



Mental Health & Well-Being

Lesson 4 – Summer Toolkit

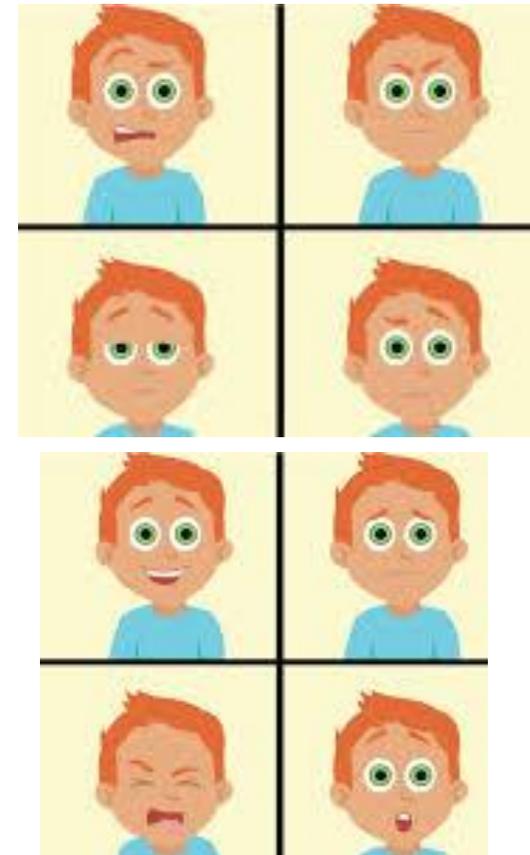
Final Week of Term

Well done! We've made it to the summer holidays!

For many of us this will be a relief, to be able to stop learning from home and relax a bit. Hopefully, you will be able to see more family members or friends.

For others, the thought of 6 more weeks to fill could be daunting and seem like a really long time. You may be worried about what school will look like in August and about your coursework or exams.

Remember, mental health is part of our overall health. It's about: how we feel, think, and behave; how we cope with the ups and downs of everyday life and so much more. Whether you're looking forward to the holidays or a bit worried (or both!) it's ok to have a mix of good days and bad days-and it's important to recognise how you feel.



Summer Toolkit



The past few months have been a huge challenge for us all. We've been learning in ways that are brand new to us and trying our best to navigate school work, home life, changing news stories, lockdown, restrictions...the list goes on.

Take a moment to recognise how you have adapted to this changes and congratulate yourself for the things you have done well.

The Mental Health group have created some suggestion of activities you could do over the summer to keep checking in with your Mental Health.

Keep looking back to this resource throughout the summer to see if there's something new to try.



Create a Self-soothe box

A self-soothe box is something that is made by you and is unique to you. You can fill this box with things that ground you, make you feel more relaxed and reduce symptoms of panic, anxiety or low mood.

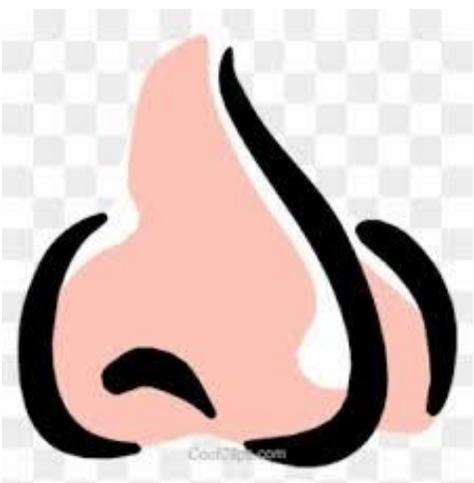
It's recommended to have a range of sensory things and something to focus your mind on. You could include something to smell, something to touch, something to look at and maybe even something to taste.

For some inspiration, look at the following slides. It is totally personal to you and it might change over time.

Touch: something that you can touch; this serves as a good distraction for your hands. Playdough, fidget cubes or spinners, and stress balls are great for this; they're satisfying to touch, and easy to put force into and relieve some stress. It can encourage your muscles to relax, which is what many methods to reduce anxiety involve.

