time with a pet, helping out in your local community, personal development, planning, designing, creating....

Of course it can be worrying to think about the future and what may or may not happen, particularly with regard to your education, but seeing opportunity in the current situation will help you to reframe how you see things and therefore how you feel.

## Practice reframing

*We are all in the gutter, but some of us are looking at the stars. Oscar Wilde*

## Ideas to shift your mindset

- 1) Find an inspiring quote that captures how you want to feel, think or act, and have copies of it where you'll see it every day—on the inside of your bedroom door, on your bedside table, on a mirror, on the back of your phone. By reading positive affirmations every day, you can start to shift your mindset. Here are some examples to get you started:
  - I feel calm / I am OK / I am good enough / I will be fine
  - Always remember you are braver than you believe, stronger than you seem, smarter than you think
  - Give out what you most want to come back / If you love life, life will love you back
- 2) Turn your negative thoughts into positive ones by thinking about times when you thought or felt the opposite, and asking yourself questions. For example:
  - If you're thinking 'I'm anxious' or 'I'm feeling low': bring to mind a time when you felt safe or not worried, or when you last laughed or felt content and happy. Spend some time really reflecting on and visualising the situation—by bringing positive feelings to the forefront of your mind, you can create mental, emotional and physiological shifts in your body, mind and spirit. So take time to really think about: what were you doing, who were you with, where were you, what was it like, how did you feel, what was the day like, what was around you, what was the temperature like, can you recall any nice scents, do you remember touching or feeling anything nice, what sounds were around you, did you taste anything nice? When you've recalled and relived your happier time, check in with how you now feel.
  - Simply by thinking about something positive, however big or small, and bringing to mind the flipside of how you're currently feeling will help you feel differently and will help switch your body into its more relaxed state. If you're struggling to think about something, how about recalling how it felt to be snuggly and warm under a duvet one morning, watching or listening to something inspiring or funny, having fun with a pet or being on a rollercoaster, eating a tasty meal, having a laugh with a friend or seeing a nice sunset.

# Inspiration

*If opportunity doesn't knock, build a door.* Milton Berle

*Since the house is on fire, let us warm ourselves.* Italian proverb

*Nothing in the world is ever completely wrong. Even a stopped clock is right twice a day.* Paolo Coelho

*Never look backwards or you'll fall down the stairs.* Rudyard Kipling

*For myself I am an optimist—it does not seem to be much use being anything else.*  
Winston Churchill

*Opportunities multiply as they are seized.* Sun Tzu

*Smooth seas do not make skilful sailors.* African proverb

*I can't change the direction of the wind, but I can adjust my sails to always reach my destination.* Jimmy Dean

*Opportunity dances for those who are already on the dancefloor.* H Jackson Brown

*Some days you're the bug. Some days you're the windshield.* Price Cobb

*It is often in the darkest skies that we see the brightest stars.* Richard Evans

*Opportunities don't often come along. So, when they do, you have to grab them.*  
Audrey Hepburn

*It just wouldn't be a picnic without the ants.* Anon

*How wonderful it is that nobody need wait a single moment before starting to improve the world.* Anne Frank

*No-one is useless in this world who lightens the burdens of another.*

Charles Dickens

*Shoot for the moon. Even if you fall, you'll land among the stars.* Les Brown

*In a world where you can be anything, be kind.* Anon

*Nothing is impossible. The word itself says 'I'm possible'!* Audrey Hepburn

*You can't make an omelette without breaking the eggs.* English proverb

*In the middle of difficulty lies opportunity.* Albert Einstein

## Interested to find out more?

<https://positivepsychology.com/positive-mindset/>

<https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>

<https://www.nhs.uk/video/pages/unhelpful-thinking-podcast.aspx>

<https://www.healthline.com/health/how-to-think-positive#summary>

<https://www.mind.org.uk/information-support/your-stories/tackling-negativethoughts-with-distraction/>

# 4. Routine

*To change your life you need to change something you do daily. The secret is found in your daily routine. Anon*

One of the good things about going to school or work each day is the structure it provides for us and the balance of things it brings—we connect with others, make time to eat, to focus and develop, to socialise and so on.

Having a structure, routine or plan each day supports our wellbeing—from ensuring we get the basics in Maslow’s hierarchy of needs (food, water, rest etc) to doing things that need to get done. But it is also important for creating windows of opportunity for other things that make life nicer.

Use the table below to think about your day and how you wish to fill it.

Area of your life	What / How?	When?
<p><b>The basics</b></p> <ul style="list-style-type: none"> <li>• Eat and drink</li> <li>• Rest and relaxation</li> <li>• Be active—dance, cycle, sing, run, do yoga</li> <li>• Sleep</li> </ul>		
<p><b>Do/experience/look at/listen to/taste/touch something you love</b> Something that makes your heart/soul sing, that lifts you up</p>		
<p><b>Connect with others, especially those who help us feel good</b></p>		
<p><b>Get outside / into nature</b></p>		
<p><b>Stop and be still / mindful</b></p>		
<p><b>Learn a new skill / do something different / try something new</b></p>		
<p><b>Give / help / be kind to others</b></p>		
<p><b>Practice gratitude</b></p>		



And my 'must do jobs', from work to helping out around the house		
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**Interested to find out more?**

<https://www.headspace.com/blog/2016/08/22/the-secret-benefit-of-routines-it-wont-surprise-you/>

<https://www.psychologytoday.com/gb/blog/the-gen-y-psy/201810/the-power-routines-in-your-mental-health>

<https://www.goodtherapy.org/blog/11-tips-for-a-morning-routine-that-supports-mental-health-1022197>

<https://www.mind.org.uk/information-support/your-stories/the-importance-of-routine/>

<https://www.blurtitout.org/2018/11/08/mental-health-benefits-routine/>

### Try these free resources at home to help you build a good daily routine



<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

9am: 30 minutes of activity every weekday to get your blood pumping and your spirits and heart rate up!



