

# HEALTH AND WELLBEING

A CREATIVE GUIDE TO HELP



Hi,

We wanted to send you a wellbeing pack to help occupy your time and stay calm during this uncertain time.

We can understand that this time might be quite anxiety provoking for some of you so please take the steps that you need to stay healthy, safe and to look after your well-being. Hopefully this pack can provide you with some activities and ways to fill your time whilst you're spending more time at home- you may even discover a new hobby!

Please look at the **government guidance** on how we can all work together during this time to help support the NHS and keep yourselves and your families safe. For the latest advice please take a look at the [NHS](#) and [Government websites](#) for the latest advice.

If you have any questions or feel like you need to speak to someone, remember we're only a phone call away!

Stay safe and look after yourselves 😊



**Prince's Trust**

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Use this empty **timetable** to help structure your day- it's important to separate your morning, afternoon and evening if you are at home all day. You can fill this in yourselves or speak to your executive and do it together 😊.

Tips for key essentials:

- Include one health and wellbeing related activity for a healthy body and mind!
- Include something that sparks creativity and joy, e.g drawing or cooking.
- Try to connect with someone else during the day, e.g a text or a call to a friend.

| Time | Activity |
|------|----------|
|      |          |
|      |          |
|      |          |
|      |          |
|      |          |
|      |          |

Try and find some time to practice **Mindfulness**, it's a relaxing exercise that can make you feel calm and at ease.

# How to Practice Mindfulness

1

**Take a seat.** Find a place to sit that feels calm and quiet to you.

2

**Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

3

**Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.

4

**Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.

5

**Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.

6

**Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff



Practice one or more of these breathing exercises for 10 to 15 minutes daily.

Sit or lie down in a quiet place where you won't be disturbed.

After each exercise, take time to notice how you feel.

#### DIAPHRAGM BREATHING

- 1 Breathe slowly and deeply into the abdomen.
- 2 Put a hand on the navel and notice it rise and fall.

#### COHERENT BREATHING

- 1 Inhale gently and smoothly through the nose for six counts.
- 2 Exhale smoothly for six counts.
- 3 Continue this pattern for 5-10 minutes.

**Tip:** To keep time, silently count to six as you inhale and exhale, or go to [coherence.com](http://coherence.com) to find a free clock.

#### THREE-PART BREATHING

- 1 Inhale slowly and deeply.
- 2 Imagine filling the abdomen first, then the middle rib cage, and then the upper chest.
- 3 Exhale slowly, imagining the air emptying from top to bottom.
- 4 Pull in the abdomen slightly to expel all the air from the lungs, and repeat the cycle.

#### BREATH MOVING

- 1 Use the imagination to move the breath to different parts of the body.
- 2 Breathe in and out of the top of the head, the heart, lower abdomen, or base of the spine.

#### 4-7-8 BREATHING

- 1 Throughout the exercise, leave the tip of the tongue against the top of the mouth behind the upper front teeth.
- 2 Exhale through the mouth, pushing the air out around the tongue.
- 3 Close the mouth, and inhale through the nose for four counts.
- 4 Hold the breath for seven counts.
- 5 Exhale through the mouth, pushing the air out around the tongue for eight counts.
- 6 Inhale and repeat the cycle three more times.



**Yoga** can also help to de-stress and stay calm, as well as strengthening your body and flexibility. Start with doing some of these for 5-10 breaths.

*Note:* You don't have to be able to do all these poses exactly as pictured — ALWAYS listen to your body and modify if needed.

