

# Top Tips To Improve Mental Wellbeing

Just as we all have physical health, we all have mental health too.

Just as our bodies can become unwell, so can our minds.

Please follow these top tips during these tough times of self-isolation

When taking part  
please stick to  
government guidelines

## Coronavirus (COVID-19): what you need to do

### Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

You can spread the virus even if you don't have symptoms.

Staying at home and away from others (social distancing)

**STAY AT  
HOME** 

**PROTECT  
THE NHS**

 **save  
lives**



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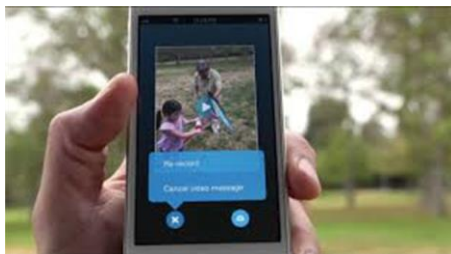
# Five ways to well being



# 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

# 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=hM5M2FuORtY>

Set a challenge you will enjoy achieving.

# Take Notice

Spend time in nature or your garden

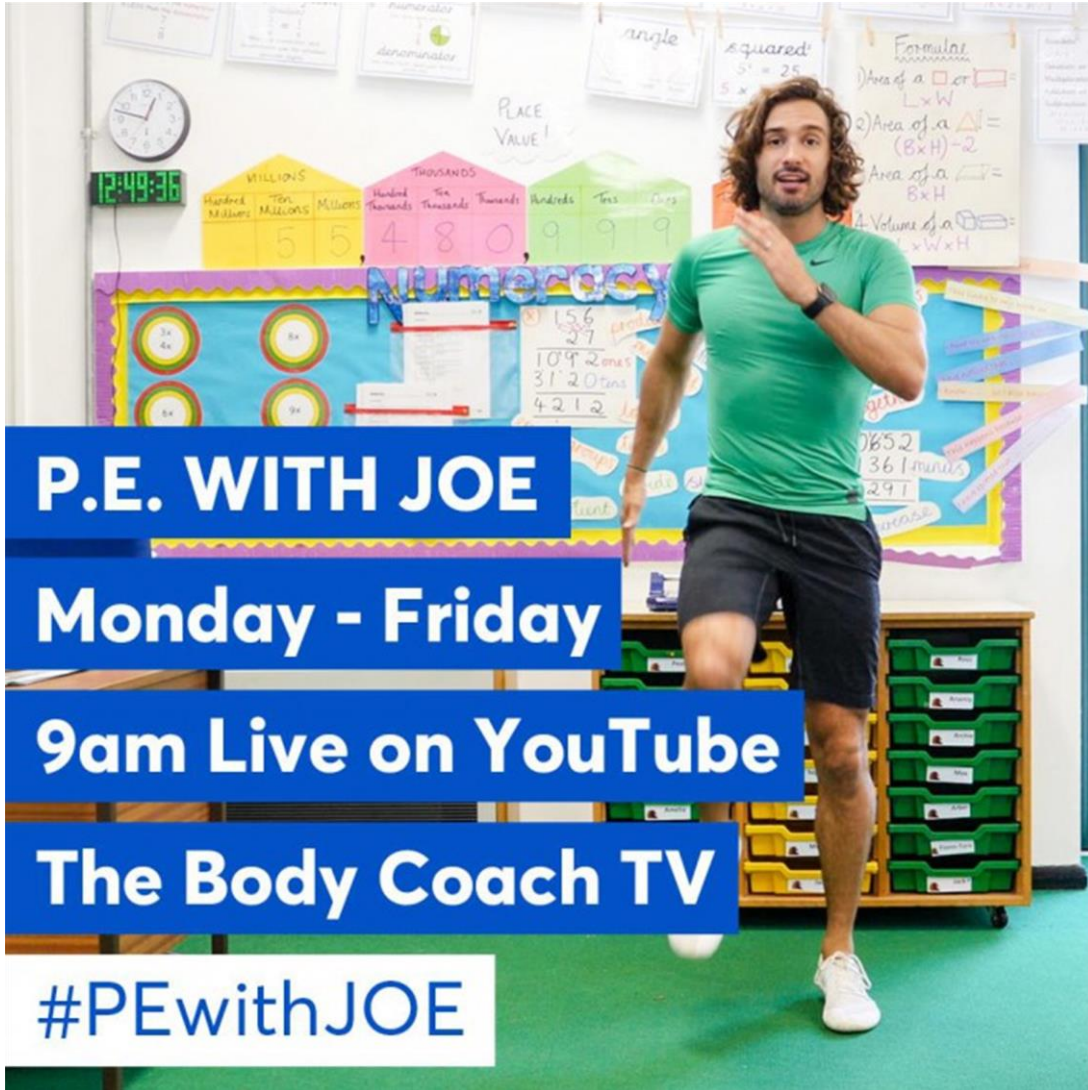
Plant a wild flower meadow



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

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

# Be Active



**P.E. WITH JOE**

**Monday - Friday**

**9am Live on YouTube**

**The Body Coach TV**

**#PEwithJOE**

<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



# Random Acts of Kindness- Challenge

Random Acts of Kindness

Follow us On social Media (Instagram Facebook  
Twitter) @DarlingtonMind



Use the #DarlingtonMind so we can see all the  
awesome Random Acts of Kindness

# Worry Model "Give it Back to Boris"

The idea is we categorise our worry's as within our control, they go inside the little circle, or out of our control they go inside the large circle.