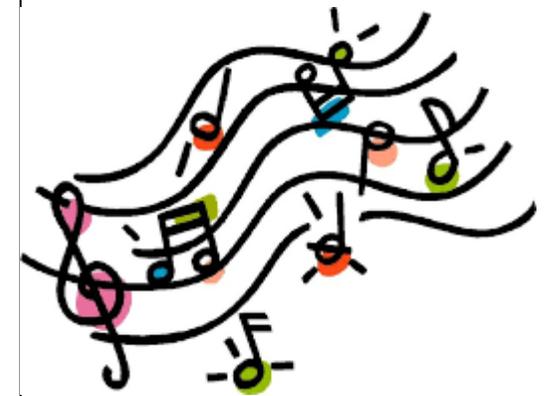


Memories: Including a few photos of people or places that have positive memories attached to them. This acts as a reminder that your life is made up of different elements. They can remind you that there are people who you can turn to and also that new opportunities await. If you don't have pictures, you could keep a nostalgic item that encourages a similar thought process.



Smell: This can be personalised depending on what scents you prefer; a few of the typical ones include: peppermint for grounding, and lavender or rose for relaxation and tranquillity. The scent of room sprays or essential oils work in a similar way. If you try to keep the scent fairly simple and consistent, you can end up associating this scent with relaxing, which increases its effectiveness.

Music: Music can have a really positive affect on your emotional wellbeing. Keeping a CD or a list of your favourite song lyrics can link you to lots of memories. You can pick music that is calming and has a solid beat to help you breath slowly and steadily. Slowing your breathing to a steady pace can help you relax if you are feeling stressed. Alternatively keeping some earphones and making an easy-to-access, happy/energetic/calming playlist on your phone is a nice, easy way of finding music to listen to.



Cards and Quotes: If you have a strategy that helps you with anxiety, write it on a piece of card/paper and pop it in your box. It acts as a reminder to keep calm and focused. [The NHS website](#) has a few breathing exercises for stress which can be used for anxious thinking and panic also.

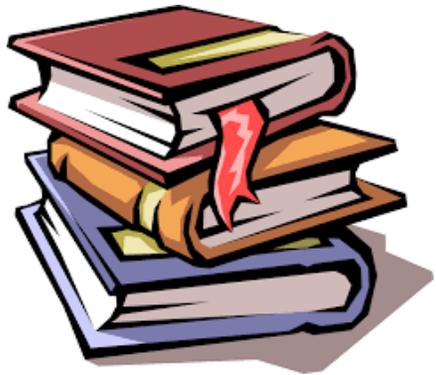
Positive quotes are a personal choice. These could be uplifting messages, quotes from films, books, poems etc. Some people like to read their positive affirmations out loud to themselves or just check back in on them. Keeping letters and postcards from friends, family and teachers is a good idea too.



Activity

Having an activity to complete can really help you self-soothe. Reading and colouring in are the more obvious options (you can find ideas on both further in this PowerPoint).

Colouring is a very simple task and having something beautiful that you made can feel very rewarding. You might like to write about how you are feeling, or try some creative writing or poetry; for that you can include a pen and notepad. I also keep a book that is an easy, light read.



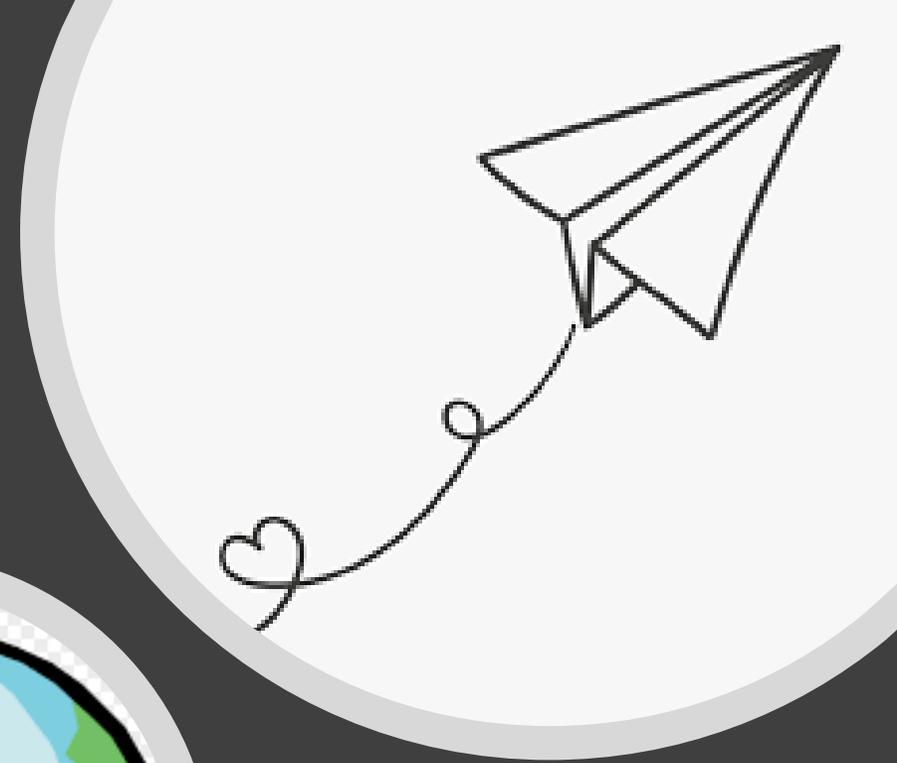
More ideas....