# YOGA POSES FOR STRESS RELIEF



1. Child's Pose    2. Head to Knee Forward Bend    3. Bridge Pose



4. Cow Pose    5. Standing Forward Bend Pose



6. Easy Pose    7. Dolphin Pose    8. Eagle Pose



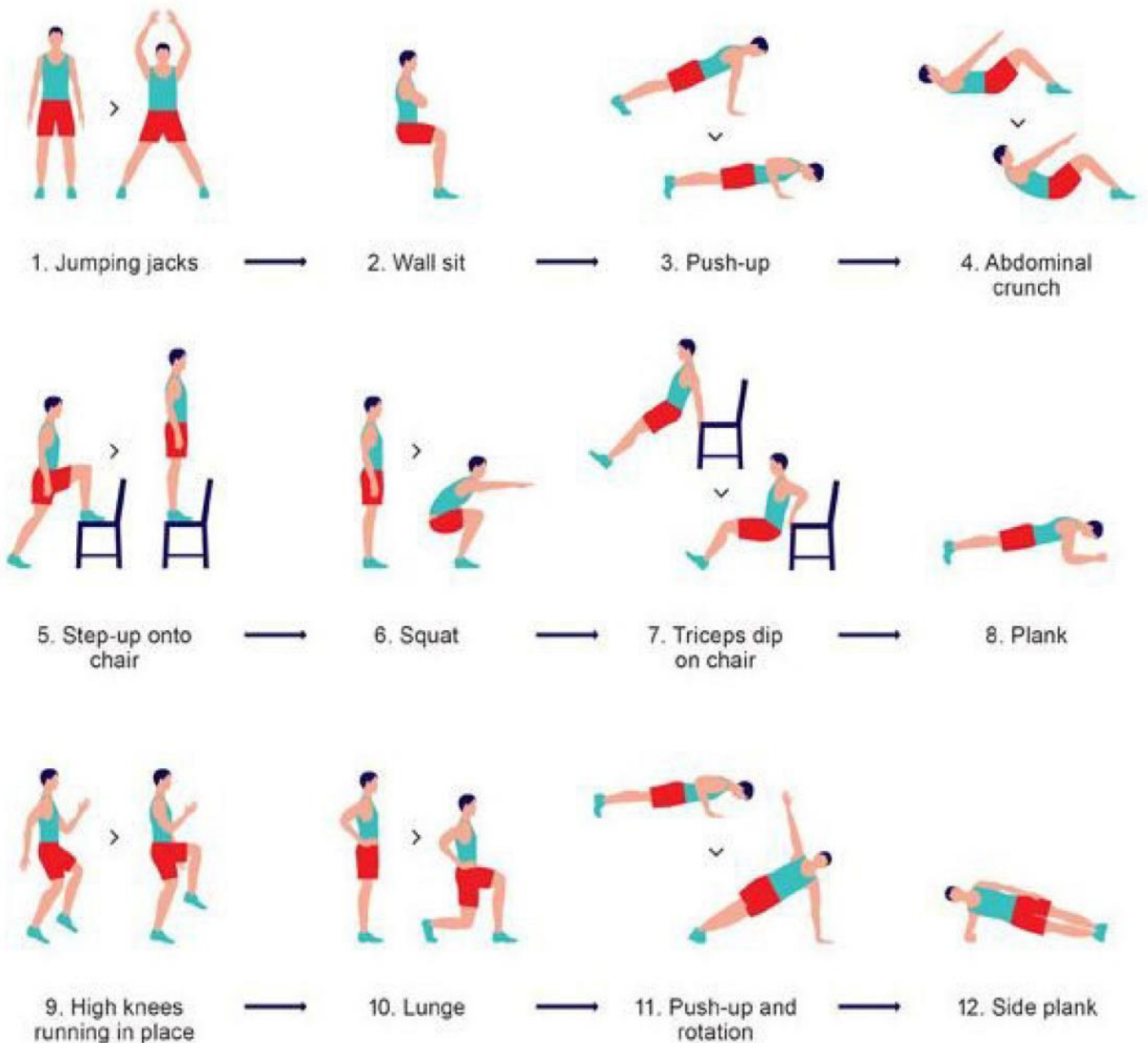
9. Cat Pose    10. Corpse Pose



11. Puppy Pose    12. Extended Triangle Pose    13. Legs Up the Wall Pose

If you're spending more time at home than normal it's important to stay active. If you are able to go for a walk or jog around the block then do but also have a look at the exercises below, which you can do anywhere in your home.

This **workout** should take seven minutes so repeat each exercise approximately 15 to 20 times. Or if you just want to do some of these exercises then take your pick!





**Origami** is a relaxing way to focus your attention on something and once you have memorised the folds it can become a form of focused attention meditation,

