

# Wellbeing

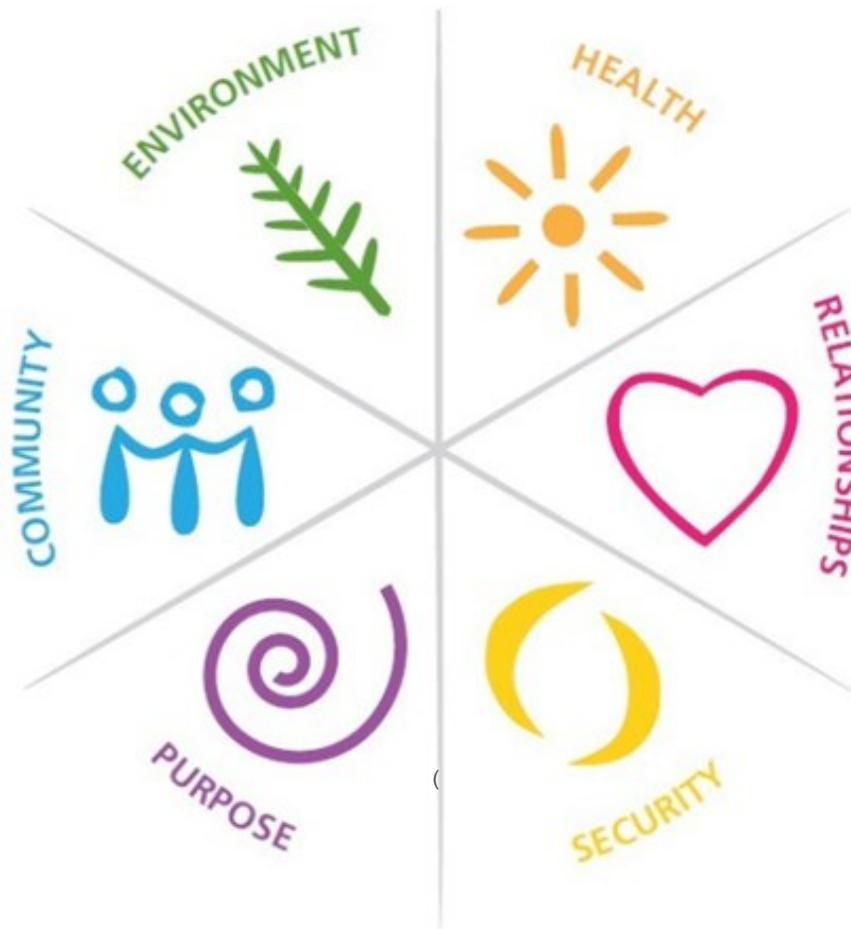


Image - The Wellbeing Model of The University of Minnesota Center for Spirituality & Healing.)

This booklet covers some ideas on how to maintain and develop our mental health and wellbeing.

Developed by North Yorkshire Youth for Young People using resources from other organisations and agencies.

# What is mental health?



‘The strength and capacity of our minds to grow and develop, to be able to overcome difficulties and challenges and to make the most of our abilities and opportunities’.

([www.mentalhealth.gov](http://www.mentalhealth.gov))

Positive mental health allows people to:

- Realise their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

We all have mental health and it is as important as our physical health. When our mental health is good, we feel emotionally well, able to look after ourselves and able to engage with the things that we care about. When we face difficult times being able to deal with those challenges can mean the difference between wanting to crawl back in to bed and hide under the covers and getting up to face another day.

A mental health problem occurs when the way you're thinking, feeling or reacting becomes difficult for you to cope with. We can all feel worried, down, upset or angry at times and this can be normal. But if these feelings last a long time, it might be a sign that you need more help.

For example, if the way you feel:

- affects you most days
- stops you from doing the things you enjoy
- makes you feel like you can't cope anymore



Mental health problems are really common. They are not a sign of weakness and can happen to anyone.

Looking after our mental health and wellbeing is important for everyone, and there are things that each of us can do in our day-to-day lives that can help to support good mental health.

# What is resilience?

What happens when you stretch a spring or an elastic band?

Even though you pull and stretch it, it returns to its original shape, this is what resilience is, it's when we are able to recover from something and bounce back.