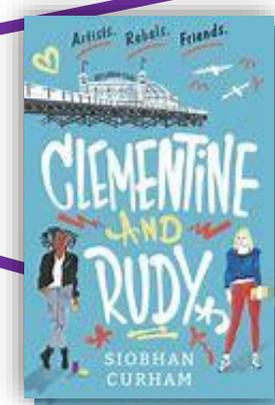
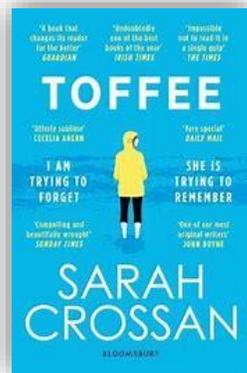
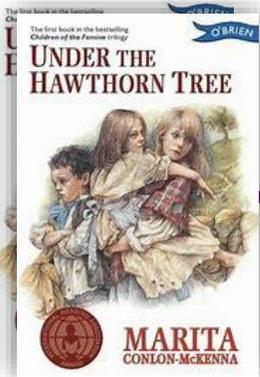
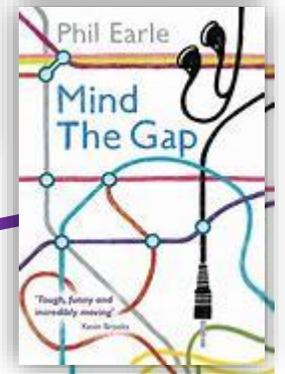
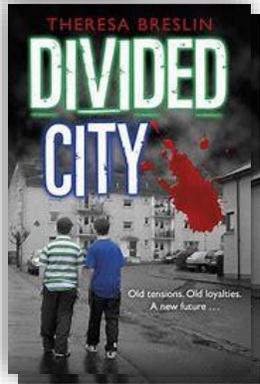
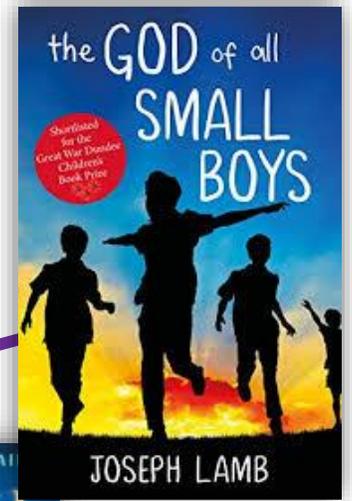
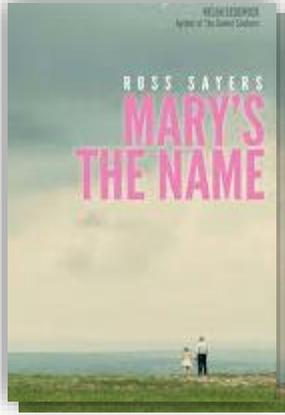
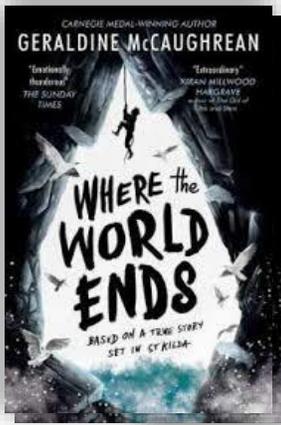
If you would like more inspiration for your Self-Soothe box, click on the video icon