<https://www.youtube.com/user/yogawithadriene>



Free Mindfulness Resources to Find Calm and Nourish Resilience During the COVID Outbreak

<https://www.mindful.org/category/covid-resources/>

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/> (and adults!)

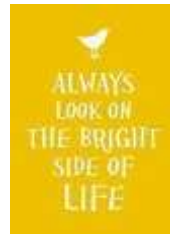
# Other sources of inspiration

**Five ways to wellbeing:** <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://sayyesmore.com/about> - a positive and inspiring global online community

**Quotation books** to help you reframe how you think and feel. Just flicking through them can induce feelings of positivity, calm and greater wellbeing. Examples:

- Always look on the bright side of Life
- Calm
- The Little Book of Forest Bathing



## Something different to read

- The Salt Path by Raynor Winn—a true story of resilience and recovery
- The Alchemist by Paulo Coelho—a positive fable about self discovery and following a dream
- The Five People You meet in Heaven (a contemporary fable about life) and Tuesdays with Morrie, both by Mitch Albom
- Search Inside Yourself by Chade-Meng Tan (by the creator of the world renowned 'Search inside yourself' Google programme) - improve your personal wellbeing and other aspects of your life
- Life Lessons from the Monk who sold his Ferrari by Robin Sharma—101 short lessons to stay strong and positive, eliminate stress and live your best life
- The Wild Remedy by Emma Mitchell—a personal diary of how nature helped her mental health challenges
- When the Body says No—the Hidden Cost of Stress by Gabor Mate (an evidence based look at stress and health)
- Sapiens - a Brief History of Humankind, by Yuval Noah Harari
- Dear Me—letters to my 16 year old self, by celebrities and other famous people. Short letters that provide perspective and offer wise words from those who have already trodden life's sometimes challenging path.

# Other sources of inspiration

<https://tfb.institute/> - the UK's Forest Bathing Institute based in Surrey. Visit to find out more about the health benefits of nature and how they are working with the NHS, government and others such as the National Trust and Forestry Commission to bring the benefits of being in nature to people across the UK

<https://www.teenbreathe.co.uk/> (online magazine)



Press Reader app—access magazines etc for free



<https://www.theguardian.com/lifeandstyle/2020/mar/20/readers-recommend-podcasts-to-binge-on-while-youre-cooped-up-in-self-isolation>

<https://www.bbc.co.uk/podcasts/radio4>—a huge selection of different things to stimulate the mind



**Intrigue - Girl Taken - preview**

Tunnel 29: The extraordinary true story of a man who dug a tunnel under the Berlin Wall.



**Seriously... - Faith On The Move**

A rich selection of documentaries aimed at relentlessly curious minds.



**BBC Inside Science - TB vaccination to replace culling in badgers; Neil Shubin on the wonders of evolution**

Adam Rutherford goes inside science to explore the research that is transforming our world

# Other sources of inspiration

## Get curious! Big conversation questions

Asking questions can be a great way to connect with ourselves and others in a new way— from friends to family to our elderly relatives. Use the coming weeks to get to know yourself and others on another level. Here are some questions to get you started. Then make up some of your own; it's a great way to pass the time!

- What's your favourite part of the day?
- Do you prefer sweet or savoury foods?
- Tell me about something you're proud of. Tell me about a positive memory/experience/ day
- When are you at your happiest? What makes you sad?
- If you could have one superpower, what would you choose? Who or what inspires you?
- What's your favourite book / film / place / food / sound / colour / smell etc □ If you won £1000, what would you do with it?
- If you could do something from your bucket list this year, what would it be?
- If you could be a colour / animal/ object / sound etc, what would you be? If you could have any pet, what would it be? If you could go anywhere in the world, where would you go?

## Coaching questions

Coaching questions help us to gain awareness and insight into ourselves and our lives. Before you answer, allow yourself to sit in stillness and contemplation for a few minutes so you connect with yourself and dial down external influences and factors. When you consider the answers, don't judge or analyse what comes, just observe without judgement. Here are some to try:

- What are your top 5 experiences in life so far? How did they make you feel? How can you get more of those experiences, feelings or emotions into your life?
- Write a letter to a good friend as if you were writing at a future point in your life. Write as if your life has turned out exactly how you wanted it to and describe the things you are doing, how you got to be doing them, and how you are feeling. Don't let others' expectations of you or your life influence your letter. This is about you and your life.
- Who or what drains you of energy? What can you do about this? What are you like when you're at your best?
- What one thing can you say no to, however small, that will improve your life, in however small or big a way? What one thing can you say yes to that will improve your life?

# **Other sources of inspiration**

# Live Well

<https://www.nhs.uk/live-well/> - an excellent resource full of evidence-based advice, tips and tools to help you make positive choices about your health and wellbeing



## Eat well

All you need to know about the major food groups and a healthy, balanced diet.



## Healthy weight

Check your BMI using our healthy weight calculator and find out if you're a healthy weight.



## Exercise

Programmes, workouts and tips to get you moving and improve your fitness and wellbeing.



## Sleep and tiredness

Find out how to sleep well and the common lifestyle factors that are making you tired.



## Sexual health

Everything you need to know about sexual health, including contraception, STIs and good sex.



## Alcohol support

Find out the health benefits of reducing your alcohol intake and get tips on cutting down.



## Quit smoking

Learn about the benefits of quitting smoking, including better health and increased fertility.