**\*\*The arrows show you what direction to fold and the dotted lines show where you should fold.**

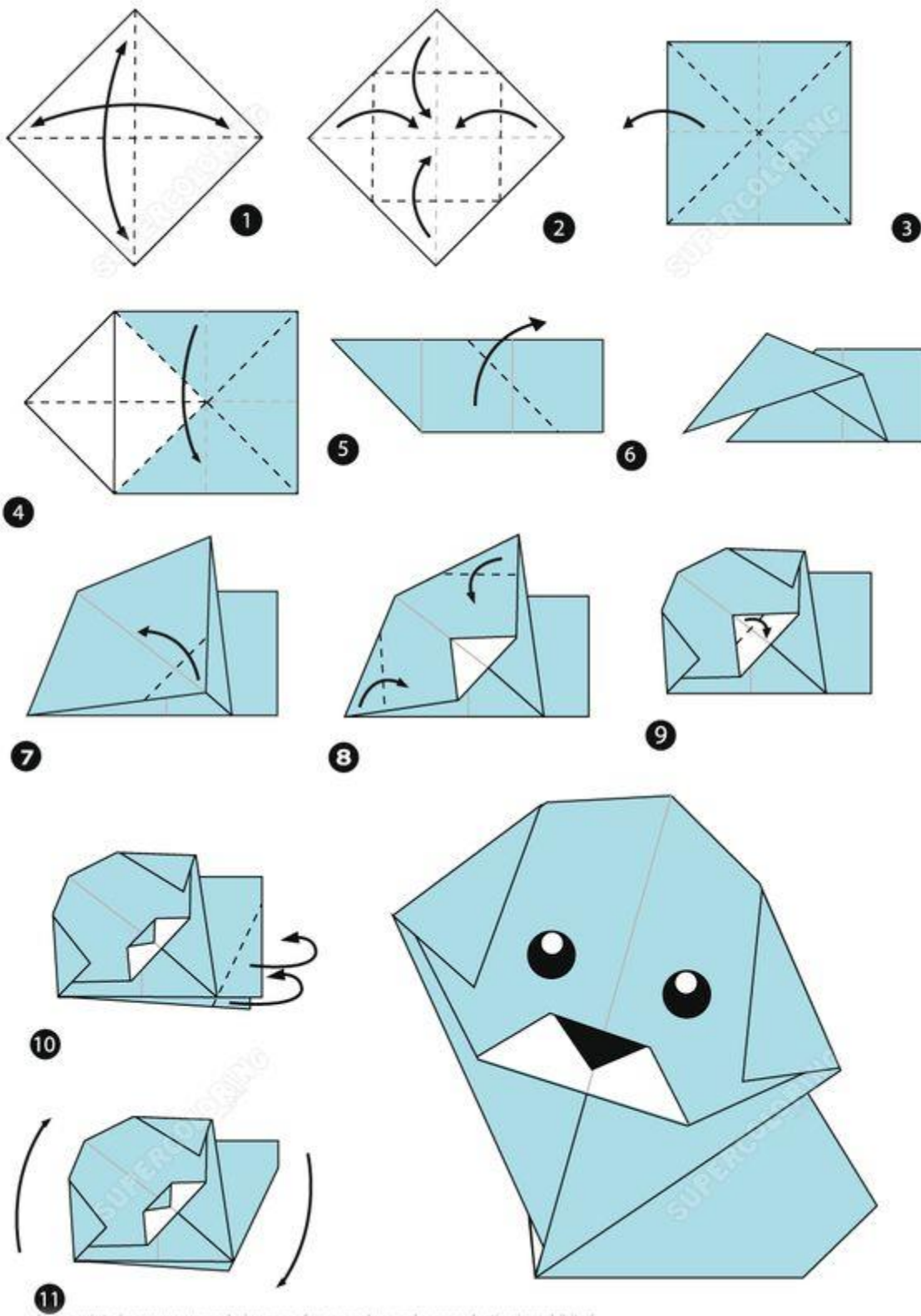
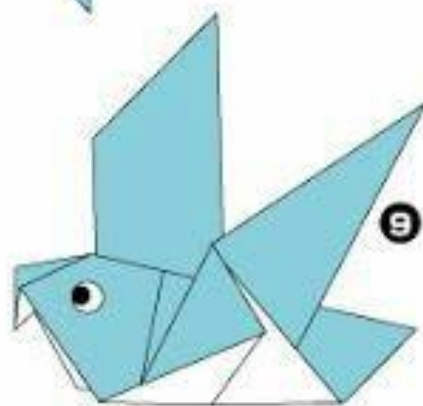
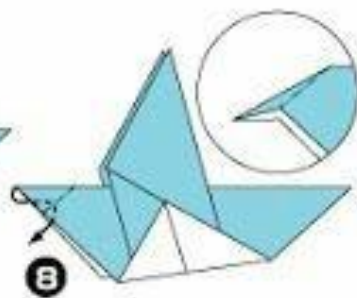
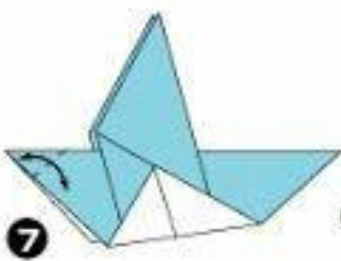
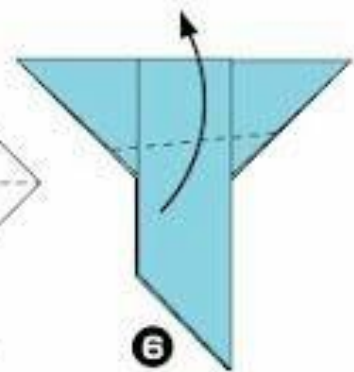