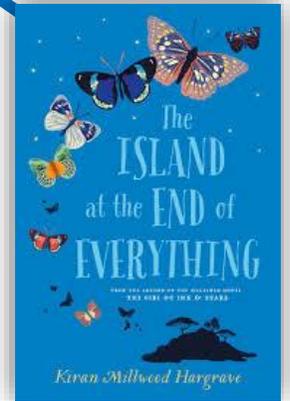
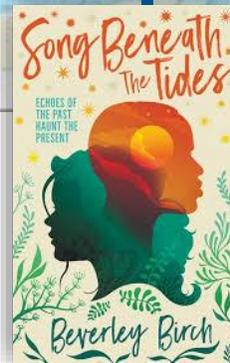
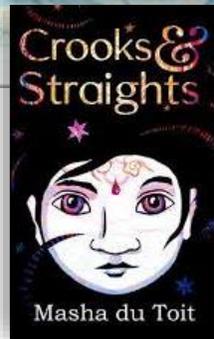
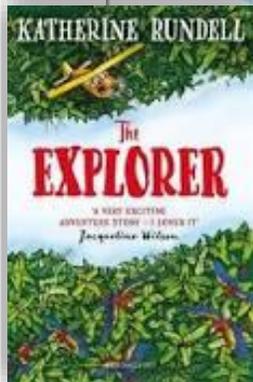
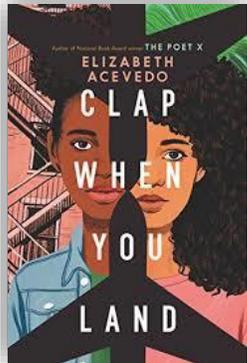
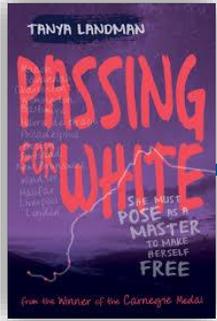
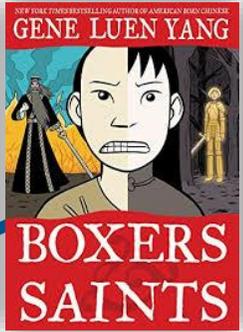
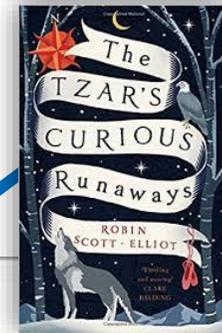
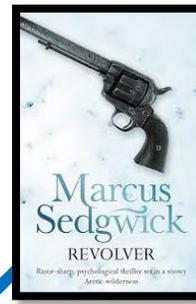
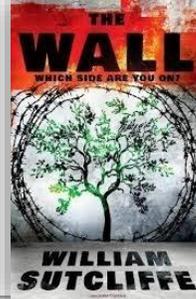


Travel the world through books

The following slides have suggestions of books from around the UK and the world. See if reading can transport your mind to a new place,







feel good Five a day!



Read a book



Listen to music



Write a poem



Listen to a podcast



Try meditation/ get some headspace



Write a gratitude list (with 5 things)



Watch a 'Great Big Story'



Sketch a picture



Binwatch from your window



Make a smoothie



Do a home work out



Work on UniFrog/ your CV



Bake a cake or cookies!



Face time a Friend/ Family



Do some maths



Help with the housework!



Make an origami animal



Watch a nature documentary



Cook a healthy recipe



Read around your A2 subjects



Email a teacher to say 'thanks'



Unfollow a negative person online



Send someone a positive text



Have a go at a brush letter challenge



Learn something new



Find and share a good news story



Try a yoga pose!



Do some revision!



Set a new goal



Exam practice question



Tidy up



Listen to an audiobook



Do some gardening



Play an instrument



Give someone a compliment



Develop a different language



Put on some music and dance around your house!



Sort out your wardrobe or a drawer



Watch a TED talk



Watch a Bob Ross!

