

July 2021

Self-care over the summer holidays -

This month's newsletter is looking at self-care over summer. Being at school and college gives us structure and routine. When the holiday comes it sometimes feels daunting and we might not know what to do with our time. It's ok for the holidays to feel hard and that's why it's important to learn techniques and strategies to help make them more manageable.

Relaxation

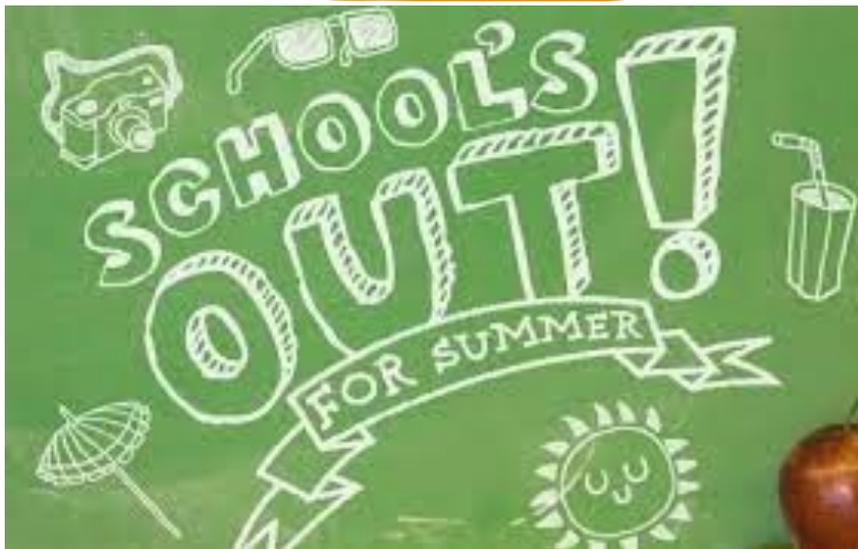
New beginnings

Routine

Daunting

You time

Embrace



Follow us on social media - @lancsmind
Find more resources for Children and Young People, Adults and Parents on our website:
www.lancashiremind.org.uk

You've probably heard that mental health and wellbeing has been affected by the Coronavirus pandemic

We want to let you know about lots of different ways you can increase your wellbeing, which can help your own overall mental health over the summer holidays.

Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things that you need and want to accomplish in a day. Self-care doesn't have to be a chore – it can be something simple like sticking to a routine and making time for yourself.



Six tips to help manage your self care



Maintain friendships-

Connect regularly with family and friends and do things together that you all enjoy. Talking to loved ones can help relieve feelings of stress and loneliness.



Be kind to yourself-

Think of yourself as your own best friend. Be kind to yourself. Encouraging and rewarding yourself for getting through a difficult period or achieving a goal, however small, will reinforce your self confidence. Try to be as positive and compassionate towards yourself as much as you can..



Have a sleep routine

Get good quality sleep and hop into a routine. We're on our phones so much, especially in the evening. Try to switch off your electronics at least an hour before going to bed so that you can wind down. If you're finding it difficult to get to sleep, try a relaxation technique or an app that helps you feel sleepy again ([page 11!](#))



Get regular exercise-

This one really helps with reducing stress levels and to improve your health. It may go hand in hand with the first tip, find an activity that you enjoy with your friends and do it together. Try aiming for 20 minutes a day, even a 10 minute walk will benefit you.



Make plans-

Plan something to look forward to, whether that be a trip with your mates or an outing – even a holiday. Making plans can give you something to focus on, especially if the summer is feeling a bit long and daunting.



Do something for you-

Regularly engage in an activity that you find relaxing. Put aside a little time every day to do something that you really enjoy, whether that be gardening, listening to music, going to the beach or reading. Schedule it into your daily routine so that it becomes a natural part of your life.



Listen to your favourite music

Talk to someone about how you're feeling

Self-care ideas...



Go outside and get some fresh air





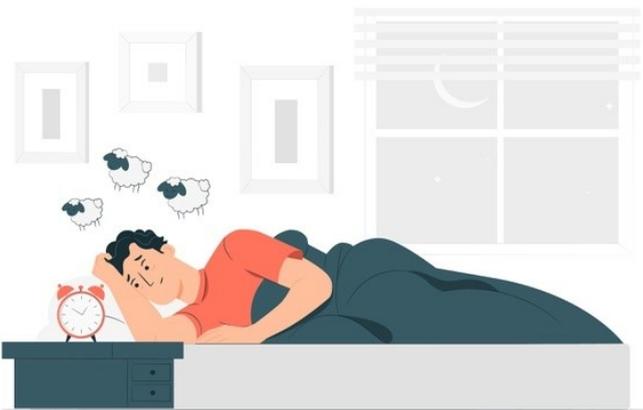
Eat the
right foods

Draw, colour,
get creative

Self-care ideas...



