Mental Health Support Teams in Schools

NHS Leicestershire Partnership NHS Trust

Winter Holiday Wellbeing Pack

Keep your mental health warm over winter

How to look after your mental health during winter

It is now the end of term! As we head into the winter break, it may be a little harder to stay positive, especially with the colder weather and shorter days. This booklet offers a gentle reminder of the five ways to wellbeing. You might like to try some of the ideas to feel healthier and happier over winter.

Mini Activity:
Write down a list of things that help you feel calm or connected during winter.

Examples:

- Watching movies
- Dancing
- Reading a book
- Listening to music
- Studying

How can you include these in your routine this winter?

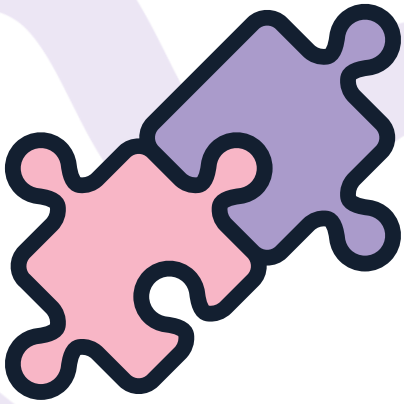
You will learn the following five ways to wellbeing:

- Connect
- Notice
- Active
- Learning
- Give

Activity:
What do these mean to you? Each page explains these in more detail.

Connect

Connecting with others can help us feel happier, supported and part of a community. Here are some simple ways to connect with others during the winter.



Mini Activity:
Think about small ways you can connect with others over the winter break. Write down a few ideas.

Examples:

- Play games together
- Watch a movie together
- Bake or cook together
- Go for a walk together
- Sing or dance together
- Call or video chat a friend or family member

Who could you reach out to this winter?

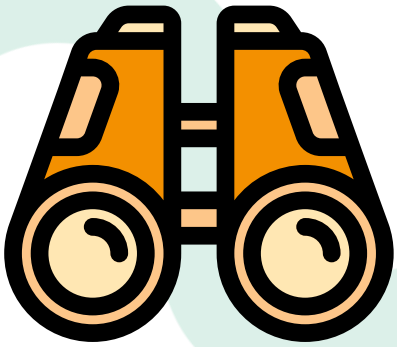
Activity:
Playing a game is a great way to connect with others. This or that is a game where you share what you prefer. Play with friends or family to learn what you have in common.

This or that?

- Morning or evening?
- Cats or dogs?
- Coffee or tea?
- Pizza or burgers?
- Talking or listening?
- Movies or TV?
- Inside or outside?
- Text or phone call?
- Sweet or savoury?

Notice

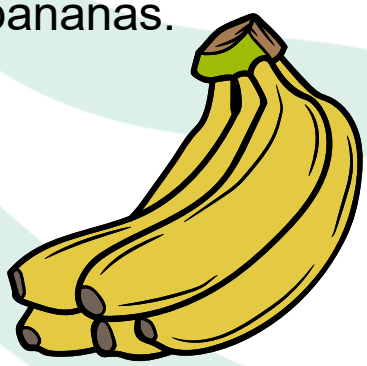
Taking notice of the things around us helps us to focus on the activities we are doing. Here's some ideas of things you can do to take notice:



Mini Activity:
Try a texture trail. Texture is the way something feels.

What different textures can you find in your house? Don't touch anything that will hurt you! Can someone guess what item you are touching from you describing the texture?

Did you know that your mouth can identify different textures too? Think about crunchy crisps, smooth soup or mushy bananas.

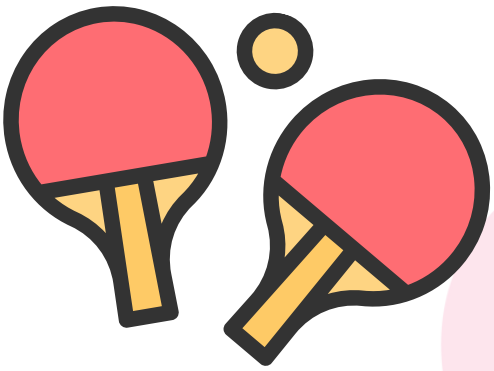


Let's go cloud spotting!
Clouds come in all shapes and sizes, drifting across the sky like nature's artwork. Some look like animals, objects, or even faces, your imagination is the key!
Cloud spotting is a relaxing way to connect with nature and take a mindful moment. It encourages creativity, calm and curiosity.

Activity:
Look out your window or go outside with a trusted adult. On a clear day, lie back and gaze at the sky. Can you spot any clouds that look like animals, objects or funny shapes? Try drawing what you see or giving your cloud a name!