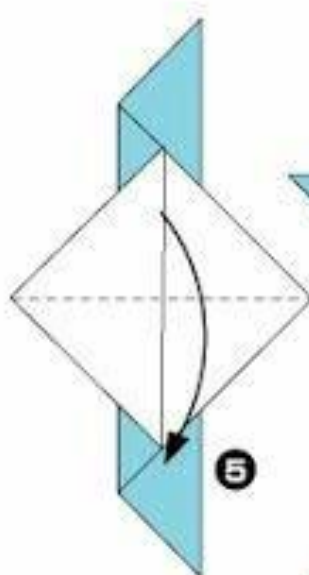
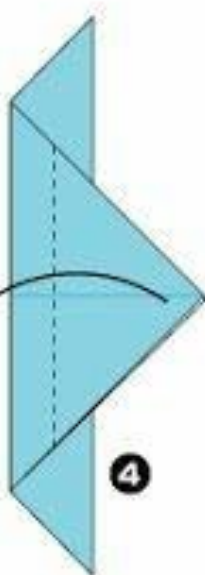
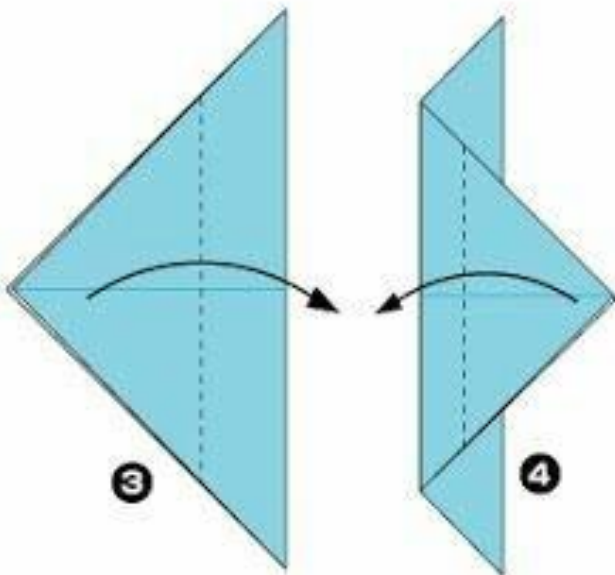
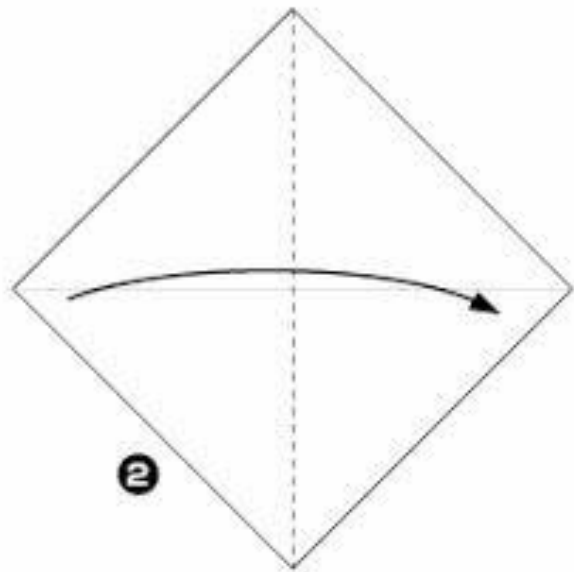
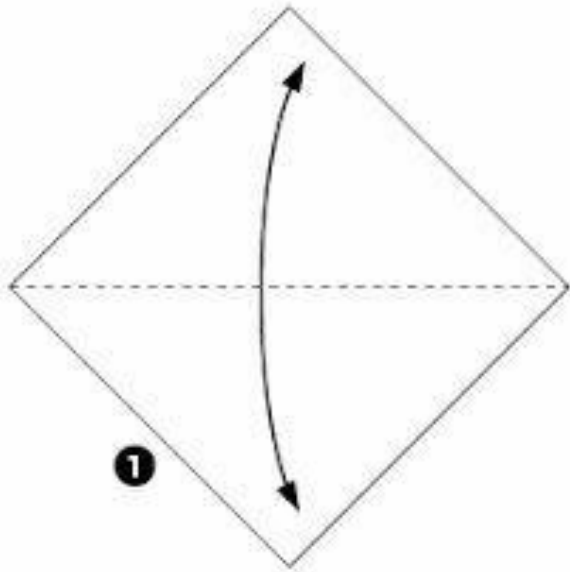
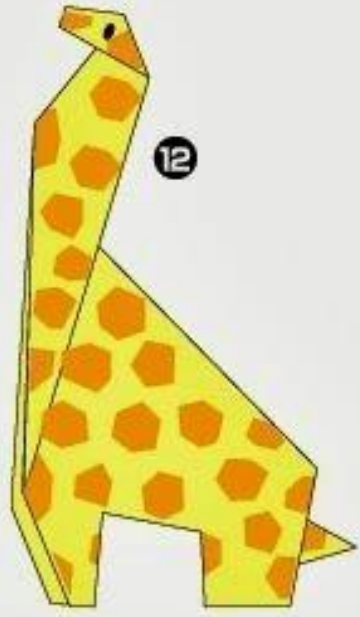
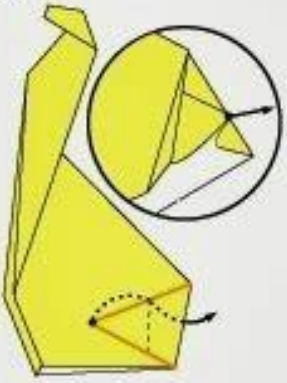
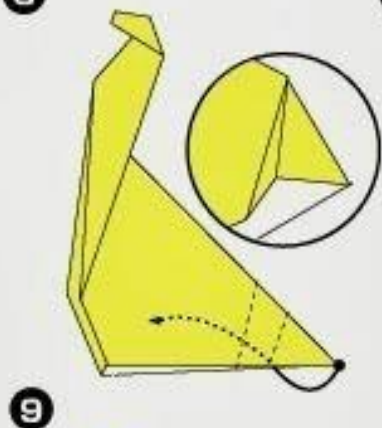