Journaling/ thought diary



Get into a good
sleep routine



Mindfulness

Mindfulness is a technique that can be helpful when you are facing feelings of anxiety or stress.

Mindfulness is...

...simply being in this moment and noticing it.
Just here, just now.

Mindfulness can help us...

...feel calmer and choose how best to respond to what's happening

... realise our thoughts are simply thoughts, not facts

...become kinder to ourselves and others

We learn this by...

...taking time to *simply be* and being curious and what we can see, feel, hear, taste and smell

...noticing our thoughts and emotions with a sense of kindness

Sometimes our brain goes into overdrive, perhaps we feel stressed, fearful, angry, or maybe there just lots going on our mind, and it all gets very busy, everything gets stirred up and we can't see through it all, a bit like when we shake a snow globe.

Simply noticing our breathing brings us into the present moment, slows down the heart rate and calms the brain. This can help us see clearly, as though the snowflakes have settled. Does the stress go away? No, mindfulness doesn't stop stressful things in our lives but it can give us skills to settle our busy mind so we can make choices that are healthy for us!

1. Take 5 breaths exercise

The idea is to take 5 breaths as you trace around the hand with the little finger of the other hand. A full breath in as you trace up each finger and a full breath out as you trace down. Do you notice anything about your breathing afterwards?

2. Breathe, simply be and smile

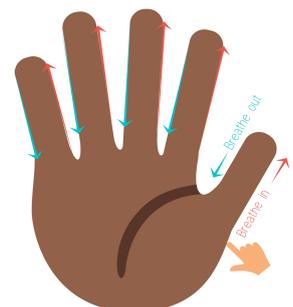
Sitting or standing, put the thumbs together with fingers of one hand resting on the other (looks a bit like a basket) and smile. Simply breathe normally, following each breath in and each breath out. No need to change the breath. Notice any thoughts and allow them to pass through your mind and float away like bubbles.

3. Take Notice of your senses

When you're outside, perhaps on a walk just notice everything you can feel - your feet on the ground, your clothes against your skin, air on your face, the temperature and so on; now what can you see, hear, smell and taste?

4. 5 finger gratitude exercise

Simply breathe. Hold one hand out and trace your fingers one at a time with the fore finger of the other hand, starting at the inner wrist up to the tip of the little finger. Hold as you get to each fingertip and think of something you're really grateful for. Continue with each finger, finishing at the outer wrist.



What is gratitude?

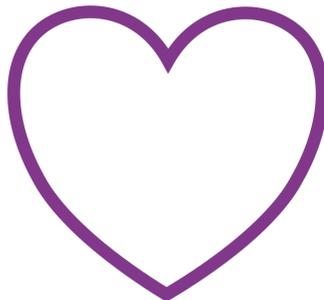
Good question. Gratitude is one of our positive emotions. *It's about focusing on what's good in our lives and being thankful for the things we have.* Gratitude is pausing to notice and appreciate the things that we often take for granted.

Use this jar to find the positives about the summer holidays and what you are looking forward too. All you need is an empty jar or little box, decorate it if you wish, and add pieces of paper with positive thoughts and things to look forward to. Then once you feel your jar is full you can pick a note out each day and remind yourself what truly makes you happy and calm when things feel a bit difficult over the holidays.

