



# **UOBS Winter Wellbeing:**

## staying well at home



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# 5 WAYS TO WELLBEING

We know that the winter months are harder for lots of reasons (the weather, the darker mornings and nights, the temperature drop...) and let's face it, being in lockdown doesn't make it any easier.

We want to make sure that you have everything you need in order to stay as well as possible whilst you are learning from home, so we've put together a few top tips for staying healthy, along with some links to resources you might find helpful!



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



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Remember: 'wellness' is about being physically *and* mentally healthy. There are lots of physical things that you can do that will also have a positive impact on your mental health



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# OUR PHYSICAL HEALTH

The following four things help us to be physically healthy. In order to feel the best we can we need to move, rest, relax and eat food that fuels our body. Check-in with how you are doing in each of the four categories below...

Are you getting enough sleep?

Are you eating foods that help your body and your brain?

Are you moving regularly?

Are you finding ways to relax?



It may be that you are doing too much of one of these things and not enough of something else. Think about small changes you can make each day to include these four things...



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# Mental Wellbeing Lifehacks

## for coping with COVID-19

Tips written with young people for young people during the coronavirus pandemic. For more information to support you please visit: [www.cypsomersethealth.org](http://www.cypsomersethealth.org)

### 1 Be kind to yourself and others

Give yourself permission to nurture yourself and try to be kind to the people around you. You could try using positive affirmations about yourself and others.

### 2 Create a safe place

Make a cosy space in your home to retreat to when things get too much. You can use it as a calm down space if emotions start running high at home.

### 3 Build a daily routine

Find the right balance for you between work & play, including times to do tips 4-9 below. Ensure you eat healthily, keep active and get enough sleep.

### 4 Stay connected

Keep in regular contact with your friends, keep it digital but you could go old school and write to them.

### 5 Check in with your emotions

Take notice of your feelings, recording them in a diary may help. Make sure you know how and where to get help if you need it.

### 6 Daily gratitude

Every day, try and think of something you are thankful for. Record it in any way you choose. A tiktok? A song? A painting?

### 7 Give to others

Try and give something to someone else. Maybe your time? Your co-operation? Bake a cake? Make a gift?

### 8 Branch out creatively

What new creative adventures can you try at home? For example sketching, song writing, collaging or redesigning your bedroom. There is no limit to your imagination.

### 9 Go unplugged

Set aside a time each day for a break from technology. Can you use the time to do something that nurtures you? Experience nature? A board game? A bath?

### 10 Remember this will pass

This time is unprecedented but the pandemic will end. Take time to think about, and note down, what your hopes and dreams are for the future beyond Covid-19.

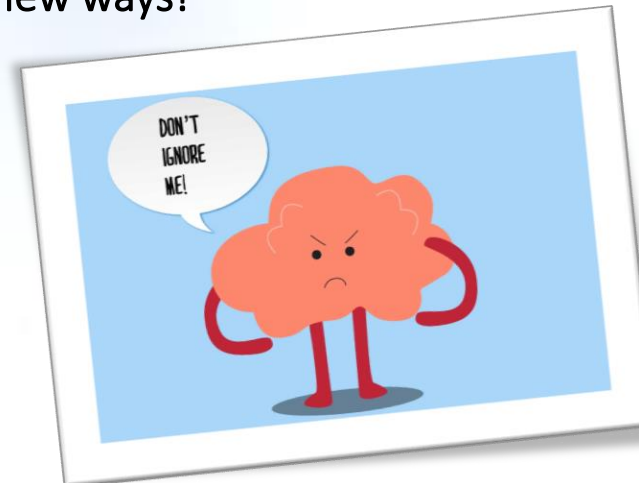
# OUR MENTAL HEALTH

## A few things to remember...

- ☐ We all have mental health
- ☐ It is as important to look after our mental health as our physical health
- ☐ Sometimes our mental health is good and at other times our mental health isn't so good
- ☐ Different things can impact our mental health at any given time
- ☐ **NONE** of us have been in a situation like Covid-19 before. This is impacting us all in very different and new ways!