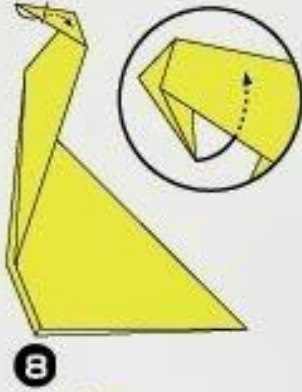
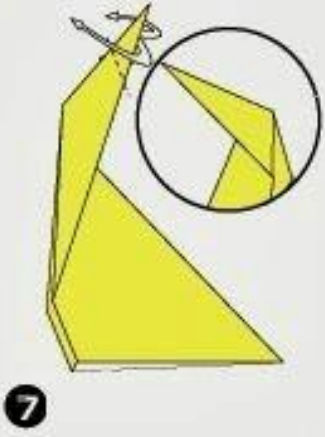
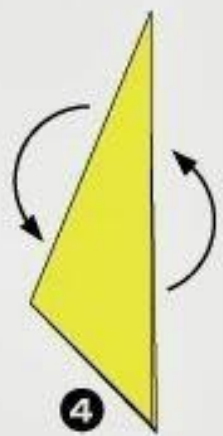
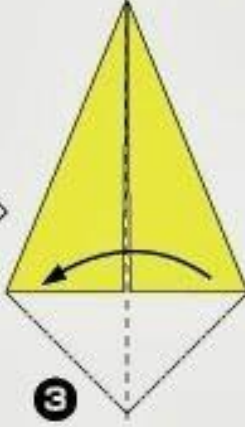
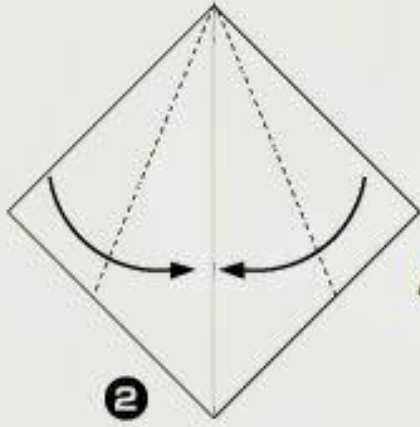
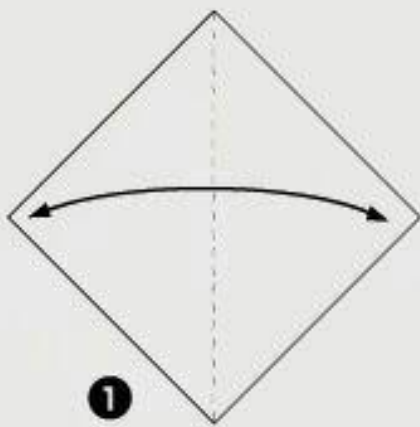
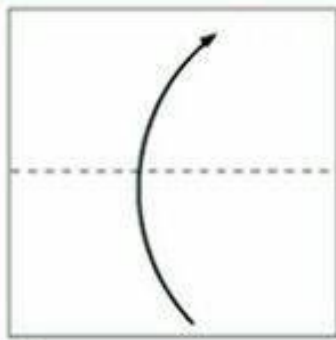