## Healthy body

Get some practical information and advice for keeping your body in tip-top health.



## 5 steps to mental wellbeing

Practical advice to help you feel mentally and emotionally better.

# Meditate

There are thousands of studies that have shown mindfulness meditation can positively impact mental and physical health. Whether it is by reducing stress, improving sleep, increasing focus or improving relationships, research shows that mindfulness works. Three published studies have shown that meditating for 10 minutes a day can reduce stress and improve focus. A study completed by researchers at University of Oxford found 8 weeks of daily meditation massively reduced the symptoms of anxiety.

## Apps:



Headspace is an app/website where the Andy Puddicombe (previously a Buddhist Monk) provides 10 minute meditations which can be downloaded.



Calm allows users to download a large range of meditation, calming music and yoga videos.

## Websites:



Beach visualisation meditation



Calming music—  
This song has been proven to reduce anxiety by 60%.



Sleep meditation



# Exercise

There are many reasons why physical activity is good for your body – having a healthy heart and improving your joints and bones are just two, but did you know that physical activity is also beneficial for your mental health and wellbeing?

Scientists think that physical activity helps maintain and improve wellbeing in a number of ways.

Physical activity can help people with mild depression. Evidence shows that it can also help protect people against anxiety.

Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood.

Some scientists think that being active can improve wellbeing because it brings about a sense of greater self-esteem, self-control and the ability to rise to a challenge.

# Websites:

BBC Get  
Inspired



The Body Coach  
Youtube Channel



Down Dog yoga  
App— free when  
you register with an  
@Bohunt school  
emails until at  
least 1  
April



Yoga with Adriene



# Breathe

Calm breathing (sometimes called “diaphragmatic breathing”) is a technique that helps you slow down your breathing when feeling stressed or anxious. Newborn babies naturally breathe this way, and singers, wind instrument players, and yoga practitioners use this type of breathing.

### How to Do It

Calm breathing involves taking smooth, slow, and regular breaths. Sitting upright is usually better than lying down or slouching, because it can increase the capacity of your lungs to fill with air. It is best to 'take the weight' off your shoulders by supporting your arms on the side -arms of a chair, or on your lap.

1. Take a slow breath in through the nose, breathing into your lower belly (for about 4 seconds)
2. Hold your breath for 1 or 2 seconds
3. Exhale slowly through the mouth (for about 4 seconds)
4. Wait a few seconds before taking another breath