Active

Being active and looking after our bodies is also important for our mental wellbeing. We can do this in different ways:

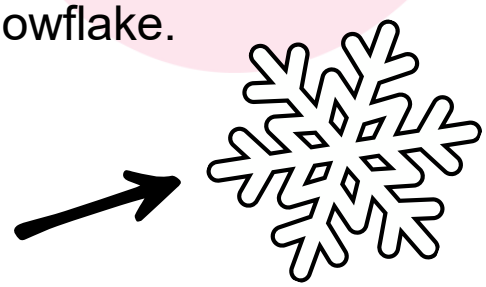


Mini Activity:
Try a breathing exercise. These are great for helping our bodies feel calmer; here is a winter-themed example.

Snowflake Breathing

1. Breathe in deeply as you trace up one side of a snowflake.
2. Hold your breath as you go to the next side.
3. Breathe out slowly as you trace down the other side - you can imagine blowing the snowflake from your hand.

Repeat for all 6 points of the snowflake.



Physical Exercises
Going for a walk or playing a sport can be a great way to boost your mood.

Activity:
Lets do some stretching! This can be done lying down or whilst seated. Hold each stretch for 30 - 60 seconds and repeat on both sides of your body.

Chest to knee stretch
Lie on your back, pull one or both knees toward your chest and hold.

Shoulder rolls
Roll your shoulders forward and backward in a circular motion.

Arm across chest
Extend one arm straight out in front of you and use your other hand to gently pull it across your chest.

Learning

Learning new things is great for your wellbeing and sense of pride. When you learn, you feel more confident and motivated in your day-to-day life.

Mini Activity:
Research how to say hello in other languages, try writing and reading it out loud! Can you do it without looking?

Examples:
Spanish
Hola (O-la)

Chinese
Ni Hao
(Knee haow)

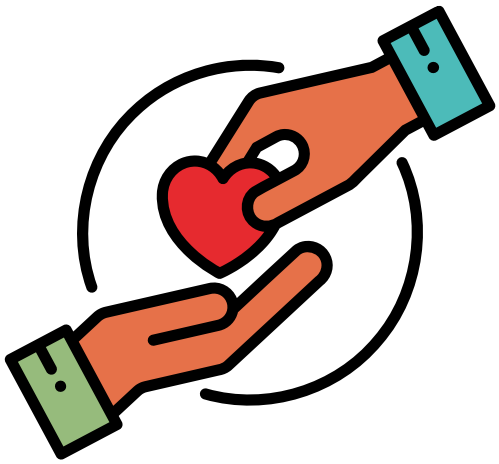
Gujarati
Namaste
(Na mas tay)

Let's set new year goals!
New year is a perfect time to set some goals for yourself. These can be small or big.

Activity:
Create a spider diagram mind map with goals you would like to achieve. Connected to the goals, make notes on what you can do to achieve these. These can be sentences or just words.

Give

Research suggests being kind and helping others can make you feel happy. When you do something nice, your brain gives you a little reward. It makes special ‘feel-good’ chemicals that help you feel calm and cheerful.



Mini Activity:
Make a small thank you card to show appreciation to someone you care about.

Include a short sentence inside that shows your gratitude for having them in your life.

Remember to treat others the way you’d like to be treated. Small acts of kindness can help build mutual respect.

Can you think of other acts of kindness you can do?

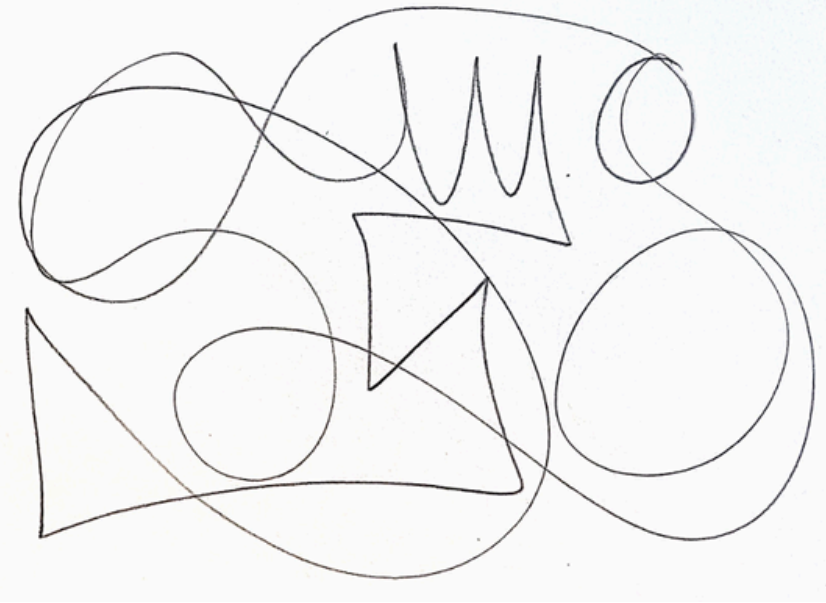
Let‘s give back!
Giving back, whether big or small is a great away to be kind and respectful. You can offer to help your family and friends to organise their things. This can be the perfect time to also declutter and clean!