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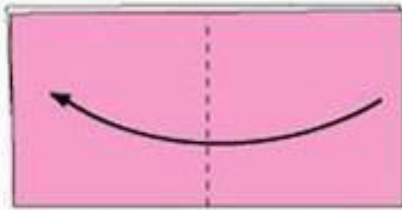




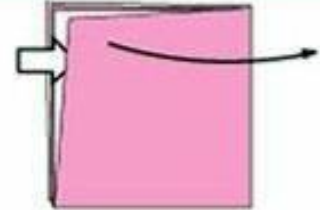




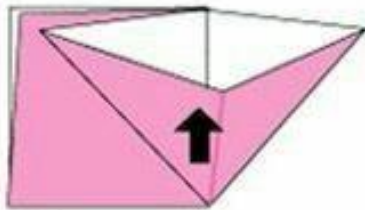
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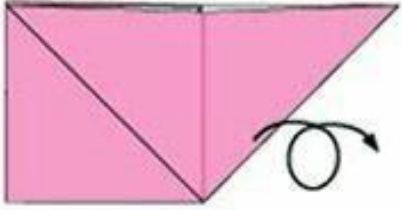
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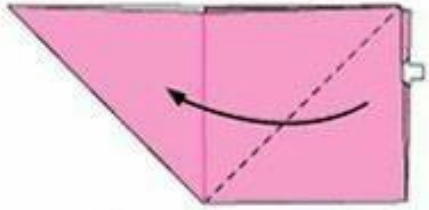
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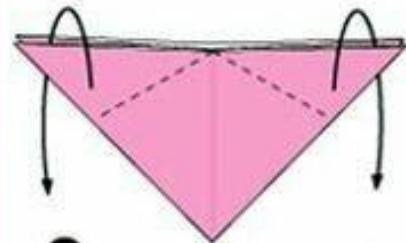
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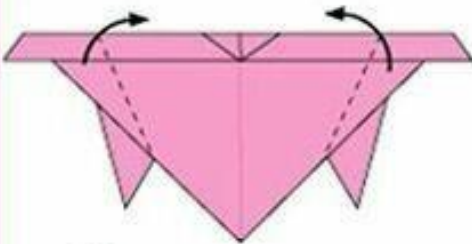
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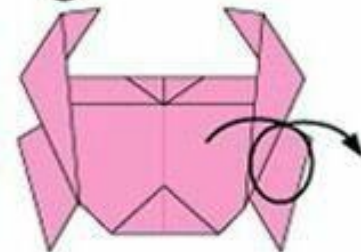
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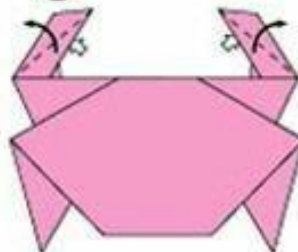
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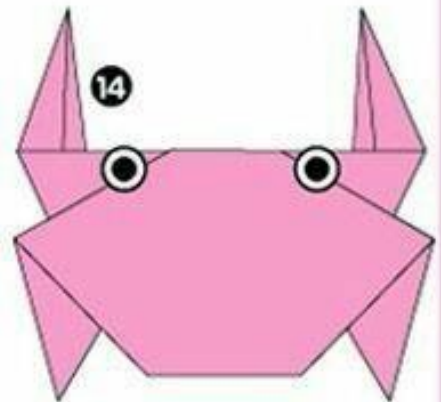
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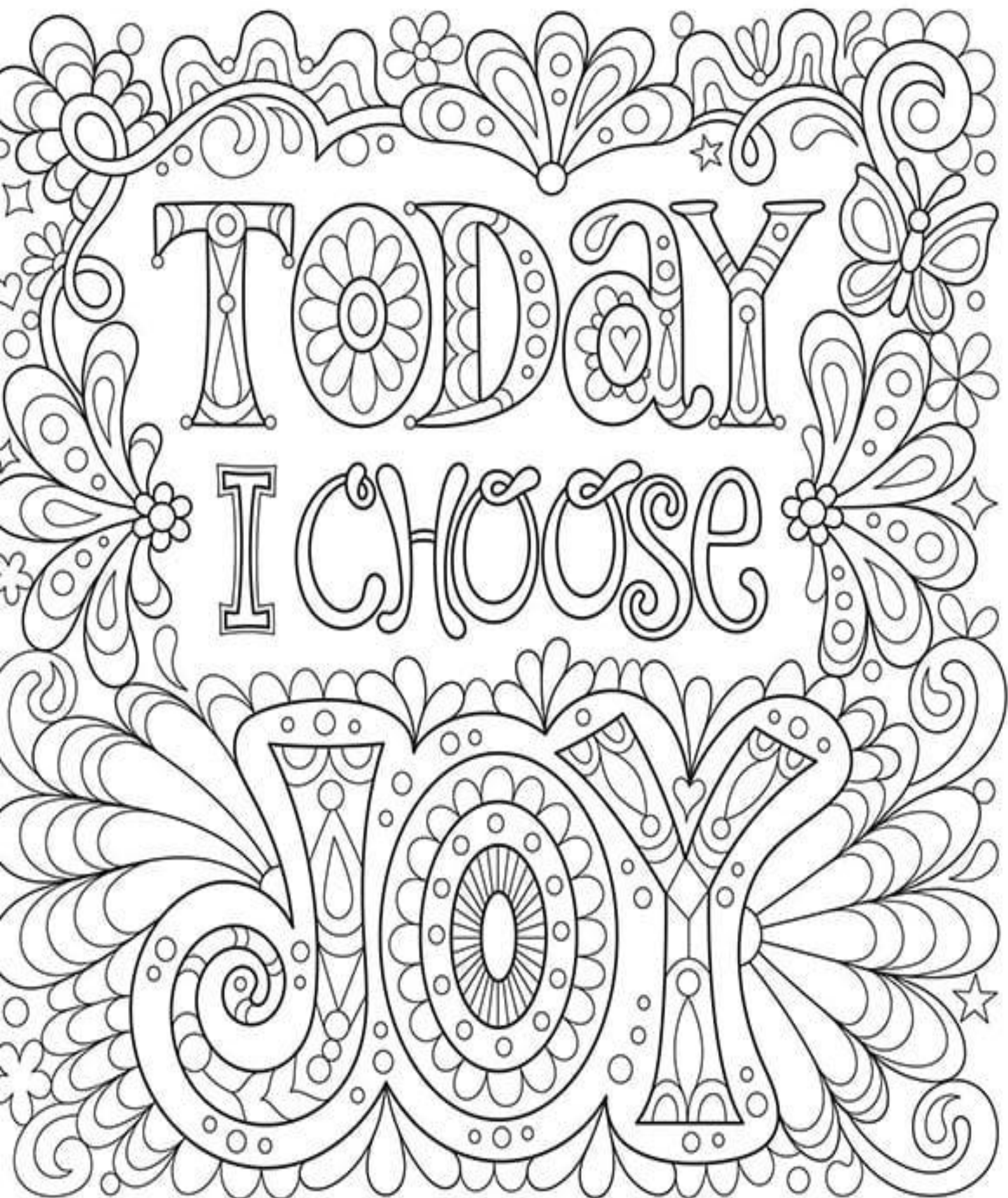