## Websites:



3 minute mindful breathing exercise

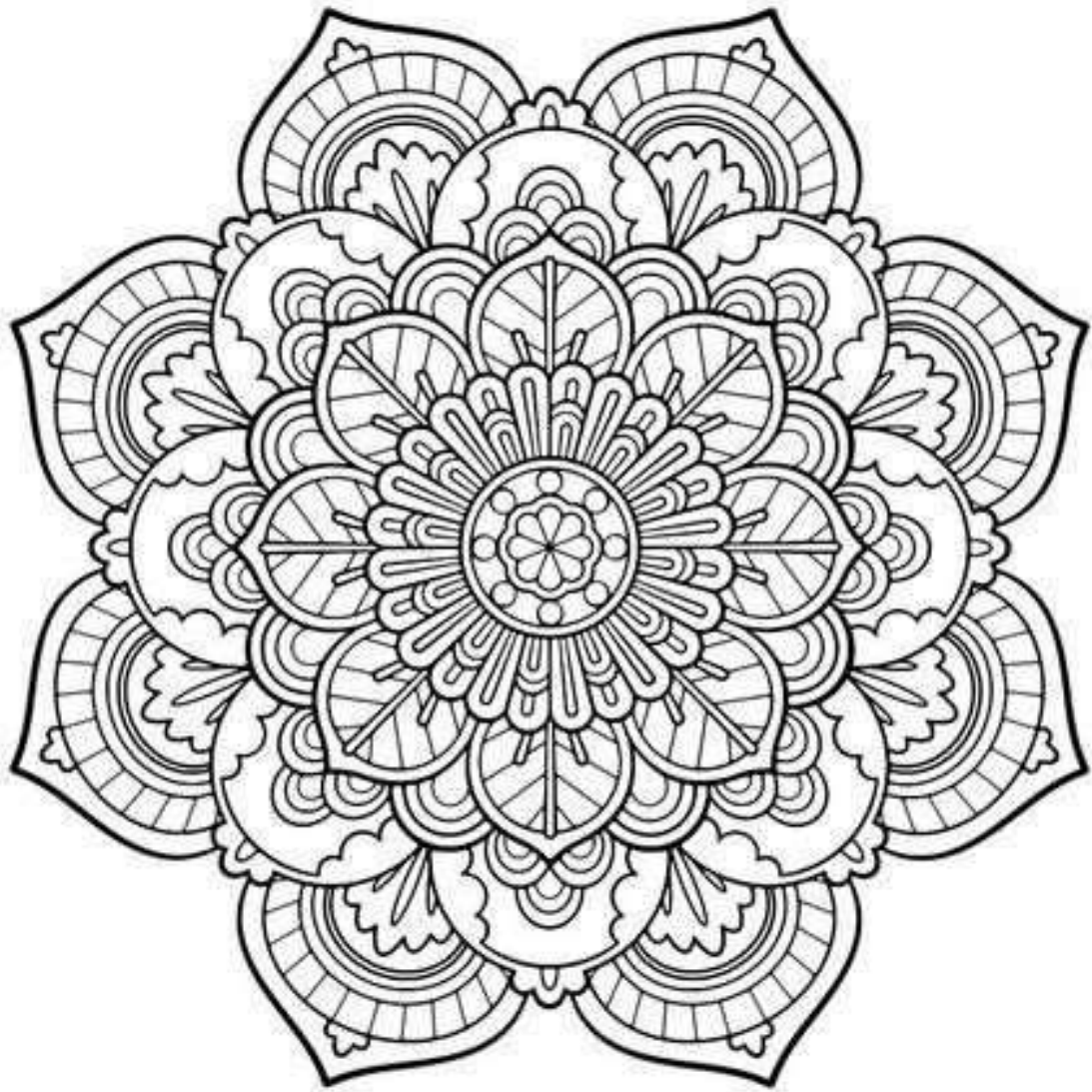


10 minute mindful breathing exercise

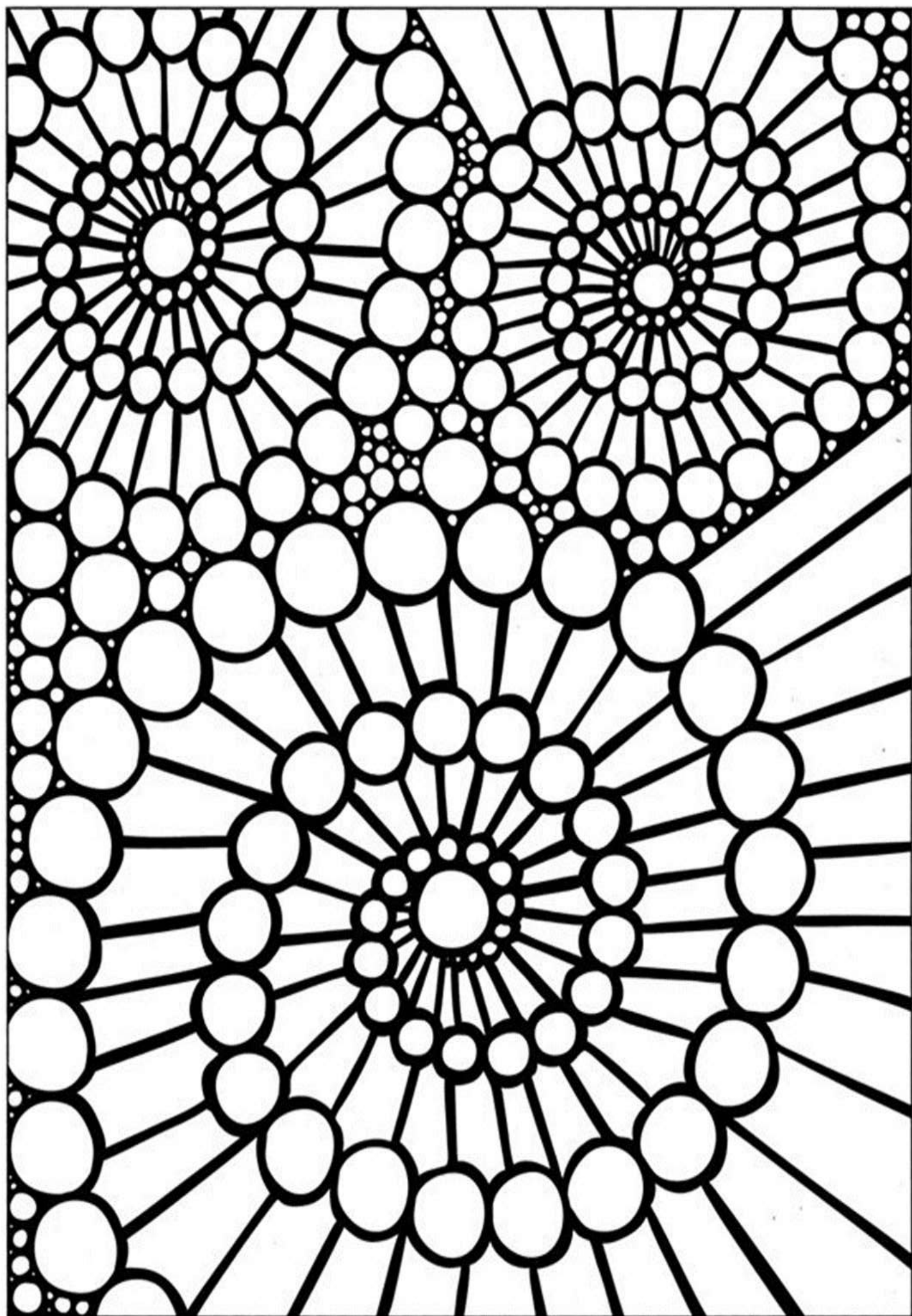
**MindShift;** MindShift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

