

GROW ME BE HAPPY

We are York Road Project

GETTING STARTED

The act of caring and nurturing plants is well known to have a positive effect on people. There has been significant research done that suggests a person's health during an illness is improved quicker simply because indoor plants remove toxins from the air, renew the oxygen in a room and positively impact mental health and well-being. The small amount of care and nurturing given to a plant improves our well-being, emotionally and mentally and can do something as important as giving someone a purpose. Adding blooming flowers and attractive leaves to one's room/s can improve mood and help a person to relax.



A BEAM OF SUNSHINE

"The mental health and well-being of our clients, staff and volunteers is of the utmost importance to us here at YRP. Studies suggest that from simply planting, growing and nurturing a plant, it can have a really positive impact on your wellbeing. We thought we'd do something different this year as we approach Spring 2021, we really wanted to create a little ray of sunshine and hope for the year ahead. The campaign will allow us to provide each client, staff and volunteer their very own box with everything they need to grow their Sunflower along with informative leaflets on managing their mental health and wellbeing. We're also asking those of you at home to join us by planting your own seeds and share your progress on social media as we create that beam of sunshine across Woking and the surrounding areas".

Cherisse Dealtry (Chief Exec)



DAILY MOOD TRACKER

Use this to track those good days and the days you may have found a challenge. By using a simple tracker it allows you to look back at trends, focus on the things that may impact you whilst also positively look back on the days that went well and relevately positive.

DAY:

M

T

W

T

F

S

S

DATE: __/__/__

FEELING/S:

<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
HAPPY	PRODUCTIVE	AVERAGE	SAD	ANGRY
JOYFUL	MOTIVATED	NORMAL	LONELY	ANXIOUS
CONTENT	ALIVE	FINE	DEPRESSED	FRUSTRATED
RELAXED	EXCITED	OKAY	INSECURE	ANNOYED

HIGHLIGHT/S:

CHALLENGE/S:

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WHAT WENT WELL?

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WHAT WAS LEARNT?

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WORDSEARCH

Can you find all the words in our special positive thinking word search?
Let us know how you get on via our social media channels @YorkRoadProject

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

UNDERSTOOD
VALUED
BEAUTIFUL
POSITIVITY
CONFIDENT
BRILLIANT
CALM
RESPECTED
WOKING
ACKNOWLEDGED
BRAVE
AMAZING
HOMELESSNESS
ACCEPTED
HAPPY
SURREY
LOVED

Play this puzzle online at : <https://thewordsearch.com/puzzle/2043624/>

MUSICALLY HAPPY



Music is known to improve moods
and brighten up many-a-day.

Did you know that Woking has a
community radio station, 'Radio
Woking'? They play great music and
love hearing how we are getting on
as a charity. You can tune in via the
Radio Woking app, DAB Radio, or
online at: RadioWoking.co.uk



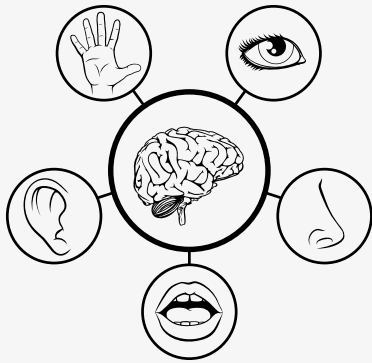
WATER YOURSELF TOO!

Did you know a steady supply of water
keeps your circulation flowing smoothly,
aids with digestion and weight loss,
eases joint movement, and helps your
body absorb the nutrients in your food?
It's also proven that water is important
for maintaining good mental health.

Dehydration may increase
risk of anxiety and depression,
let's water ourselves too!



COPING TECHNIQUES



1) GROUNDING

Grounding is a particular type of coping strategy that is designed to "ground" you in, or immediately connect you with, the present moment.

Think about:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste



2) LET IT OUT

whether it's watching a funny film that'll make you laugh out loud or watching something that will make you emotional and cry, sometimes letting it all out may just help. How about giving this technique a go?

"Scream shout and let it all"



3) PERMA

Martin Seligman, designed the PERMA solution as he believed that the below five elements can significantly help people work towards a life of fulfillment, happiness, and meaning.



Find the things that make you happy and can make you fully engaged. You could even put goals on challenging yourself in the activities you enjoy.

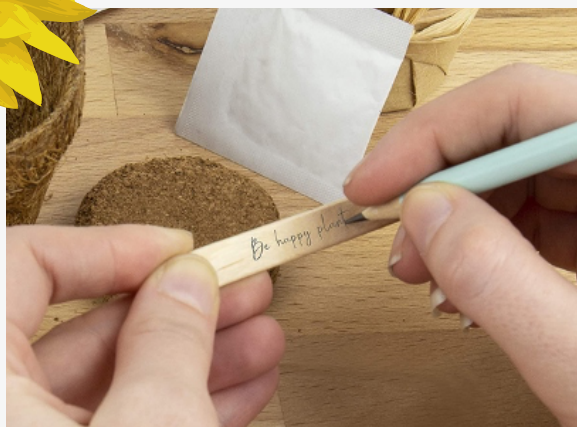
Focus on your relationships with your family and friends, and find ways to connect with others, even if it does not come naturally to you at first.

Find the meaning of your life and what gives you a sense of purpose. It's different for everyone.

4) TALK

Never be ashamed to pick up the phone and speak with someone about your mental health and well-being.

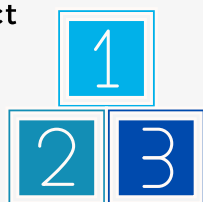




GET INVOLVED

If you are planting a Sunflower seed or 2 be sure to share your progress over the coming weeks and months. Simply post on social media channels such as Twitter and Instagram using #GrowMeBeHappy and be sure to tag us in using @YorkRoadProject

AS EASY AS...