## Good mental health looks like...

- ✓ Feeling happy or content
- ✓ Being productive and feeling motivated
- ✓ Feeling and being connected to our friends, family and community
- ✓ Feeling confident in our strengths, abilities and our achievements
- ✓ Feeling able to cope with the normal stresses of life



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# If you are worried at any point about your emotional wellbeing/mental health, here are a few things that might help:

- Talking to a friend, an adult at home or someone in school – you can contact your **Pastoral Manager** or **Form Tutor** if you are concerned about anything or just not feeling yourself
  - Talking to an anonymous helpline such as **Childline**, **Young Minds** or **Kooth**
- Checking out **websites** designed specifically for young people around mental health and wellbeing (see links)
  - Making sure you get some **rest** and do things that both energise and relax you – balance is the key!
- Being **kind** to yourself – it is okay to have good days and not so good days. Don't beat yourself up if you're not feeling too great! Think about things you can do to look after yourself...

Check out....

<https://www.annafreud.org/on-my-mind/>

<https://youngminds.org.uk/>

<https://www.kooth.com/>

<https://www.childline.org.uk/info-advice/you-your-body/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>



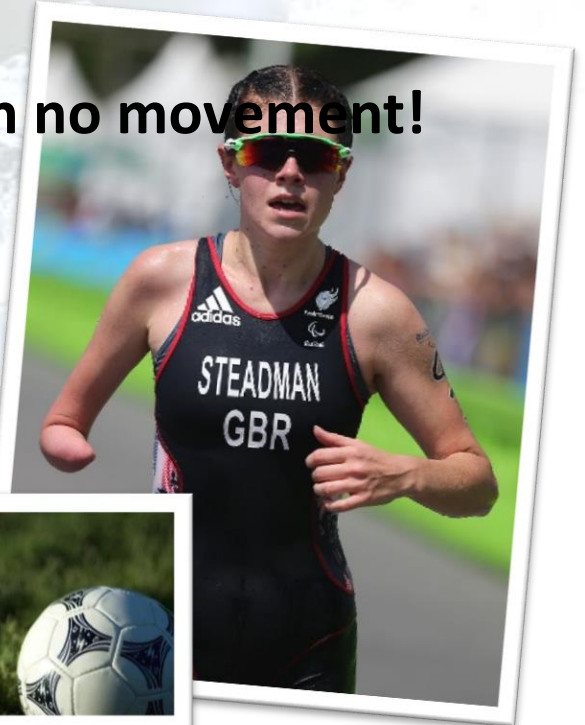
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There are lots of ways that you can get moving during lockdown. On the next page you will find some helpful suggestions from the PE department about how you can incorporate more movement into your day...

***Remember: some movement is better than no movement!***



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



Sport England's website provides lots of different links to workouts and activities that can be done during lockdown...there is something for everyone, check it out!

[https://www.sportengland.org/jointhemovement?section=get\\_active\\_at\\_home](https://www.sportengland.org/jointhemovement?section=get_active_at_home)



# 8 TOP TIPS TO GETTING ACTIVE EVERY DAY... without the need for sport

Ideas to help build more physical activity into everyday life – either instead of or in addition to playing sport

## MOVE EVERY 30 MINUTES

Try to avoid sitting still for long periods of time, build movement into your brain break to increase alertness and concentration.

## DANCE

Find opportunities to dance at home or out at an organised club with others.

## START THE DAY WITH A HIIT

High Intensity Interval Training is a great way to squeeze moderate to vigorous physical activity (MVPA) into as little as 7 minutes to kick start your day..

## DO THE CHORES

Vacuuming, gardening and even cleaning your bedroom are great ways to get active.

## TAKE THE STAIRS

Always choose the stairs over the lift or escalator.

## WALK, RUN, CYCLE & SCOOT MORE

Choose to walk rather than travelling by bus, car or bike... or at least get off the bus one stop early. Also remember to move during break and lunchtime at school.