Resilience is not something we are born with, it's something that we can all take steps to achieve. Being flexible and adaptable to situations can help us stay mentally strong. In order to do this we need to process situations that cause us stress – to reflect on , learn what works and what doesn't so we have this information to help us next time and we also need to accept what has happened so we can move forward find a solution. In times of stress people can feel lonely, or angry and ask why has this happened to me? It's important to be aware that other people suffer from stress too and sometimes we can't control everything, and we may need some support to work through it.

There are some personality traits that can increase your resilience –

Being able to cope with stress

Having belief in yourself

Being proud of who you are

Being kind to yourself and other people

Being flexible/ able to cope with change

Can stay calm and not get angry

Don't worry about things too much

It helps to increase resilience when we have supportive people around us, such as family, friends, neighbours, teachers, GP, to talk to and who can support us. It is important to talk about our feelings – either person to person, or by using a helpline or online messaging service, this helps us to share our worries and get some help to work through them.

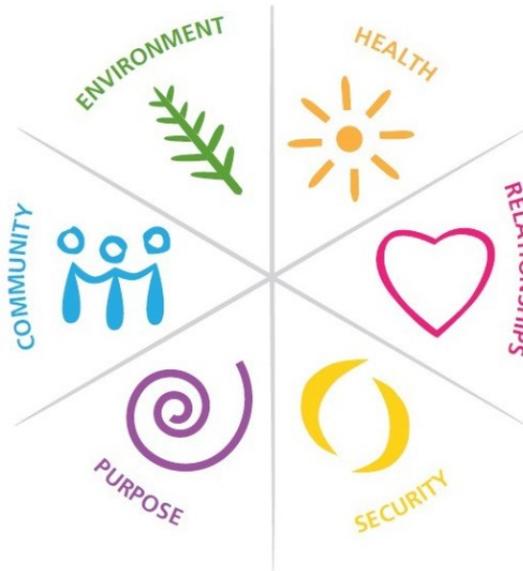
## Covid - 19

We have been experiencing a big change to our usual lifestyles, which has meant we haven't been able to see family and friends as often as we wish, go out and socialise and maintain the same routines so we've needed to be able to be flexible and adapt to changes. As the restrictions ease we again have to adapt to doing things differently.

# Wellbeing

To be mentally healthy we need to be physically healthy too. Taking steps to look after our well-being can help us deal with pressure, and reduce the impact that stress has on our life.

Wellbeing is about being comfortable, healthy or happy, all of the factors in the diagram below can affect our wellbeing.



Here's some things that helps maintain a healthy balance.

- Create some daily structure, get up by a certain time, get dressed have regular meals
- Try to have a regular sleep pattern, and avoid using technology during this time - Getting too little or too much sleep can have a big impact on how you feel.
- Try to eat healthily, have regular balanced meals with plenty of fruit and veg.
- Keep up to your personal hygiene, wash, shower and brush your teeth regularly, this will make you feel better about yourself.
- Be active, try to find time for some exercise, do something you enjoy and you will feel better afterwards, exercise releases chemicals like endorphins and serotonin that improve your mood

The NHS have produced some simple guidelines to achieving good wellbeing.

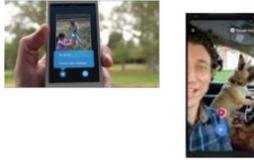
- connect** Discover ways to re-connect with your family, friends and community.
- notice** Take notice! Pay attention to yourself and what is around you.
- be active** Simple ways to get moving in everyday life.
- give** Do something kind to boost your happiness.
- learn** Learning something new gives a strong feeling of achievement.

The mental health charity Mind has produced some ideas for each of these headings

## Connect

Spend time doing things with your friends and family.

This could be talking via video messaging –connect with someone you haven't talked to for a while



Building these connections will support and enrich you everyday



## Take Notice

Spend time in nature or your garden

Plant a wild flower meadow



<https://www.edenprojectcommunities.com/stuff-to-do/seed-wildflower-meadow>

Be aware of the world around you and what you're feeling.



## Be Active



<https://www.youtube.com/watch?v=K6r99N3kXME>



## Give

Random Acts of Kindness

Create a rainbow picture and display this in your window so that children can go rainbow spotting whilst out for walks



## Keep learning

Learn something new, either in a traditional (education) or non-traditional sense.

Learn to play an instrument, read a book or try a new hobby like knitting.



<https://www.youtube.com/watch?v=hM5M2Fu0RtY>

Set a challenge you will enjoy achieving.