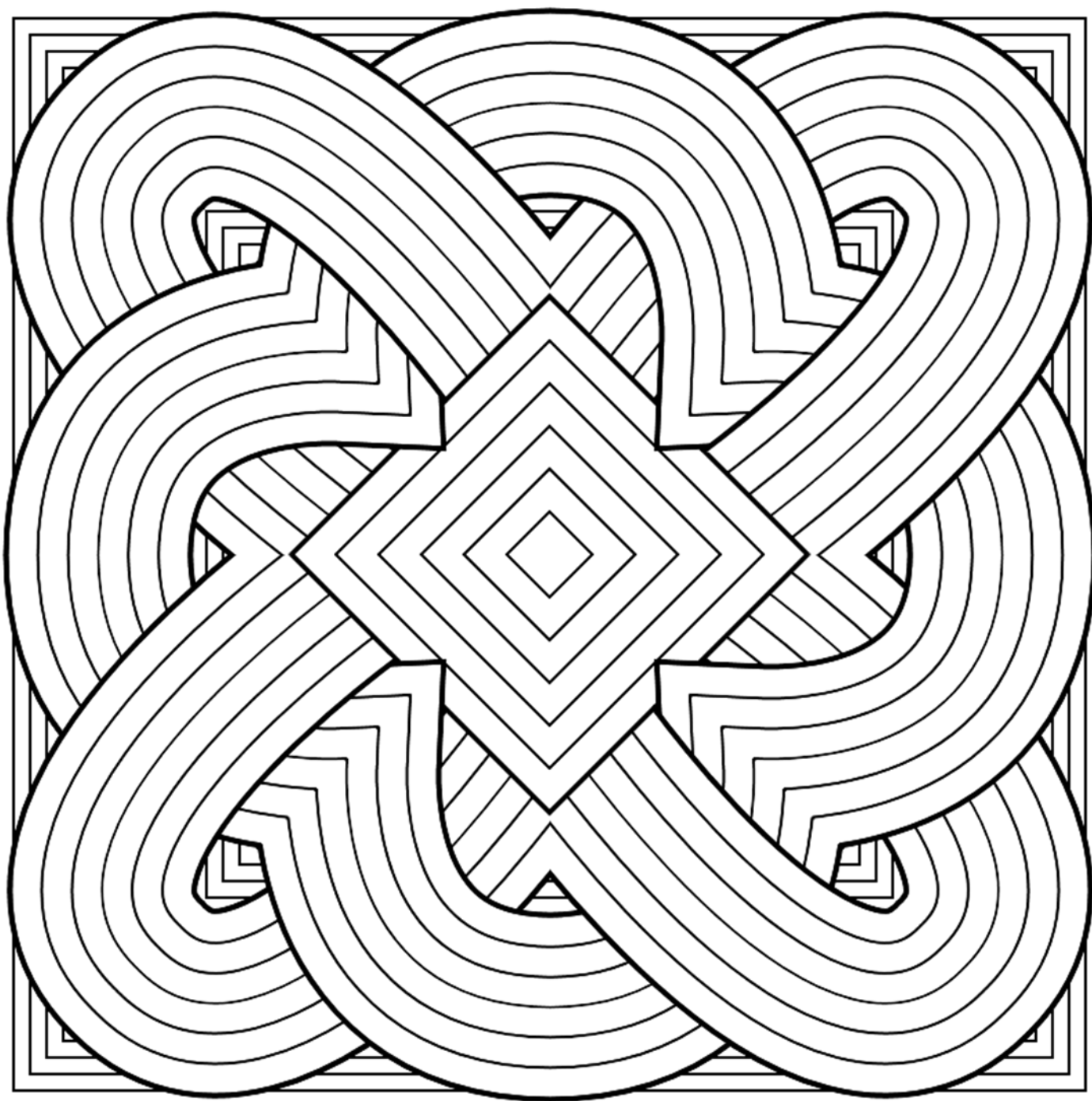
A published study provides support that colouring mandalas or geometric patterns helps to lower stress and anxiety levels. According to the article, colouring “relaxes the brain. When thoughts are focused on a simple activity, your brain tends to relax.” Dr. Bea says: “We are not disturbed by our own thoughts and appraisals. The difficulties of life evaporate from our awareness, and both our bodies and our brains may find this rewarding.”

When we colour, it brings out our inner child. We are reminded of the days when life was simple and our biggest worry was watching our favourite cartoon show. Additionally, “concentrating on colouring an image may facilitate the replacement of negative thoughts and images with pleasant ones,” Dr. Joel Pearson, a brain scientist at the University of New South Wales in Australia explains.