HOW TO HELP US IN 3

1) Tell us

If you know of anyone at risk of or experiencing homelessness/rough-sleeping please let us know via phone on 01483 728739 or via e-mail info@yorkroadproject.org.uk.

2) Support us

Find out about the many ways you could donate to us or support us with items that we need via our website YorkRoadProject.org.uk.

3) Share us

Tell your friends, family and acquaintances about us and the work we do.

SUPPORT AVAILABLE

In Woking and the surrounding areas, you can find a number of charities/non-profits that may be able to help you. These include;



Mind : Woking

Providing advice, support and training to empower individuals and organisations to help promote and manage good mental health and wellbeing for all.

Web: wokingmind.org.uk

E-mail: info@wokingmind.org.uk

Tel: 07860 349739



Catalyst

Offers support, guidance and activities to increase wellbeing for people affected by stress, anxiety and depression.

Web: Catalystsupport.org.uk

Text: 07909 631623

Call: 01483 590150



THE DAFFODIL HUNT

Somewhere in this booklet, we've hidden a daffodil, can you find it?

If you spot the daffodil be sure to post about it on Facebook, Twitter or Instagram tagging us in @YorkRoadProject and using #GrowMeBeHappy.

Daffodil's are one of the easier plants to grow and look after. Have you grown one before?

READY, STEADY... ART!

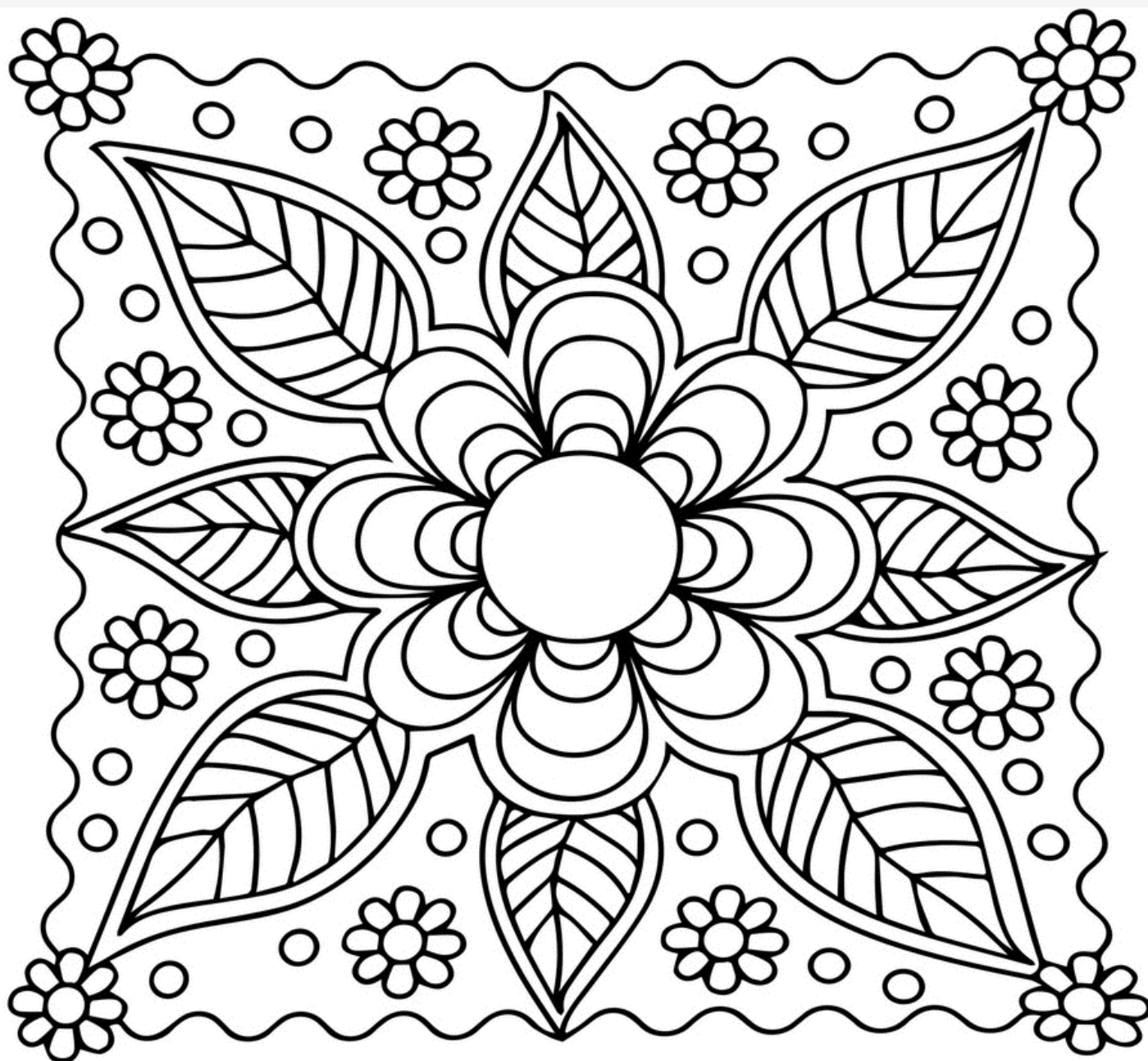
It's your time to shine! Take a moment to get creative and think spring, . Share your amazing masterpieces on social media using #GrowMeBeHappy tagging us in @YorkRoadProject.

Name your art piece:

Your name:

Age:

ADD A SPLASH OF COLOUR



THANK YOU

We'd like to take the opportunity to thank everyone that made this campaign possible. Your support is appreciated and allows us to continue with the work we do.

Special thanks to:



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