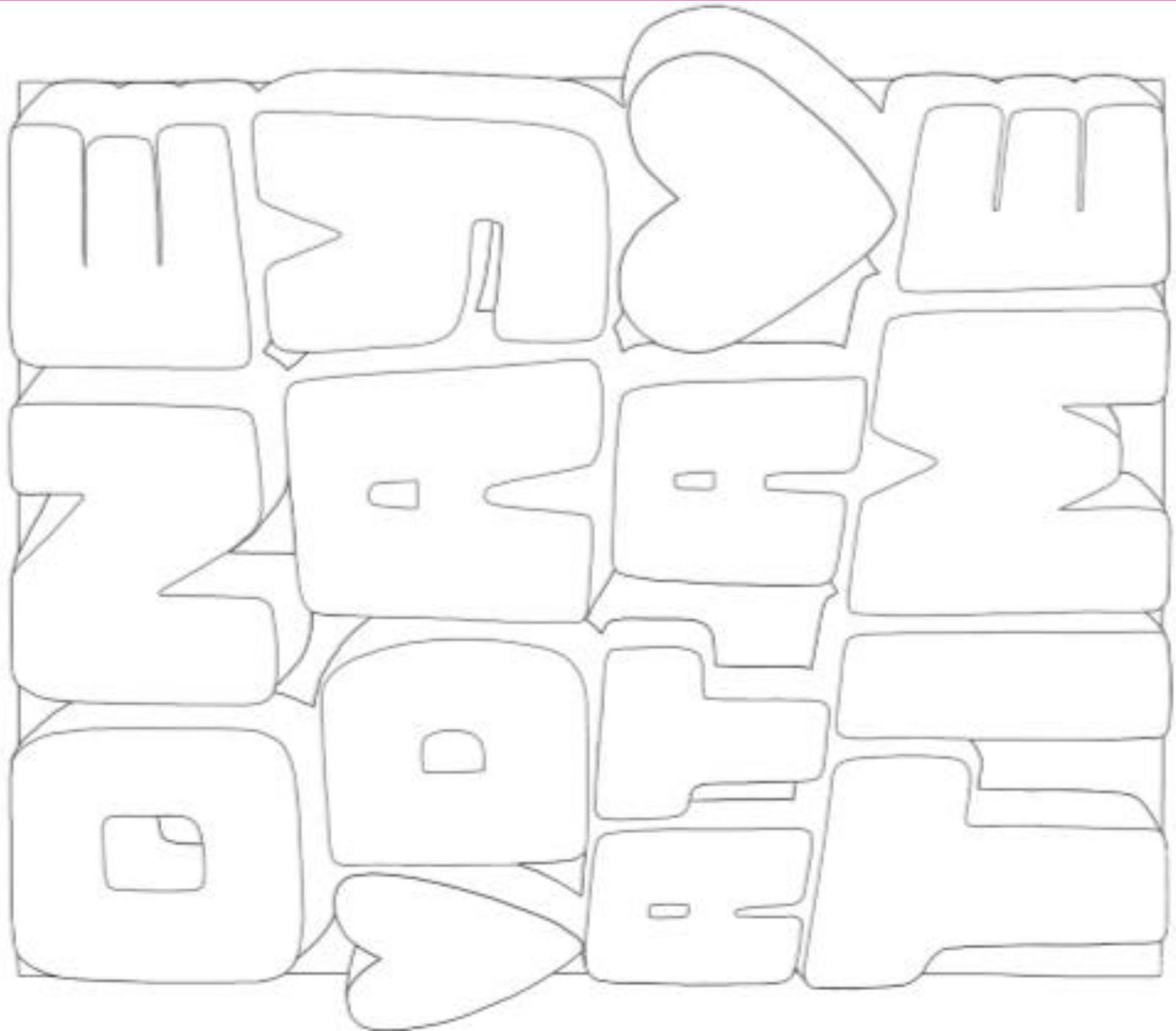
Get your 5 a day!

Aim to do 5 of these a day to help find things to do



Mindful Colouring

Use the templates on the next slides to do some mindful colouring





Look back at some previous lessons. Remember 'Ways to relax' suggestions

Try some of these activities to relax yourself if you are feeling worried or stressed.