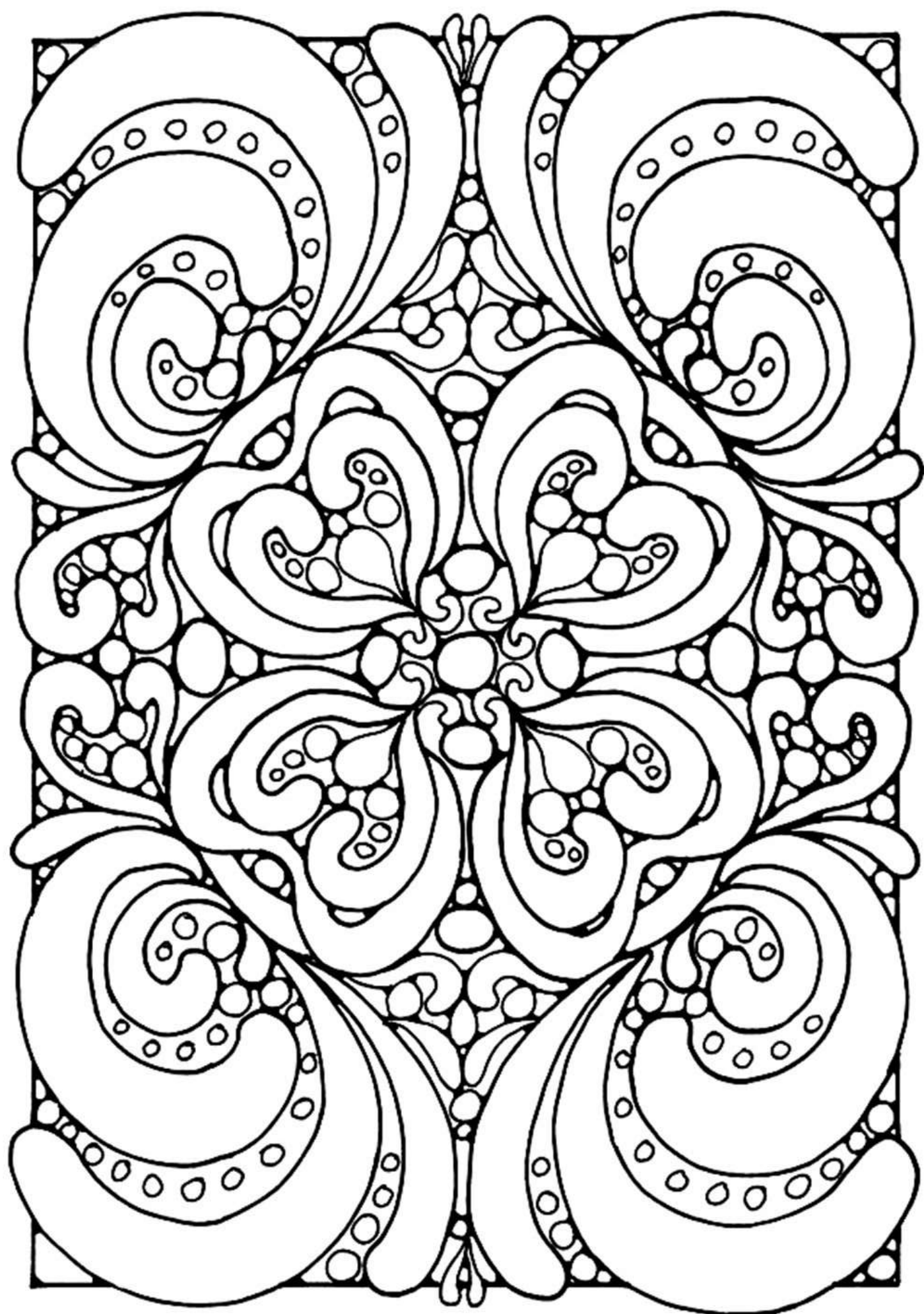




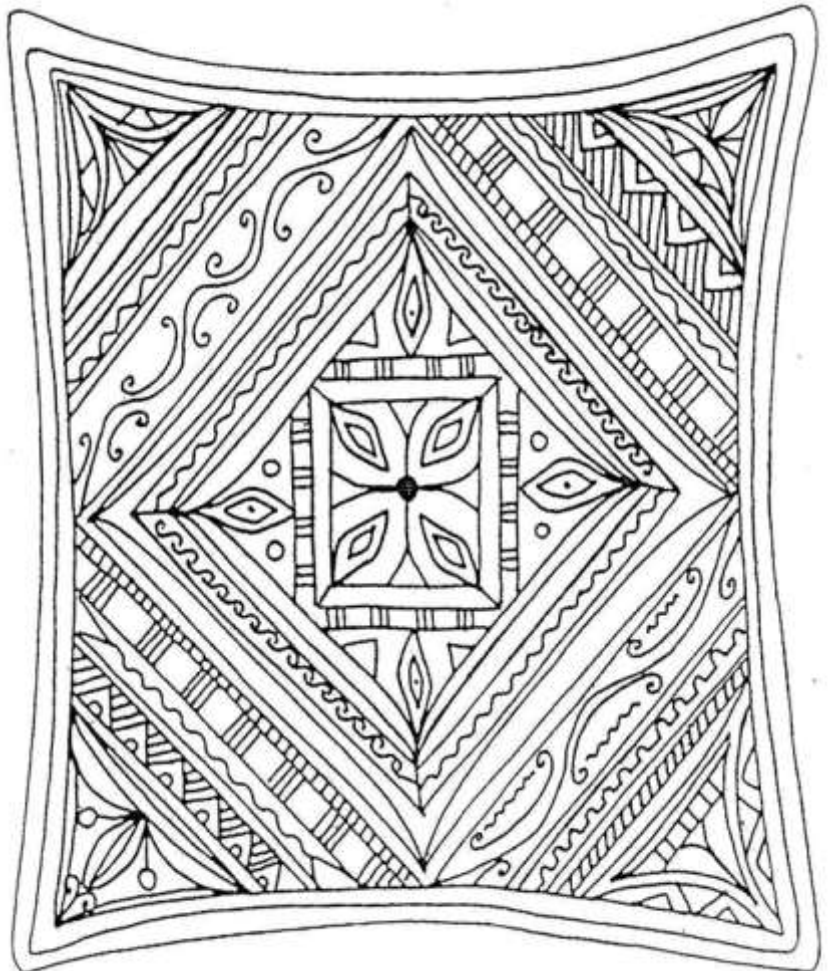
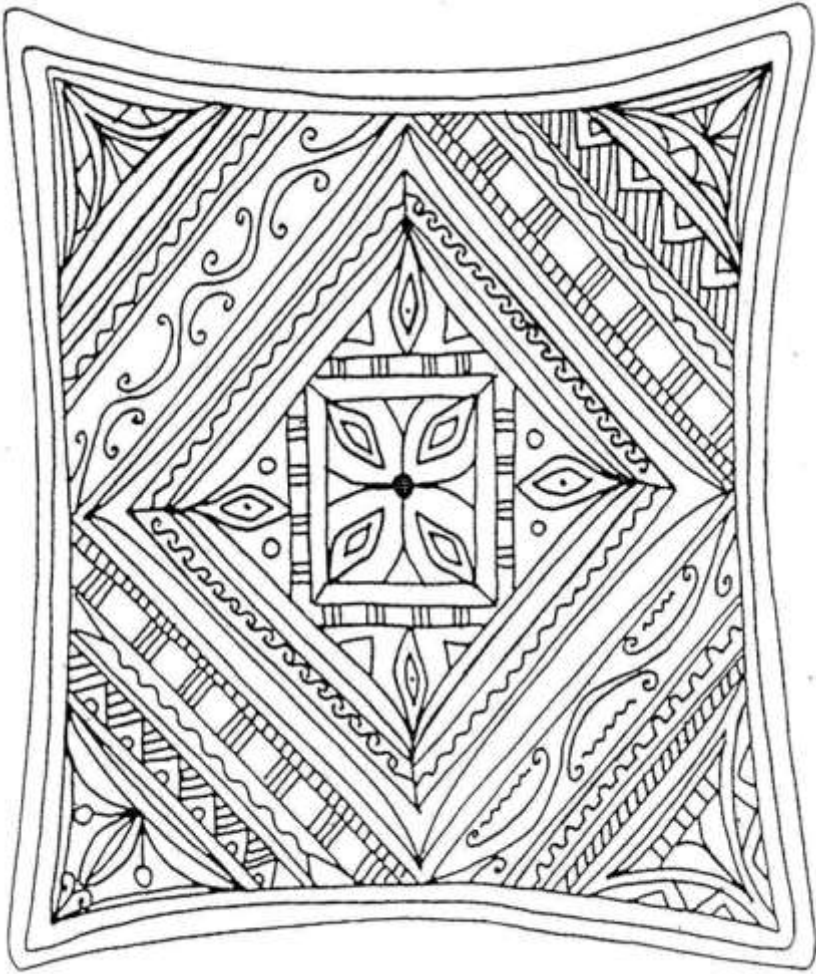