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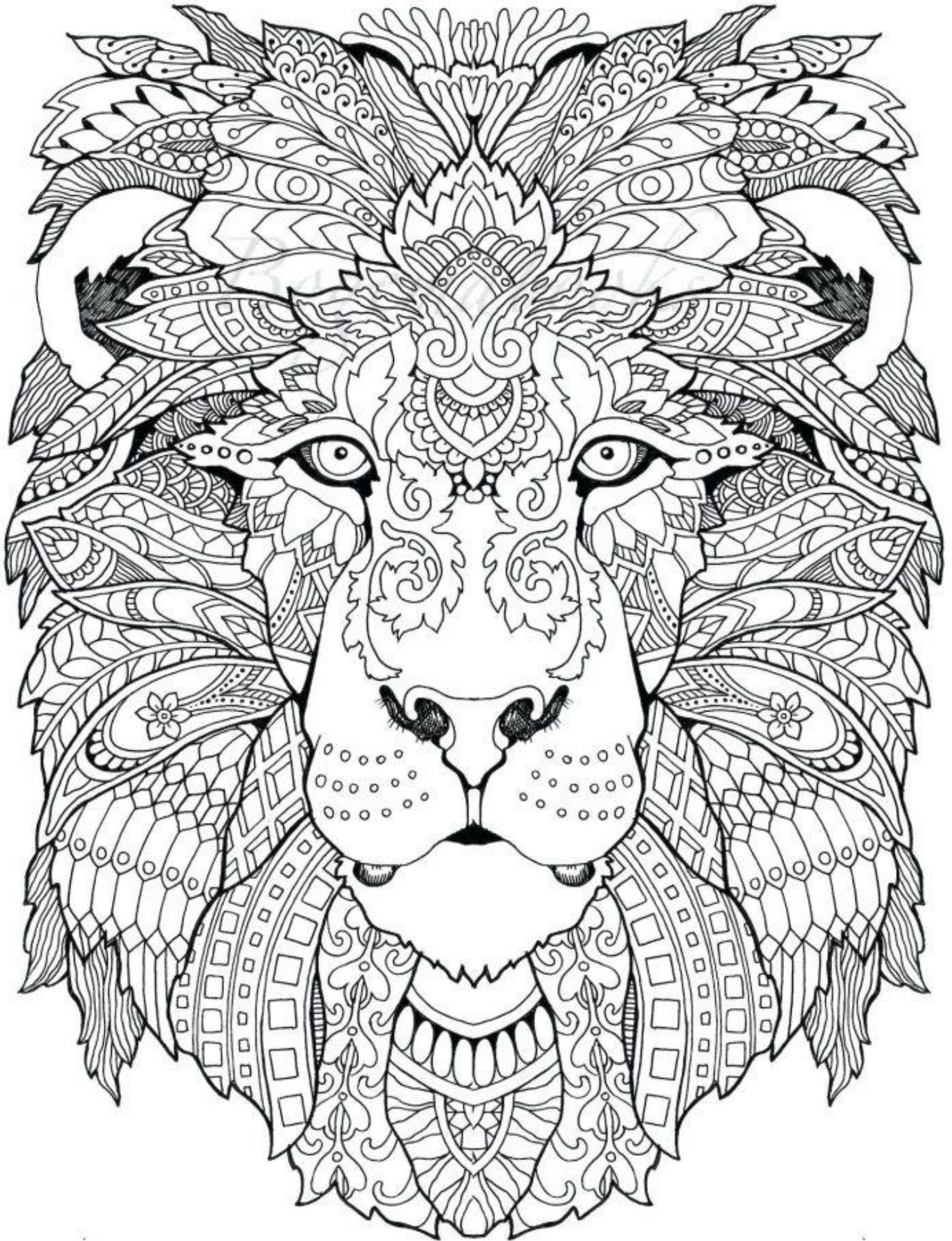
**Colouring-** Researchers have discovered that colouring activities help relax the amygdala – the section of the brain that is activated in situations where you feel stressed or scared. So relax and colour away...















Create a **mood** board...

