



The Lancashire Mind
Wellbeing Selfie Challenge Pack

#LancashireMindWellbeing

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for better mental health

Welcome to the Wellbeing Selfie Challenge!

We are so pleased you've decide to join us in this challenge. We hope that you will enjoy taking part and that you will learn lots of new things about the importance of looking after your mental wellbeing.

Each day, starting on Monday 23rd August, we will be sharing your daily selfie challenge to complete, as well as a wellbeing tip, so please make sure you are following us on Facebook, Instagram and Twitter.



@MindLancashire



@LancsMind



@LancsMind

Also included in this pack...

A FREE 'Five Ways to Wellbeing poster!

Selfie props for your challenge!

We hope to see your amazing wellbeing selfies on social media very soon!

from the Lancashire Mind Team



How does my Wellbeing Selfie Challenge help children and young people in Lancashire?



1 in 8

young people experience a mental health condition

50%

of mental health conditions develop before the age of 14

Through this challenge we hope to raise funds to continue to help Lancashire children, young people and their families.

Raising Vitals Funds

The Selfie Challenge is FREE to take part in but there's the extra bonus of a Wellbeing Selfie Challenge certificate and badge to celebrate successfully completing the challenge!

We are asking those taking part to make a donation of just £10. Donations such as these enable us to continue the important work we do with children and young people across Lancashire supporting individuals and in school and community settings.

Raising Awareness

Sharing selfies on social media and using mental health #'s can help raise awareness of the importance of positive mental health and wellbeing for everyone and to end the stigma surrounding the topic.



Why will doing the challenge help the people who take part?

A Fun Challenge with a Mental Health Message

We've all been affected by the COVID-19. Children and young people in particular are finding it difficult to understand how they're feeling, how to cope with change and how to talk about the impact of the pandemic on their mental health.

We want to offer help and advice and as most young people are used to taking selfies, we thought it a perfect chance to speak to them in a way that they understand.

Scientifically-proven Techniques

Each day of the selfie challenge comes complete with a wellbeing tip which links back to one of the five ways to wellbeing.

The challenge focuses on the importance of 'Taking Notice'. Each selfie challenge day comes complete with a wellbeing tip!

An example of one of the selfies we may ask you to share is:

A selfie full of colour!

Life is bright and full of colours but sometimes poor mental health and wellbeing makes the colours harder to see. It's ok if some days the world does not seem as bright as others. If you have days like this talk to someone who can help. #Connect

How do I take part?

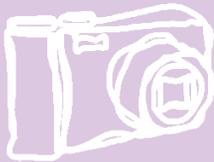
Easy-peasy! Simply follow the steps below...



From the 23rd August, check our social media for your daily selfie challenge



Go out and complete those selfie challenges! There's lots of things to find and do...★★



Post your selfie **each day** and remember to tag us and add: **#LancashireMindWellbeing**



Between the 1st and the 5th of September, visit our website to register for your certificate and completion badge! We'll then provide information as to how you can donate.

**Lancashire Mind ask that those taking part in the challenge, that they maintain awareness of their surroundings at all times and do not attempt to take any selfies in any locations or situations which could result in injury or harm to themselves or others.

Children and young people

Our early work with children and young people helps them to understand their mental health. Here are some of the ways we work with children and young people in Lancashire.

3,010 - the number of children we engaged to increase their understanding of mental health and the ways in which they can improve their wellbeing

1,159 - the number of children we worked with to build their resilience and improve their wellbeing, with an average improvement in resilience and wellbeing of 57%

182 - the number of students we empowered to improve wellbeing for themselves and their school community by designing a wellbeing project, with a further **1,674** children benefitting from the projects created

Bounce Forward

Our innovative, evidence-based programme, Bounce Forward, combines the knowledge and skills of our dedicated team, who have teaching and/or coaching backgrounds, with our experience of partnership working with schools. We provide an adaptive and flexible programme that helps children to improve their resilience and wellbeing.

Wellbeing Challenge

Lancashire Mind's Wellbeing Challenge provides a clear framework to support young people in secondary schools to co-produce and lead wellbeing initiatives for their school providing peer support to improve awareness and understanding of mental health and wellbeing.