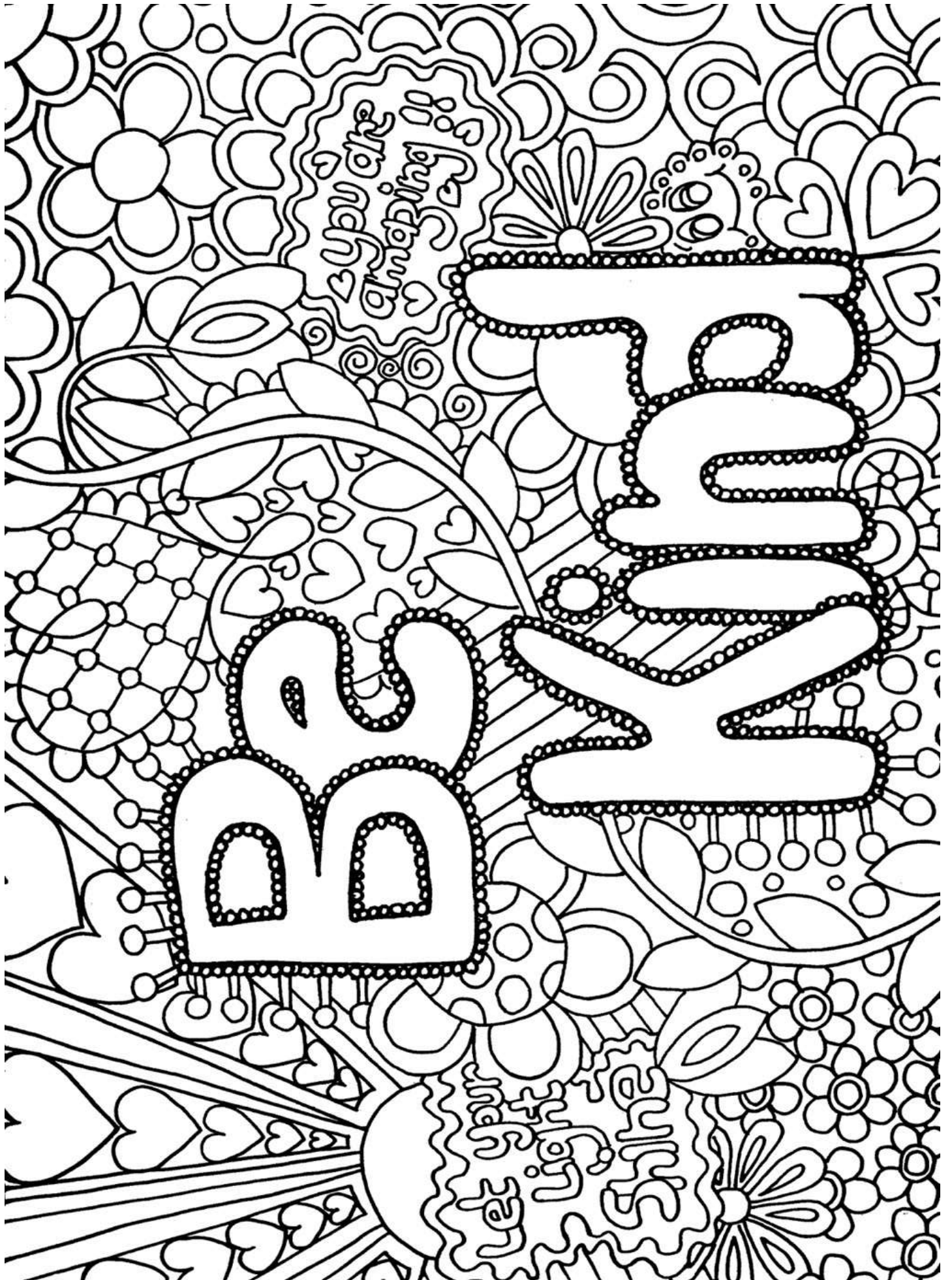












# HOW TO BANISH STRESS

by Global Success Academy



## Stop and breathe

Take a few minutes to stop and breathe deeply. Close your eyes and keep your attention focused on your breath.