We find a lot of the things we are worrying about are in the large circle as so there is no point worrying or thinking about these because we can't effect or control the outcome anyway.

In effect, we "Give it Back to Boris" after all he is paid to worry about the whole country!

If you like, once you have written them down, you could physically screw up the paper and throw it in the bin, or close the sheet – to say you have dealt with it or got rid of them.

# Worry Model

"Give it Back to Boris"



Stressful situation:

Can't control

Can control

# Mindfulness

- It helps to bring you back to the moment instead of getting lost in racing emotions.

## Thought Hunter

1. Sit still with your eyes closed and count slowly from 1 to 10.
2. If any thought comes into your mind, immediately go back to 1 (Watch for even the smallest thought).
3. It is a practice of honesty between you and yourself, so even the smallest thought, even a sound, even the thought "I'm already at number 3"... you need to go back to 1.

This exercise helps us become more aware of our thoughts. The thoughts we are not aware of are the ones that make us feel what we feel and want what we want and push us into actions we might not have done with more conscious thought.

One to two minutes of this exercise is more than enough.



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# Mindfulness

## 2. Silent Walk

We'll put all the thoughts about what has happened or what will happen aside and we'll try to be present.

We won't let our body be in one place and our mind in another place; we'll try to connect them and be in the here and now.

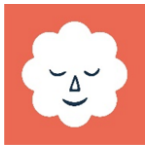
1. Start walking around the room (or outside is even better).
2. pay attention to each and every step, we'll feel the connection between our feet and the earth.
3. Take deep breaths and smell the nature around us, feel the wind on our skin, listen to the songs of the birds or to the sound of our breath.
4. Look around and really notice all the little details of the beautiful world we live in.

Be totally present with ourselves, with each other, and with the world around us and all other thoughts can wait.

# Mindful apps



Calm has so many different aspects to it including breathing exercises, unguided timed meditation



Stop, Breath, & Think: Meditation and Mindfulness

More than 55 meditations with timers and sharing with friends, tracking your emotions before and after your meditative experience



Happify

Happify is designed to reduce negative thoughts and build resilience There are many uses for this app including building self-confidence, reducing stress



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# Sleep better

## 22 WAYS TO SLEEP BETTER EVERY NIGHT

@BelievePHQ



GET INTO A ROUTINE

LESS CAFFEINE



PRACTICE DEEP BREATHING

LEARN TO RELAX



BE A SMART NAPPER

EXERCISE REGULARLY



WRITE DOWN YOUR WORRIES

AIM FOR 7 TO 9 HRS SLEEP



BALANCE FLUID INTAKE



AVOID WATCHING TV



AVOID USING YOUR PHONE



TRY USING A SLEEP DIARY



STICK TO A SCHEDULE



BE AWARE OF WHAT YOU EAT AND DRINK



MAKE SURE YOUR ROOM IS DARK



AVOID BIG MEALS AT NIGHT



FIND YOUR OWN STRESS MANAGEMENT TECHNIQUE



TRY USING PROGRESSIVE MUSCLE RELAXATION



STAY COOL



MAKE SURE THERE IS GOOD VENTILATION



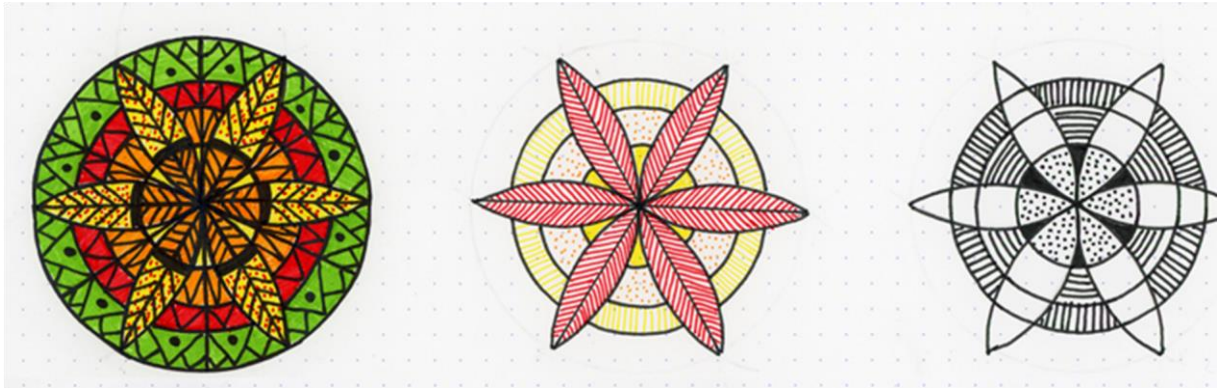
TRY VISUALISING A PEACEFUL PLACE



GET COMFORTABLE



# Online Mindful colouring



<https://mandalas.coloringcrew.com/star-flower-mandala.html>

# Positive Affirmations

An Affirmation is a positive phrase that you repeat to yourself regularly - it doesn't have to be out loud - to help get rid of negative thoughts and feel more in control to set you up with a positive mind set.





# Other support Agencies

## Kooth

Online free counselling service for emotional wellbeing platform for young people aged 11-18 years old-[www.kooth.com](http://www.kooth.com)

## Darlington Mind

Free counselling service, peer support group for young people

01325 283169 or [www.darlingtonmind.com](http://www.darlingtonmind.com)

## The Mix

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

Talk to us via online, social or our free, confidential helpline.

0808 808 4994 or <https://www.themix.org.uk/>

## Compass Buzz

Buzz us is a text service for young people aged 11-18 who live in North Yorkshire

07520631168



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