## WALK THE DOG

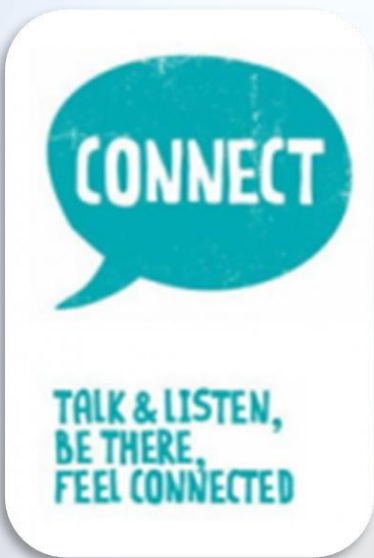
Taking the dog for a walk or even a friend/ family member for a walk (and so with no need for a dog) can be a great way to connect and move more. You can improve your emotional well being here as well, knowing you've given a parent 30 minutes piece from a younger sibling, perhaps? And of course, your social well being.

## WINDOW SHOP

Going shopping on the high street rather than online. Even if shops are closed, you can still window shop. You can also do this with a friend.



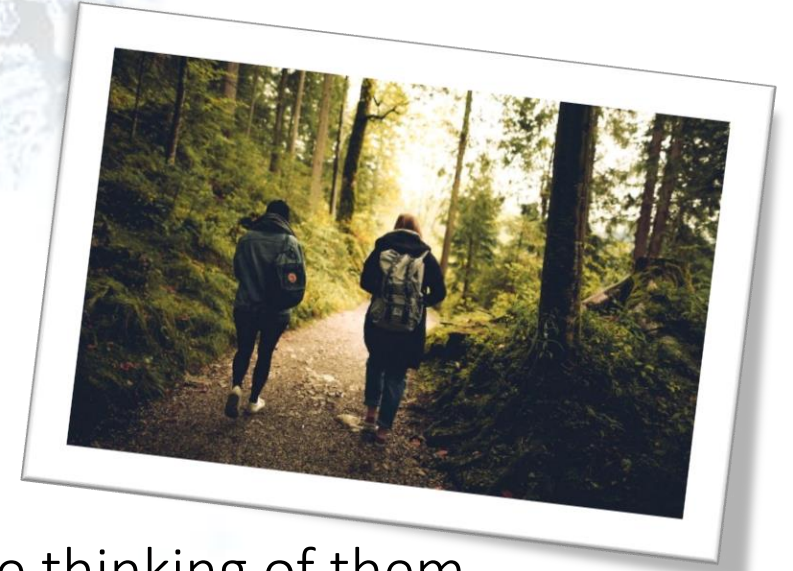




**A lot of our 'normal' ways of socialising have been taken away from us, so it would be easy to feel isolated and lonely during this winter lockdown. Connecting with our friends and family in whatever ways we can will help to lift our mood and get us through lockdown!**

Below are some suggestions of things you could do to stay in touch with the people around you...

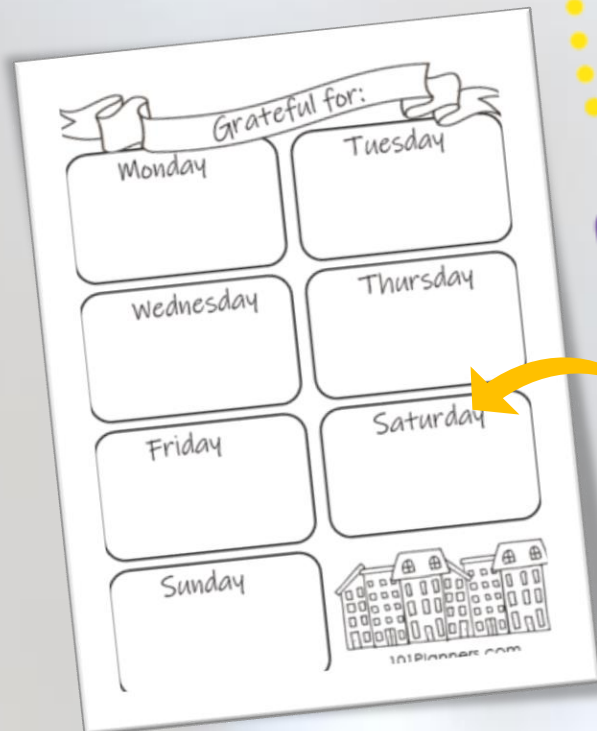
- ☐ Write a letter or send a card
- ☐ Video call
- ☐ A good old fashioned phone call!
- ☐ Zoom quiz
- ☐ Go for a walk with a friend or family member
- ☐ Drop someone a text to let them know you are thinking of them
- ☐ Play a game with a friend over zoom/online
- ☐ Make something for someone and send it in the post
- ☐ Arrange to meet a friend to exercise together