## make a cup of tea



## MOVE

Get outside and get moving. Exercise is a scientifically proven stress reliever.



play some **music** you enjoy and sing along



find a person you like and give them a massive

**HUG!**

\*this may sound silly but it works well so get hugging



turn off the **tech**



## Slow Down

Rushing only makes stress worse. Slow down and focus on being effective.



spend time on your **passions**



make sure your **sleep** is plentiful and restful

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mindfulness

B C C O G N I E B L L E W R W S W  
B B F E E L I N G S F D H N S E A  
V K M I N D F U L N E S S O N L C  
P I L K Q X B M O E Y M R I O Y C  
R N D I U X R I D B R I G S N T E  
F D K Y F J T U P D W C C S J S P  
S S S B G C T A P S Z W Y A U E T  
R S S O E I D U E U L A V P D F I  
E E D L T J J L R I L O L M G I N  
I N F T R K F D S U S O P O M L G  
R E A L H C C T O X E N M C E K V  
R R E P A R D N N V N Z V W N B I  
A A H R B R Z E A H S U M U T B L  
B W E A K R Z S L G E W E H A T T  
K A F Q F V J E O U S E V O L Q U  
F O C U S E D R P S L M L W S U B  
I S X L L W L P C P Z B I X Z N V

accepting	attitude	awareness	barriers
compassion	feelings	focused	kind
lifestyle	love	mindfulness	nonjudgmental
personal	present	reflection	selfcare
senses	value	wellbeing	

# Support



THE MIX  
Essential support for under 25s

 [0808 808 4994](tel:0808 808 4994)

Call us on 02382 147 755 or [email us](#)



<https://hampshireyouthaccess.org.uk/>



YOUNG MINDS  
The voice for young people's mental health and wellbeing



TALK TO US  
If things are getting to you

 **116 123** FREE  
This number is FREE to call round the clock

**SAMARITANS**



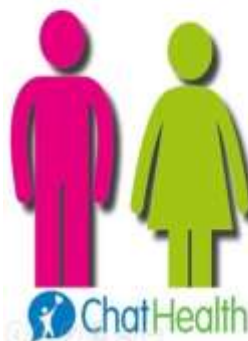
ChildLine  
0800 1111 

Don't keep it inside  
Talk to us

[www.childline.org.uk](http://www.childline.org.uk)

Are you 11-19 and want confidential advice from a ChatHealth nurse on...

Southern Health   
NHS Foundation Trust



RELATIONSHIPS  
WEIGHT ANXIETY  
DEPRESSION DRUGS  
SMOKING STRESS  
MY BODY ALCOHOL  
SELF HARM

TEXT: 07507 332160

# Support available

**Chat Health:** <https://www.nhs.uk/apps-library/chathealth/> 07507 332 160

**Kooth:** <https://www.kooth.com/>

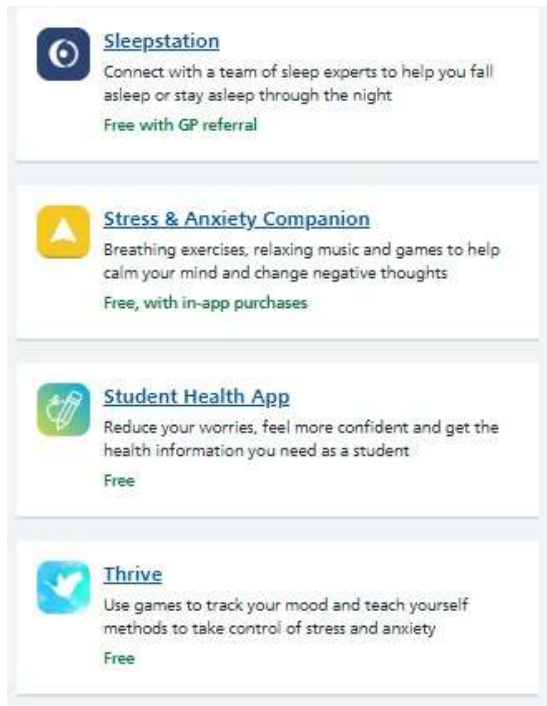
**Young Minds:** <https://youngminds.org.uk/>

**MIND:** <https://www.mind.org.uk/>

**Off the Record:** <https://www.talkofftherecord.org/>

**Get your 'Mind' Plan:** <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-planquiz/> / <https://www.nhs.uk/oneyou/every-mind-matters/>

**Apps for wellbeing and looking after your mental health:**



The screenshot shows a list of four mental health apps from the NHS app library. Each app entry includes an icon, the app name, a brief description, and its availability status.

- Sleepstation:** Connect with a team of sleep experts to help you fall asleep or stay asleep through the night. Free with GP referral.
- Stress & Anxiety Companion:** Breathing exercises, relaxing music and games to help calm your mind and change negative thoughts. Free, with in-app purchases.
- Student Health App:** Reduce your worries, feel more confident and get the health information you need as a student. Free.
- Thrive:** Use games to track your mood and teach yourself methods to take control of stress and anxiety. Free.

<https://www.mindcharity.co.uk/adviceinformation/how-to-look-after-your-mentalhealth/apps-for-wellbeing-and-mental-health/>

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://www.nhs.uk/oneyou/apps/>

**Get Self Help:** CBT-based self-help resources, including worksheets, information sheets and self help audios, lots free, some paid for:

<https://www.getselfhelp.co.uk/index.html>

**Hampshire Youth Access:** <https://hampshireyouthaccess.org.uk/>

**Hampshire CAMHS:** <https://hampshirecamhs.nhs.uk/>

**The Mix:** <https://www.themix.org.uk/get-support/speak-to-our-team/the-mixcounselling-service>



**Samaritans:** <https://www.samaritans.org/>

**Childline:** <https://www.childline.org.uk/>

**Anxiety UK:** <https://www.anxietyuk.org.uk/>