SEFTON MENTAL HEALTH SUPPORT TEAM

SUMMER WELLBEING TOOLKIT

SCHOOLS OUT!

We know that the summer holidays can be an exciting time with lots of lie ins and no school! But sometimes you might not be feeling your best...

That's why we wanted to share some tips and tricks that can help you feel better when worries start to creep in...

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One way you can keep healthy and happy over the summer is by following the 5 ways to wellbeing:

1. CONNECT

TALK AND LISTEN, BE THERE AND FEEL CONNECTED TO OTHERS

- Invite friends round to your house
- Go to the park with friends or family
- Ask someone how their day is or how they are feeling

2. BE ACTIVE

MOVE YOUR BODY AND FEEL GOOD

- Try out a new sport such as yoga, boxing or basketball.
- Play tag with your friends or family
- Go outside for a walk
- Dance in your kitchen
- Stretch your body outside or at home

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3. TAKE NOTICE

REMEMBER THE SMALL THINGS THAT MAKE YOU HAPPY

- Practice mindfulness by taking notice of everything around you, such as the colour of the sky or the smell of the grass.
- Practice breathing techniques.
- Go bird watching or start a new collection like coins, cards or stamps.
- Make a list every day of things you're grateful for.

4. LEARN

EMBRACE NEW OPPORTUNITIES AND LEARN SOMETHING NEW

- Learn to dance or bake a cake
- Try out a new club in your local area
- Read a new book
- Learn a new language by downloading apps like Duolingo

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5. GIVE

GIVE BACK USING YOUR TIME, WORDS AND PRESENCE

- Volunteer for something you care about
- Help your parents around the house
- Commit to making an act of kindness once a week
- Donate to charities you care about.

WHAT ARE SOME THINGS YOU COULD DO FOR THE 5 WAYS TO WELLBEING?

CONNECT

BE ACTIVE

TAKE NOTICE

LEARN

GIVE

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We know you're looking forward to not having to get up early for school over the summer and we know it's tempting to stay up later playing games or going on your phone.

But just as you wouldn't let your phone run out of charge, it is important you get enough sleep to recharge your own batteries. Here are some tips for a better night's sleep...

GET PLENTY OF EXERCISE OR GO OUTSIDE IN THE DAY

AVOID SUGARY DRINKS AND SWEETS 2 HOURS BEFORE BEDTIME

TRY NOT TO GO ON YOUR PHONE OR DEVICES BEFORE BED

MAKE SURE YOUR ROOM IS QUIET AND DARK

STICK TO THE SAME BED TIME AND WAKE UP TIME EVERY DAY

DO SOMETHING RELAXING BEFORE BED LIKE COLOURING OR READING A BOOK

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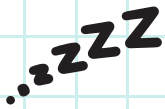
WHAT WILL YOU DO TO MAKE SURE YOU SLEEP WELL OVER THE SUMMER?

write in the boxes what you'll do to sleep better this summer



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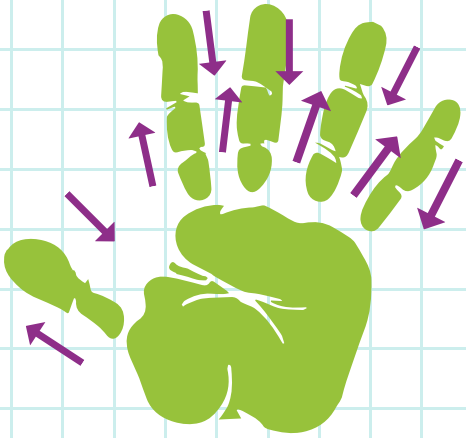
Sometimes we can feel unpleasant feelings in our mind and body, such as worry, sadness and anxiety. These can make us feel overwhelmed and like we cannot think clearly.

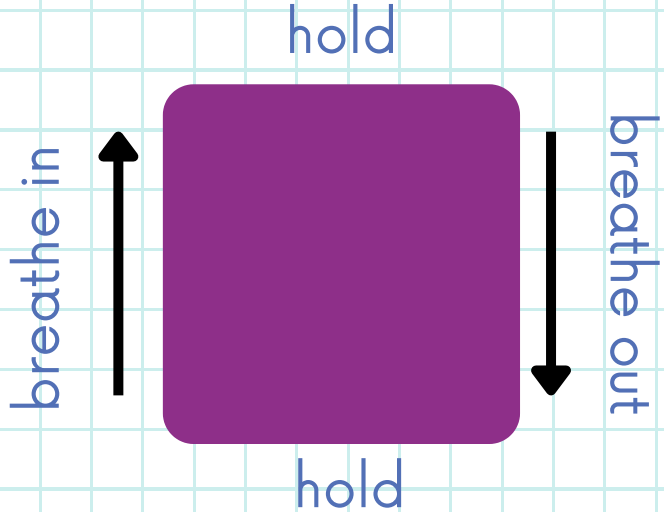
One way we can help reduce these feelings is by focusing on our breathing. Here are some breathing techniques that you can use when feeling worried or overwhelmed...

1. FINGER BREATHING



Slowly trace your fingers. As you move up, take a long deep breath in. As you move down your finder, take a long breath out.

2. BOX BREATHING



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Another way we can distract ourselves from difficult feelings or thoughts is by thinking of something else or practicing grounding techniques...

THE 54321 TECHNIQUE

5 THINGS YOU CAN SEE

4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN TASTE

1 THING YOU CAN SMELL

OTHER TECHNIQUES

tick off the coping strategies you want to try

- ☐ suck a sour sweet
- ☐ wiggle your toes
- ☐ call a friend and have a chat
- ☐ hold an ice cube
- ☐ write your worries down & throw it away

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Sometimes we might need some extra support to help us feel better and manage difficult feelings. Below are some charities and services in your area that offer this support...

CRISIS CARE TEAM

0808 196 3550 OR 0151 293 2577

The Crisis Care Team provide support, advice and guidance for young people and families in a mental health crisis. Call the number above any time to speak to a trained professional to get help.

KOOTH

WWW.KOOTH.COM OR DOWNLOAD THE APP

Kooth provides free, safe and anonymous support with mental health difficulties. You can keep a daily journal of your feelings, have chat with someone and read articles about how to look after your wellbeing.

SHOUT

TEXT 'SHOUT' TO 85258

to receive free confidential support from a trained professional for your mental health.

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THE STAR CENTRE

0151 474 4744

The Star Centre provides a friendly space where young people can access information and advice about their mental health. Young people can drop in on Mondays between 4-6pm and they run a few groups and clubs too.

SMILING MINDS

DOWNLOAD THE FREE APP

Smiling Minds is a free app for both children and adults that helps you meditate and practice mindfulness. It also has programmes to help you sleep and understand emotions better.

CALM HARM

DOWNLOAD THE FREE APP

Calm Harm is a free app that helps young people resist the urge to self-harm. It can help you manage difficult feelings and encourages healthier coping strategies.

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WE HOPE YOU HAVE AN AMAZING SUMMER!

SEE YOU IN SEPTEMBER

scan to access resources!

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