Practice Yoga

Listen to music

Read a book

Spend time with a pet

Try a home workout

Go outside – for a walk, run or cycle

Phone or text your friends

Paint or draw

Phone your friends

Challenge yourself to an hour without technology

Sing or dance

Cook or bake

Watch your favourite tv show or movie

Have a bubble bath

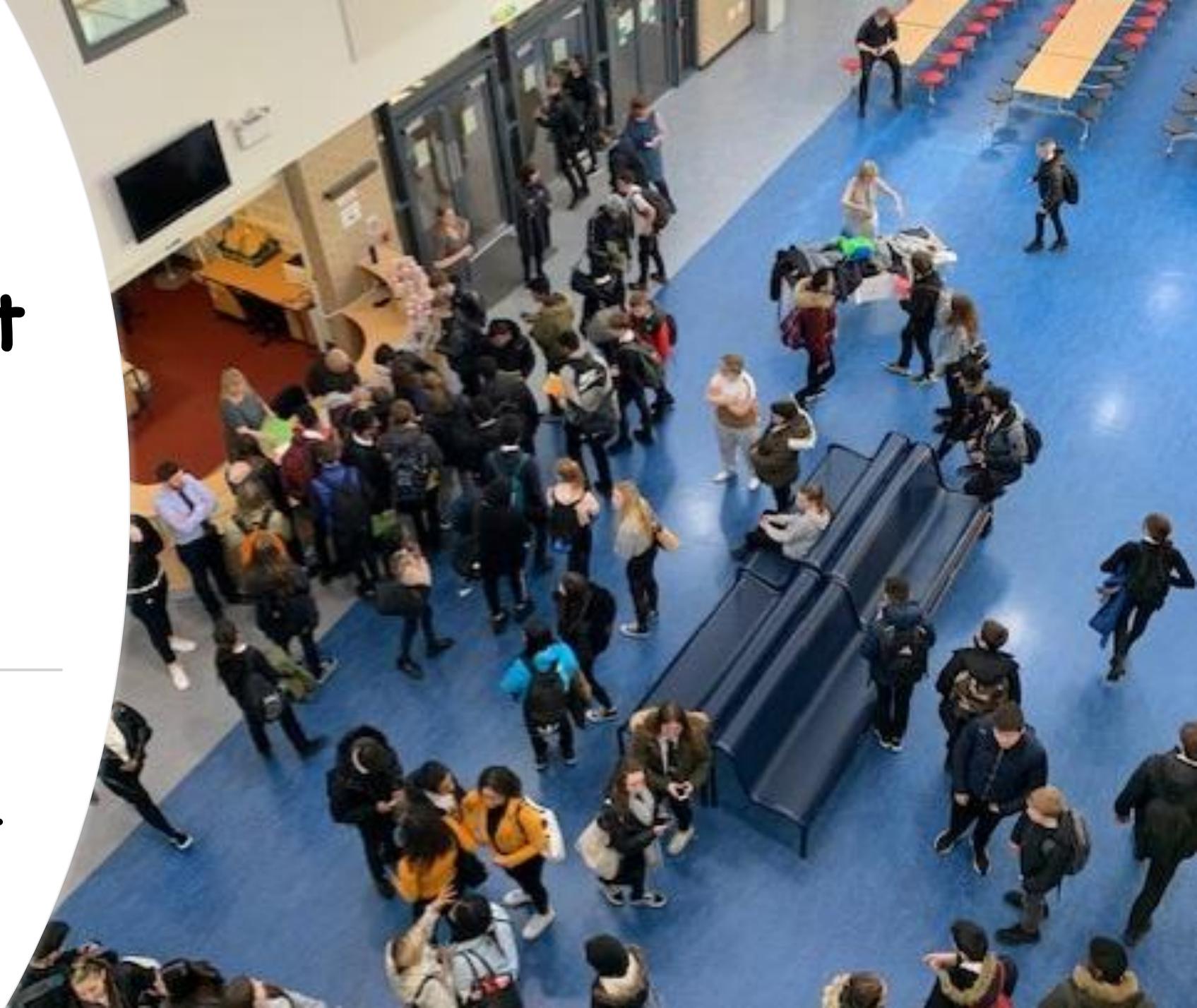
Play a board game

Play an instrument

Make a bucket list of things to do in the future

**We can't wait
to welcome
you back in
August!**

**Stay safe and look
out for one another.**



Places to get help if you need it

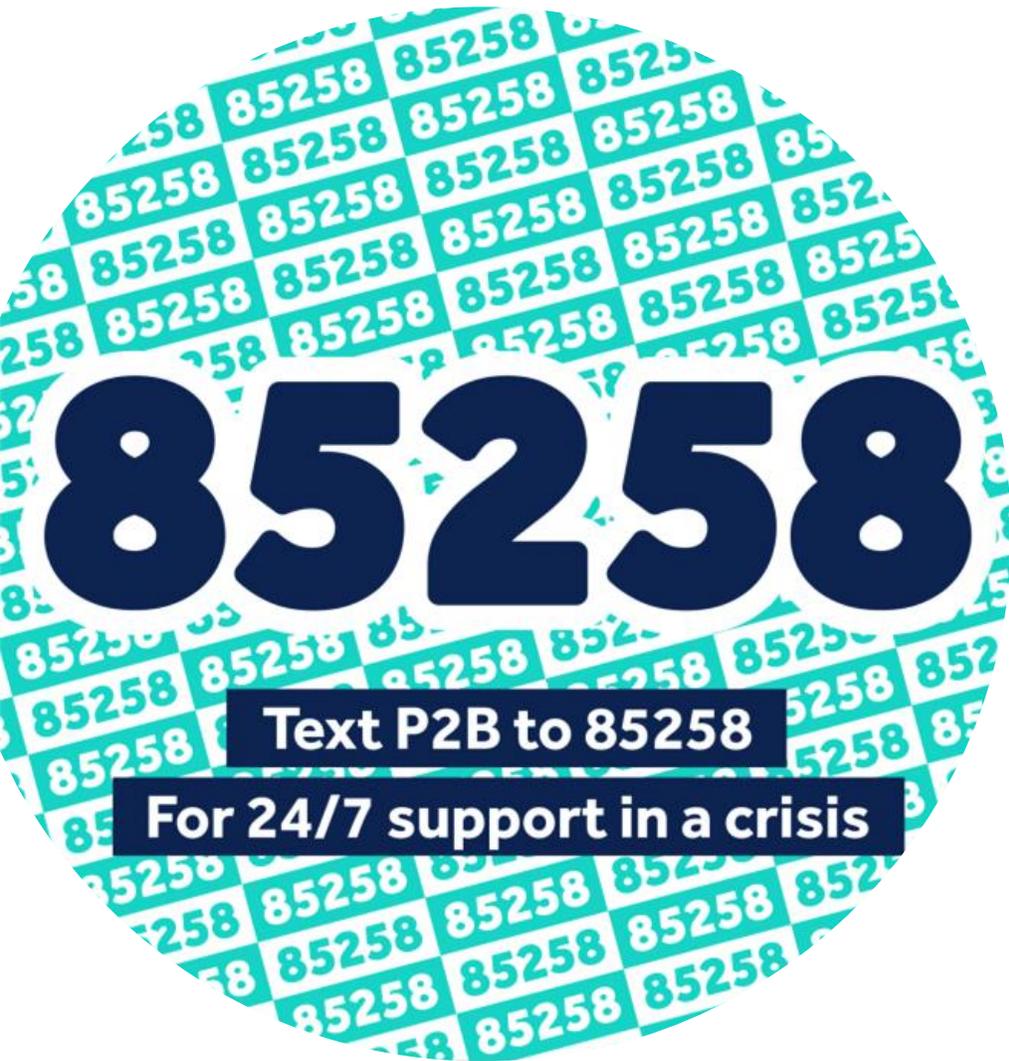
Here are some places you can go if you need someone to talk to:

SHOUT! Crisis Text Line

- Confidential support by text, available 24hrs every day
- Text P2Be to 85258 (it's free)
- See <https://www.place2be.org.uk/our-services/get-help/> for more information

Childline

- Phone 0800 1111 (it's free)
- At the moment, you can call Childline from 9am until midnight • See <https://www.childline.org.uk/> for more information



For more ideas and resources, follow our Mental Health and Wellbeing Twitter feed @THS_wellbeing and our NEW Instagram @Tynecastle_hwb



If you have any questions or issues relating to your mental health and well-being, feel free to drop any of us an email.

The Mental Health and Well-being Team X