Children and Young People Wellbeing Service

The Children and Young People's (CYP) Wellbeing Service works with 10 to 18 year olds and is funded by Children in Need. We support young people to develop coping strategies, increase confidence and build positive relationships and support networks.

Whole School Approach

The whole school approach gives the entire school community the things they say they desperately need and want us to provide. It involves a self-assessment tool for schools and tailored assemblies, workshops, 1-to-1s, information and training for everyone who's part of school life.

Wellbeing Passport

The Wellbeing Passport and card are tools for young people and their supporters to help them to share information about their mental health and emotional wellbeing. It's something that can be used in many situations and settings, where it's important for young people to feel confident to tell their story.

The 5 Ways to Wellbeing

The 5 Ways to Wellbeing are five types of things that are scientifically-proven to boost your mental wellbeing. Try to make these part of your everyday.



Give

Lending a hand, giving someone your time or raising money for your favourite charity.



Connect

Talking, sharing feelings and making friends.



Be Active

Walking, sports or jobs around the house.



Take Notice

Being 'mindful' of your surroundings and how you are feeling. Even writing in a diary.



Keep Learning

Musical instruments, languages or any skill you want to learn.

#WellbeingSelfieChallenge

#LancashireMind

My 5 Ways to Wellbeing

Print off this poster and fill in your own 5 Ways to Wellbeing



Connect

My favourite way to connect is...



Be Active

My favourite way to be active is...



Keep Learning

A new way for me to keep learning is...



Take Notice

I will take notice by...



Give

I will give more by...

Mental Wellbeing for All

Thank you for taking part in the
Lancashire Mind's Wellbeing Selfie Challenge.
Every penny raised stays in Lancashire,
for Lancashire.

Lancashire Mind may share some of the photos
taken during this challenge on their own their
social media accounts.

However, we will not share any photos
without the consent of those who took them and so
will contact individuals directly via social media
should we wish to ask permission to use
one of their photos.





#LancashireMindWellbeing

Wellbeing Selfie Challenge

CHALLENGE DAY

1



connect



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Wellbeing Selfie Challenge

CHALLENGE DAY

2



Take Notice



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Wellbeing Selfie Challenge

CHALLENGE DAY

3



Be Active



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Wellbeing Selfie Challenge

CHALLENGE DAY

4



Give



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CHALLENGE DAY

5



Keep Learning



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CHALLENGE DAY

6

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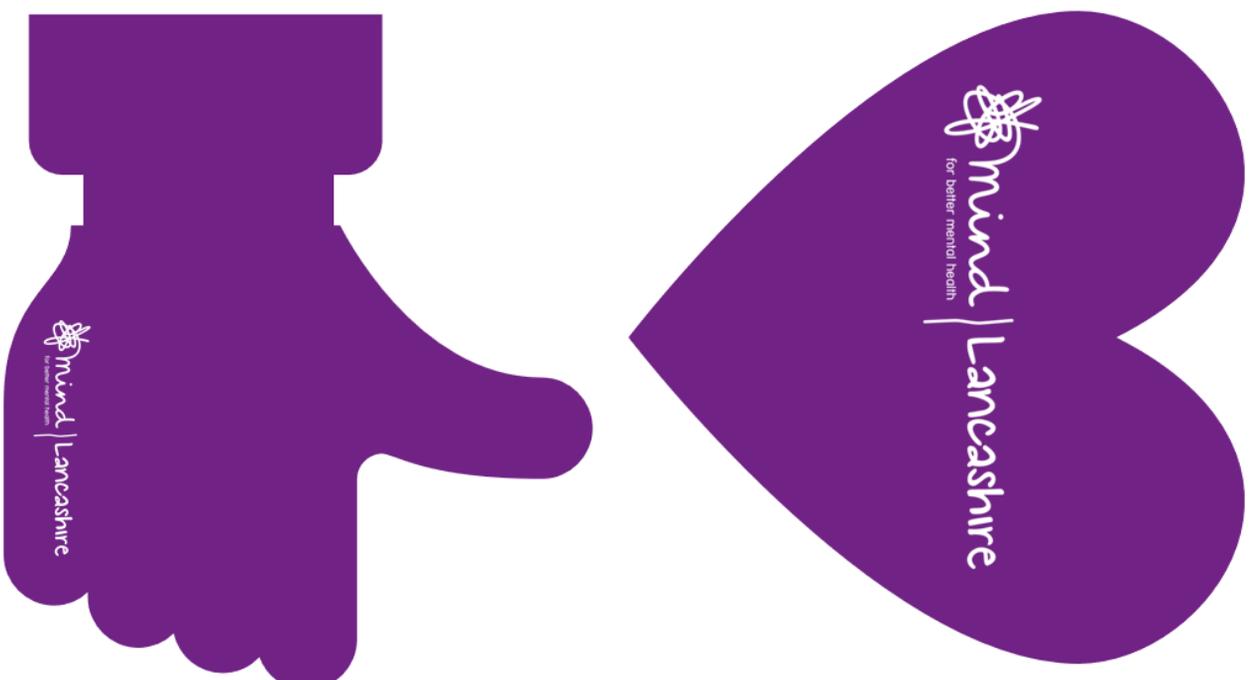