To organise a drawer
It is easier to see what’s in a drawer, if you add drawer dividers. Make these from boxes by cutting off the front and leaving the rest of the box to act like a nest. Put a few of these into your drawer and it helps keep your things in their own little space.

Doodle draw

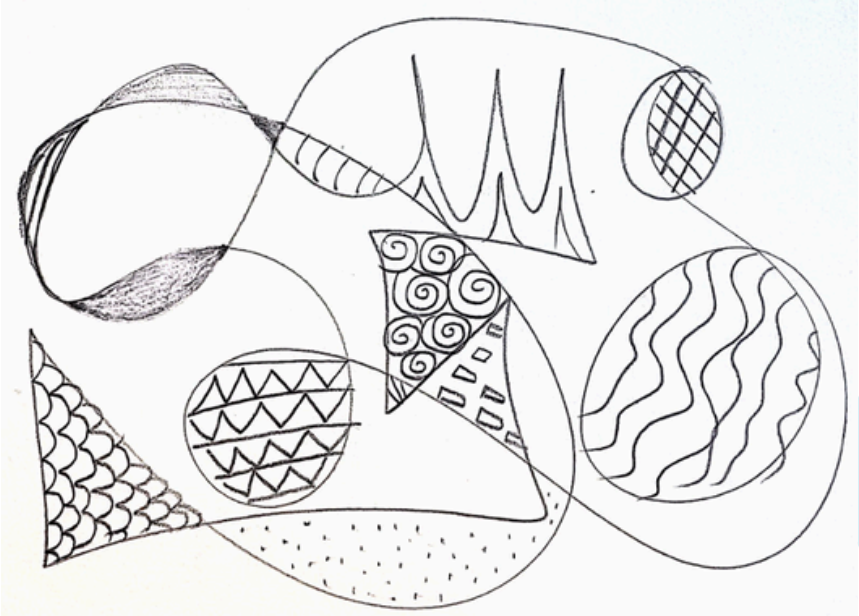
Let's start with taking your pencil for a walk. This is a great way to relax your mind and body after a term at school.

Activity:
Put the pencil on some paper and begin to draw a randomly moving line, without taking the pencil off the paper until it is covered with lines, swirls and shapes.



Then draw patterns and shapes within the lines, swirls and shapes. Let your creativity shine!

When you are done, you can colour in your doodle.



Whenever you want to relax, grab a scrap piece of paper (even an old envelope will do) and doodle draw!

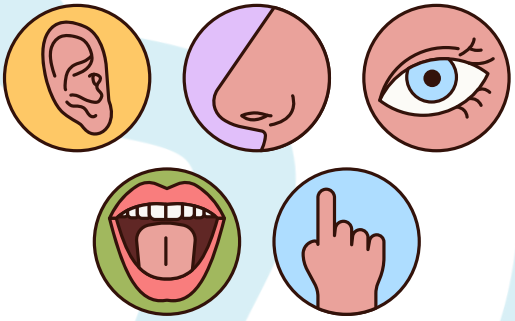
Winter walk

It can be refreshing to take a walk on a clear, crisp winter day. Wrap up warm and enjoy the outdoors with a trusted adult.

Activity:
Go on a wellbeing walk in your neighbourhood or to a local park.

When you are outside, can you find?

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



Cheerful Colours

This is sometimes called a Rainbow Walk because you spot colours as you walk

Activity:
Try spotting something from every colour of the rainbow - then start again, but this time spotting a different thing!

Need more support?

NHS
Leicestershire Partnership
NHS Trust

If things feel tough this winter, you can use these services for extra support.

HEALTH FOR TEENS

Health for Teens a website, written by NHS staff, that shares information on health and wellbeing. It covers lots of different topics. This website also has articles created by CAMHS staff, providing advice on topics including mental health conditions, self care and healthy living.
www.healthforteens.co.uk

Health for Kids!

Health for Kids a website, written by NHS staff that shares information on health and wellbeing. It covers lots of different topics. This is written for primary school aged children.
https://www.healthforkids.co.uk/

tellmi

Tellmi is an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.
www.tellmi.help/what-is-tellmi

If you need urgent mental health support, 24/7 support is available over the phone. Call NHS 111, selecting mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential. You can also text 0748 063 5199 and they will get back to you within 4 hours. If there is an immediate threat to life, dial 999. If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service: **www.signvideo.co.uk/nhs111.**