## Five ways to well being




Here is a quick and easy activity you can do - draw round your hand and write 5 things (one in each digit, which fit into these 5 categories) that you can do that make you feel happy/good. Refer back to this when you are feeling low as a prompt to give yourself a boost.

One of the themes above is Take Notice - It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better.

### What is mindfulness?

Professor Mark Williams, former director of the Oxford Mindfulness Centre, says that mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment. "It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour".

Giving our minds some time to concentrate solely on other things such as relaxation, doing a hobby or sport we enjoy or going for a walk helps us to take some time out from the stresses we are under and this can often help us to see things more clearly and respond in a calmer, more controlled way

Have a look online at what activities are available, and find something that suits you. There are also magazines and books (available in the library) that can help you explore the mindfulness further and give you further ideas. Researchers have found a fascinating link between access to green space, such as fields, forests, parks and gardens, and a reduced risk of mental health problems, improved mood, and increased life satisfaction, other benefits include reduced stress, increased physical activity, and better physical health.

# Take time out to relax



Remember to be Mindful and not Mind full!

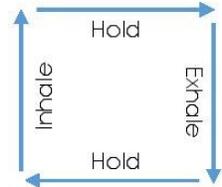


# FIVE to THRIVE

During times of uncertainty or high stress, we sometimes become overwhelmed with fear and anxiety. Here are five things you can do to “reboot” your brain and reset your perspective.

1

**Square Breathing:** Practice deep belly breaths while envisioning a square: Inhale for 4 seconds; Hold your breath for 4 seconds; Exhale for 4 seconds; Hold for 4 seconds. Continue for 10 cycles of this breathing exercise. TIP: Sometimes it helps to picture a balloon inflating and deflating.



2

**Mindful Awareness:** Using your senses, notice 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.



Sight



Hearing



Touch



Smell



Taste

3

**Express Gratitude:** Write down what you're thankful for (seriously, write it down – it will be more impactful than just thinking it, speaking it, or even typing it). Here are some prompts to get you thinking:

- Someone helped me this past week by....
- Something that used to be hard, that I've worked hard to improve at is....
- The personality trait I'm most proud of is....
- The things or people I can always count on to make me laugh are....
- Something I have, that I sometimes take for granted is....

4

**Get Outside:** Even if just briefly, go for a walk or bike ride and enjoy the sunshine.



5

**Take a Break from Social Media:** Do things that make you forget to check your phone.

*unplug* →

# Useful Organisations

- **Compass Buzz** offers a confidential text messaging service to young people aged 11-18 across **North Yorkshire**. By texting the service on 07520 631168 you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text. [www.compass-uk.org/services/north-yorkshire-compass-buzz/](http://www.compass-uk.org/services/north-yorkshire-compass-buzz/)
- **Kooth** is a Free, safe and anonymous online support for students  
[www.kooth.com/](http://www.kooth.com/)
- **The Go to website** will help you find the right help and support for you, to help you stay well, whatever is going on in your life. <https://www.thegoto.org.uk/>
- **Mind** provide advice and support to empower anyone experiencing a mental health problem. [www.mind.org.uk/](http://www.mind.org.uk/)
- **Childline** - <https://www.childline.org.uk/> - Get help and advice about a wide range of issues, call on 0800 1111, talk to a counsellor online, send Childline an email or post on the message boards.
- **NHS** - information and advice online or by calling 111 for an urgent medical problem , or visiting your GP. [www.nhs.uk](http://www.nhs.uk)
- **CAMHS**- Children and young people's mental health services  
**Referral usually through GP**
- **Young Minds** provides support and information for young people and parents.  
[www.youngminds.org.uk/](http://www.youngminds.org.uk/)
- **North Yorkshire Youth** - Youth Mentors offering one to one support for young people struggling with anxiety, self-confidence, low self esteem and personal and social issues  
[www.nyy.org.uk](http://www.nyy.org.uk)

## More about us:

We provide opportunities for children and young people to discover their own potential by

- ♦ Supporting youth work in North Yorkshire communities - youth clubs and projects, youth volunteering, mentors, buddies and signposting to local youth groups and projects.
- providing adventurous activities from Carlton Lodge Outdoor Centre.
- providing training opportunities for young people and those who work with them.
- Contact us [info@nyy.org.uk](mailto:info@nyy.org.uk) or see out website [www.nyy.org.uk](http://www.nyy.org.uk)