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Sometimes it is helpful to tune out from the things that are causing us stress or worry and to tune into something different. A really simple way of doing this is to close your eyes and list five (or more!) things that you can hear, taste and smell...then open your eyes and list the first five things that you see and then five more things that you can touch. This helps to *ground* us – it helps us to connect with the things around us and distracts us from what we were thinking about before.



Something else that we can do to help ourselves to be positive, is to think of the things we are thankful for. Think of one thing each day that you are grateful for!



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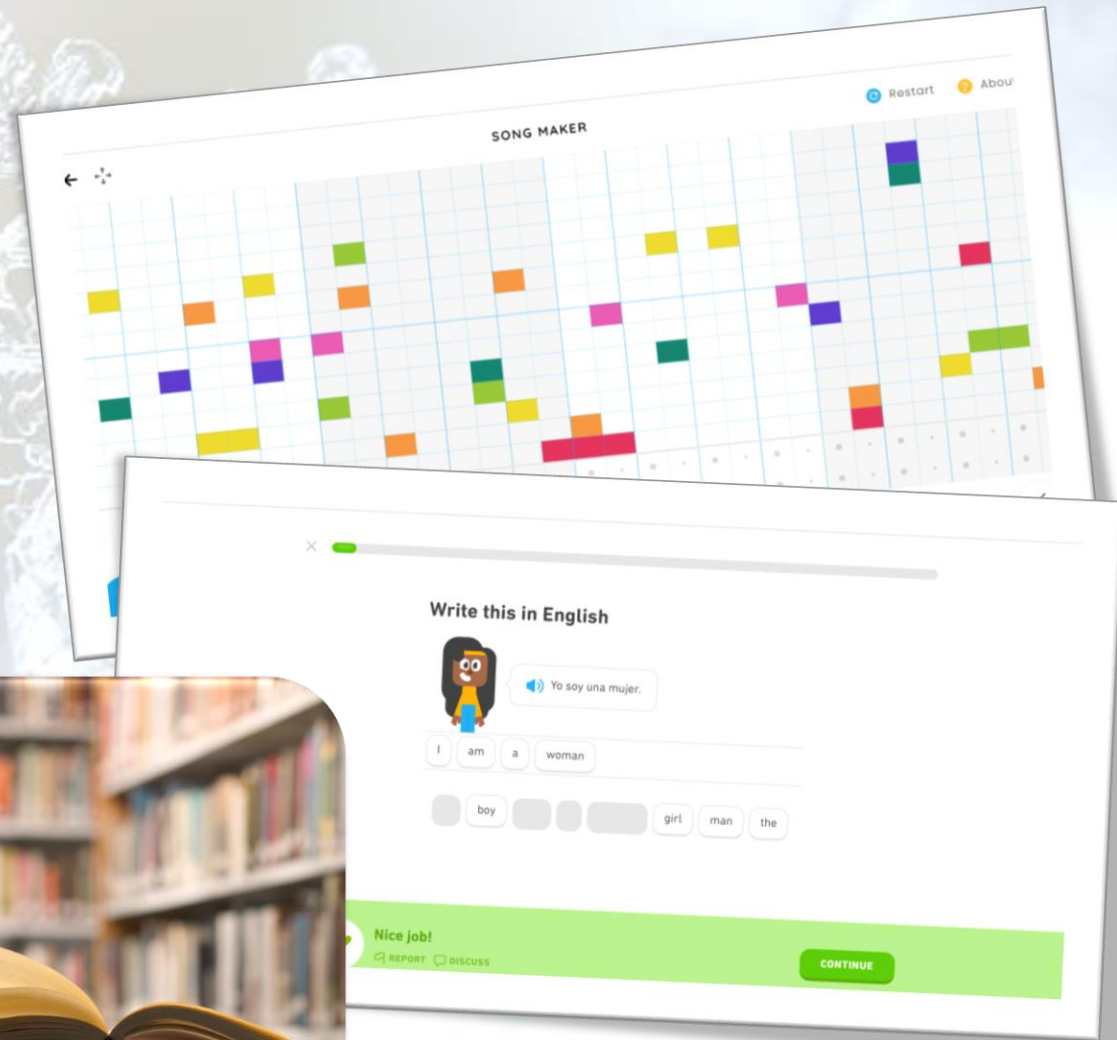
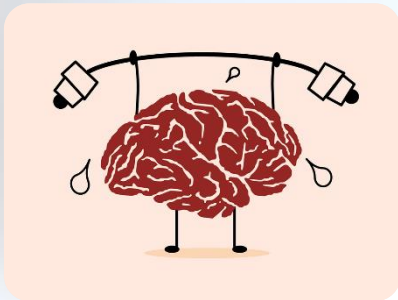