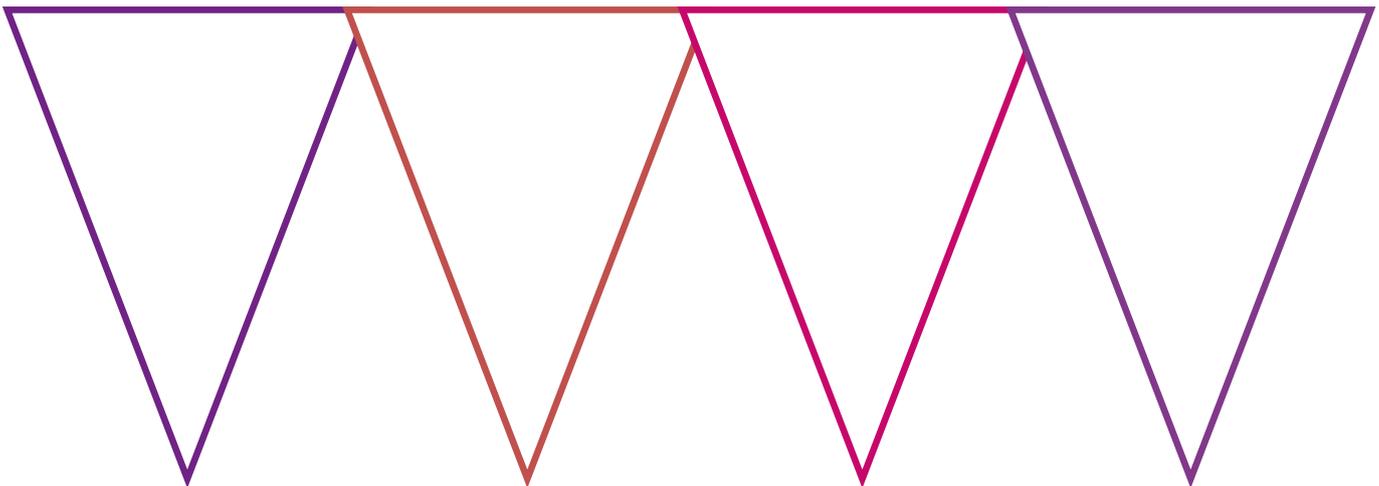


How to be kind to yourself

To help boost your confidence try filling out the love hearts with things that you have achieved in your time at home over the holidays. Think about why these are positive and how that then leads to loving yourself.



Create your own bunting– this is a great activity to do and put up around your home. You could draw some zen tangle (lots of patterns) inside or you could write positive words and emotions. You could even decorate the inside with all the new things you have learnt whilst you have been at home. Either use plain card or different colours and cut out triangles and then attach onto string. Enjoy and have fun, get creative!



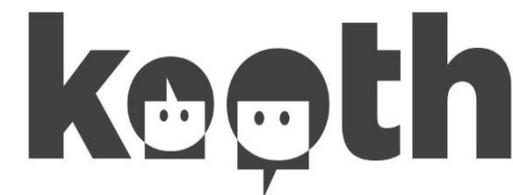
It is very normal to feel overwhelmed with all the changes that we face at present and how this could lead to a feeling of stress. To help make things feel less scary it is important to use things that help us feel good. Below are useful webpages that have great resources on them and can be an extra addition to your mental health tool kit. Click on the picture to be sent directly to the page



Welcome to The Mix. Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome.



We want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.



XenZone is a provider of online mental health services for children, young people and adults. Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

It is very normal to feel overwhelmed with all the changes we still face at present. Below are useful apps that have great resources on them and can be an extra addition to your mental health tool kit. You can also look on the NHS library for more suggestions.



Insight Timer



STOP, BREATHE
& THINK



Companion



General Government Guidance and Updates

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

NHS Guidance

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>

<https://www.nhs.uk/oneyou/every-mind-matters/>

Lancashire Mind Resources

<https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Mind.org Resources

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse77625>

Other Mental Health Resources

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.anxietyuk.org.uk/blog/health-and-other-forms-of-anxiety-and-coronavirus/>

<https://www.healthyyoungmindsisc.co.uk/information/children-and-young-people>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

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

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

Crisis Help and Helplines

If the person is in a crisis and in need of medical attention, you should call 999 and ask for an ambulance to take them to A&E.

If the person is presenting as a danger to themselves or members of the public you should contact the Police on 999.

Samaritans on free phone 116 123 (open 24 hours a day every day of the year)

<i>Local area</i>	<i>9am-5pm</i>	<i>5pm-9am</i>
Blackburn	01254 226430	01254 226074
Blackpool	01253 951225	01253 956280
Chorley & South Ribble	01772 676173	01772 773525
Hyndburn, Rossendale & Ribble Valley	01254 226006	01254 612640
Lancaster & Morecambe	01524 550550	01524 550198 or 01524 550199
Pendle & Burnley	01282 628455	01282 657222
Preston	01772 647024	01772 773433
South Cumbria	0300 024 7247	0300 024 7247
West Lancashire	01695 684161	01695 684356