A **mood** board is a visual tool that represent ideas or concepts. For example, you might want to make a mood board for your 2020 goals, or you could make one for a room your decorating. You can use images, words, drawings, colours or anything that helps bring this idea to life.

Examples:



Make your **mood** board on a piece of paper or on your laptop if you have (pinterest is a good way to create a mood board digitally). Use this time to think big and be creative! 😊

**Puzzles** are a great way to stimulate your brain and occupy your time. Give some of these a go...

S P L P T R A Y A F O S E A  
 F L S R R E F A A T S T I K  
 C R O R R I M L E P P E I A  
 T U S K C I T S E L D N A C  
 E S S F P M A L A H S R N E  
 K O E H I V U N C G S O R C  
 N N R P I G T C U L I U R A  
 I L E N A O U R T S T A E R  
 R R L K A R N R I C D S R P  
 T I B C M M D V I I D B O E  
 U A A O K G E P O N R O T T  
 E H T L T L L N I P E O O R  
 U C I C E O F L T S E K H N  
 R A M T C O B N I C I S P I

- blinds
- books
- candlestick
- carpet
- chair
- clock
- cushion
- drapes
- figurine
- lamp
- mirror
- ornament
- photo
- picture
- plant
- radio
- rugs
- shelf
- sofa
- table
- television
- tray
- trinket
- vase

The aim of **Sudoku** is to put the numbers in the boxes so that each row, column and 3x3 box must contain the digits 1 through 9 exactly once.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 7 |   | 5 |   |   |   |   |
|   | 5 | 8 |   |   |   |   |   |   |
| 9 | 6 |   |   |   |   | 7 |   |   |
| 3 |   |   |   | 7 | 9 |   |   | 8 |
| 6 | 7 |   | 3 |   | 2 |   | 9 | 5 |
| 8 |   |   | 5 | 4 |   |   |   | 3 |
|   |   | 1 |   |   |   |   | 8 | 9 |
|   |   |   |   |   |   | 2 | 6 |   |
|   |   |   |   | 2 |   | 5 |   |   |



Test your brain and try these **riddles...**

1. What has to be broken before you can use it?
2. I'm tall when I'm young, and I'm short when I'm old. What am I?
3. What month of the year has 28 days?
4. What is full of holes but still holds water?
5. What question can you never answer yes to?
6. What is always in front of you but can't be seen?
7. There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?
8. What can you break, even if you never pick it up or touch it?
9. What five-letter word becomes shorter when you add two letters to it?
10. What begins with an "e" and only contains one letter?
11. The more you take, the more you leave behind. What are they?
12. People make me, save me, change me, raise me. What am I?

## **Answers...**

- 1.** An egg
- 2.** A candle
- 3.** All of them
- 4.** A sponge
- 5.** Are you asleep yet?
- 6.** The future
- 7.** There aren't any—it's a one-story house.
- 8.** A promise
- 9.** Short
- 10.** An envelope
- 11.** Footsteps
- 12.** Money

If you have access to a laptop/tablet/phone there are many **websites** and **apps** that offer activities and support.

- Kooth offers free, safe and anonymous online support for young people - <https://www.kooth.com/>
- Young Minds has lots of online resources and support - <https://youngminds.org.uk/find-help/> and <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Link to Young Minds Crisis text line <https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/#youngminds-crisis-messenger>
- The Mix offers online support and over the phone support for under 25s <https://www.themix.org.uk/get-support>
- Mind has some advice for support during Corona and how to look after yourself <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- The NHS also has a handy list of Apps you can access for support with wellbeing and mental health - <https://www.nhs.uk/apps-library/category/mental-health/>
- Some of the free ones on the list:
  - o Blue Ice <https://www.nhs.uk/apps-library/blueice/> (BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#). It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue).
  - o Catch It <https://www.nhs.uk/apps-library/catch-it/> (Learn how to manage feelings like [anxiety](#) and [depression](#) with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing).
  - o Cove <https://www.nhs.uk/apps-library/cove/> (Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking).
  - o SilverCloud <https://www.nhs.uk/apps-library/silvercloud/> (SilverCloud is an online course to help you manage stress, anxiety and depression. You work through a series of topics selected by a therapist to address specific needs. The eight-week course is designed to be completed in your own time and at your own pace).

#### **Fitness and wellbeing:**

- o Calm and Headspace app
- o Youtube workout, yoga and meditation videos
- o Word Crossy

#### **Interests:**

- o Listen to podcasts
- o Learn a language or a new skill on youtube!
- o Watch interesting and inspiring documentaries



As well as using this pack there are some other ways you can use your time in a **healthy** way. Here's a list of **things** you can do...

- Read a book
- Sign up to a free online course
- Visit a National Trust park (they have just announced that they are opening up National Trust parks free of charge to help people get some country air and look after mental health)
- Painting, drawing, collages
- Cook yourself a tasty and healthy meal
- Have a spring clear out
- If you live with others, play a board game
- Stay in touch with friends, family, neighbours
- Switch off from the news if you need to do so
- Write a journal
- Take up baking