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Wellbeing Selfie Challenge

CHALLENGE DAY

7



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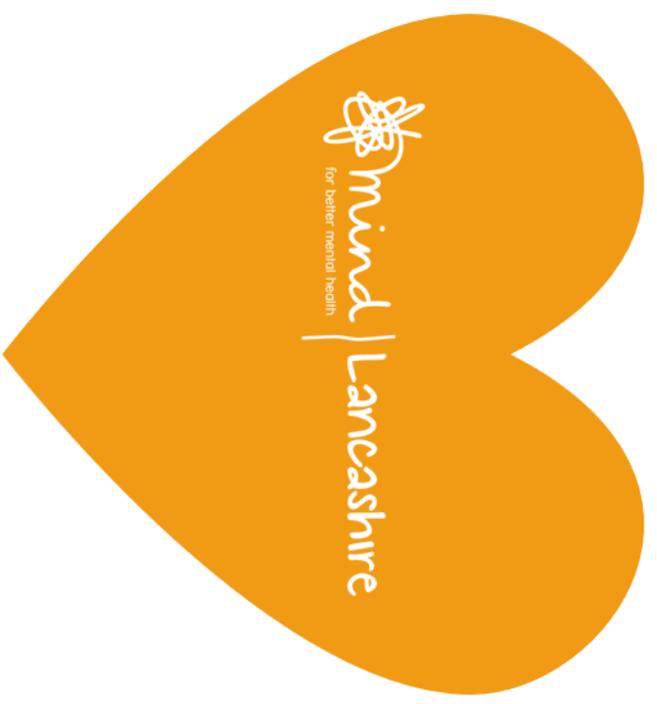
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CHALLENGE DAY

8

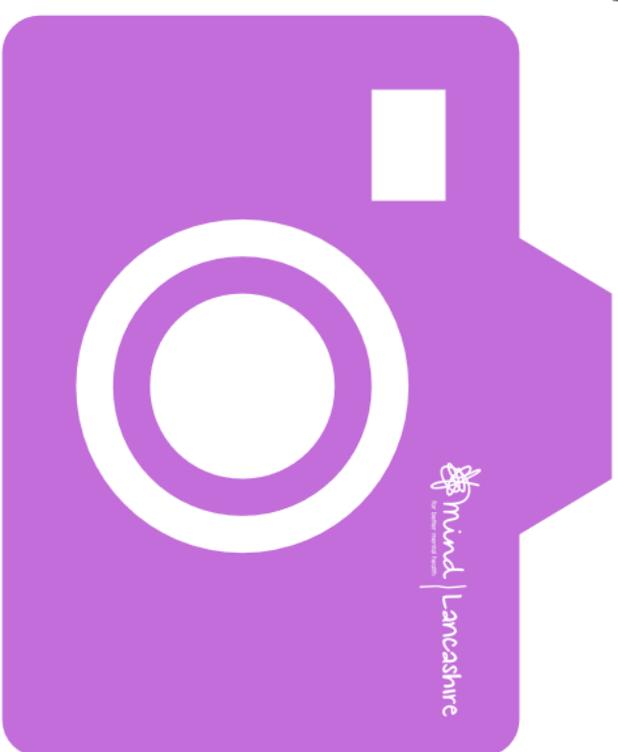




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CHALLENGE DAY

9





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Wellbeing Selfie Challenge

CHALLENGE DAY

10