As well as attending your live lessons and completing your school work, there are lots of other things you can do to keep your brain active and healthy. Why not try learning a language on Duolingo or making some music on an online website?

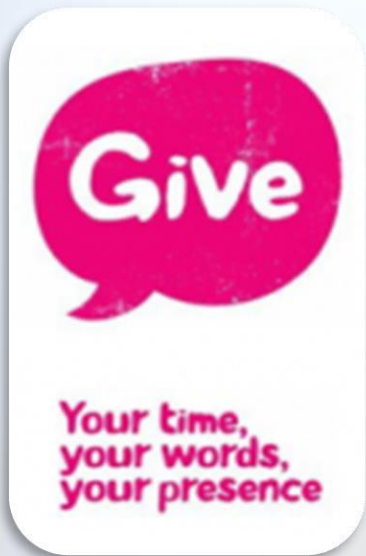
Perhaps you have taken up a new hobby during lockdown or you are interested in learning about something new...

Or maybe you finally have some time to read a new book.

Whatever it is, find something that you enjoy doing which is also keeping your brain active!

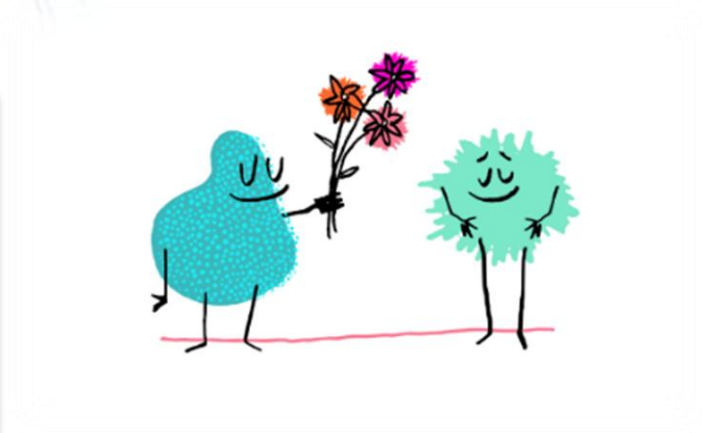






One of the ways we can stay connected and lift our own mood and the mood of the people around us is to give...this doesn't have to be money. It can be giving your time, some words of encouragement, or a random act of kindness.

Think of some of the things that you could do over the next few weeks to help bring a smile to someone's face...



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