

HEALTH AND WELLBEING

A CREATIVE GUIDE TO HELP

PACK 2



KEEP GOING!

Hi,

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

This is an everchanging situation with new regulations being introduced constantly, which we understand is anxiety provoking, so please continue to take the steps that you need to stay healthy, safe and to look after your well-being. We have used similar themes to the last pack but have also included more ideas to support and entertain you whilst you're spending more time indoors, as well as some helpful guidance and information.

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 😊

From,

The Prince's Trust



Contents

Timetable.....	4-5
Prescription	6-7
Exercise and mindfulness.....	8-11
Creative activities	12-19
Gratitude and goal-setting.....	20
Recipes	21-25
Get that brain into action.....	26-28
Virtual platforms	29
Helpful links	30



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Use the empty **timetable** on the next page to help structure your day- it's important to separate your morning, afternoon and evening if you are at home all day. This time we've included a week-long timetable, to give you even more structure. You can fill this in yourselves or speak to your executive and do it together 😊.

Ask yourself...

- Do you have a **self-care** routine?
- What do you do to **relax**?
- What do you do to have **fun**?
- What are you **grateful** for?
- What are the **positives** that happened in the day?

Tips for **key essentials** each day:

- Get **dressed** and **shower** each morning.
- 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.
- Include **meal-times**, it's really important that you're keeping your routine and eating three meals a day.

Remember this won't last forever...



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning							
Lunch							
Afternoon							
Dinner							
Evening							

Things to Do

Spring clean:

- De-clutter! Rearrange and clean your room/home
 - Sort out your clothes
 - Sort out old papers/magazines
- Plan a make-over for yourself or your home
 - Put together a Pinterest board

www.pinterest.co.uk or make a mood board on paper for inspiration

Learn something new:

- Cook a meal
- Learn new recipes (see Victoria sponge and homemade lemonade recipe)
 - Try out different hairstyles / makeup
 - Play a card game or learn a new one
- Learn a language, ola! Use the [Memrise](#) app or <https://www.futurelearn.com/>

Try something interesting:

- Make a Wish List
 - Read a book for half an hour
 - Start a new series that interests you
 - Study a topic of interest
- www.open.edu/openlearn/free-course/full-catalogue
- Draw/paint- how about a self-portrait?
 - Make your own comic/magazine
 - Make a collage or a card for someone
 - Create a photo album
 - Research family history
 - Read a blog
 - Research a country that you would like to visit- dream big!
 - Write a letter to a friend and post it when you can
 - Write a journal
 - Do some creative writing- song, poem, story!
- Try out some puzzles (see puzzles page or try a giant word search at www.whenwordsearch.com)
 - Ask a neighbour if you can do something for them- for example, shopping for the elderly

Look after yourself:

- Start off your day with a shower/bath
- Go on a walk and get some fresh air (if medically allowed to leave the house)
 - Make a tasty breakfast to start your day right!
 - Do a pedicure/ manicure
 - Call a friend/family member
 - Exercise and meditation (see pack for more guidance)
 - Turn up your favourite music and dance away...

***See virtual platforms page for more inspiration!**

Try and find some time to practice **Mindfulness**, it's a relaxing exercise that can make you feel calm and at ease. This can include many different forms, it can be as simple as breathing exercises or different types of meditation.

Practicing Mindfulness:

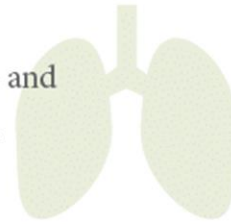


EXERCISE

Pay attention to your physical health by exercising and notice how it reduces stress.

TAKE A DEEP BREATH

Breathe in deeply and notice the rise and fall of your breath as you exhale.



IMAGINE PEACE

Close your eyes and focus on a peaceful place.



OBSERVE EMOTIONS

Become aware of your emotion and the physical components of it, then label the experience.

EMBRACE THE MOMENT

Focus on one thing in the moment and give it all your attention (One Mindfully).

PRACTICE WILLING HANDS

Un-clench your hands, turn them palms up and relax your fingers.



TAKE A MINDFUL WALK

Reconnect with your body and focus breathing during a slow and purposeful walk.



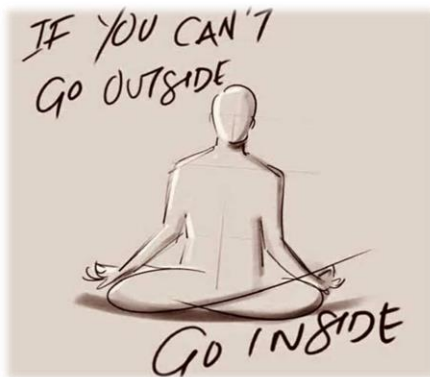
CONNECT WITH NATURE

Observe what is occurring around you by watching birds, feeling the breeze and smelling plants.



Mindfulness is a type of **Meditation**. Below is a bit of an insight into the powers of meditation and some useful links below.

If being in complete silence is too difficult than make it easier on yourself by putting on some **soothing music** with no lyrics or soundscapes. Anything that makes you feel like dancing or bobbing your head is not recommended.



There are also meditations available where someone will guide you through a practice or where one repeats a **mantra** (a word or sound repeated to aid concentration in meditation) whilst clearing their mind of thought and focusing on breath.

It is best practice to see what **works** best for **you** before losing hope. It's like anything in life, in order to become 'good' at it you need to **practice**.

One of the primary goals of meditation is the cessation of the stream of mind activity/mental chatter. Going **beyond that** to a place of stillness and peace where we can know our true nature and oneness with all life. This does not mean our ego or personality as these are constructs in response to our environments. Meditation is being **kind** to yourself and the more you do it the easier it becomes.

This practice does get uncomfortable at times but confronting those feelings of discomfort is what will lead to **healing**. We are so caught up with everything around us we forget to **nurture** and **care** for what is inside us. We are human beings, yet we are always doing. We very seldom just exist and observe without thought or judgement.

If you are interested in meditation, its origins and/or benefits please do some research and read some of Gautama Buddha's quotes. They are not only very **inspiring** but they can also be motivating.

Useful links and apps:

- Simple Habit
- Calm
- Headspace
- Insight Timer
- Yoga w/ Adriene (youtube)

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.

GOOD MORNING YOGA

BY DAREBEE
© darebee.com
Hold each pose for 30 seconds then move on to the next one.



1. mountain pose



2. fierce pose



3. forward bend



4. wide squat pose



5. hero pose



6. child pose



7. cat pose



8. cow pose



9. upward dog pose

If you're spending more time at home than normal it's important to stay **active**. Go for a walk or jog around the block if you are able to, but also have a look at the exercises below- which you can do anywhere in your home. The **Joe Wicks** PE lesson on Youtube is an amazing workout.

Remember to warm up and stretch after you've finished your workout. **Repeat** each exercise **10** times or if you just want to do some then take your pick!

Daily Workout

10 reps each

alternative



jumping jacks



squats



push ups



mountain climbers



cross crunches



high knees



knee pull ins



chair dips

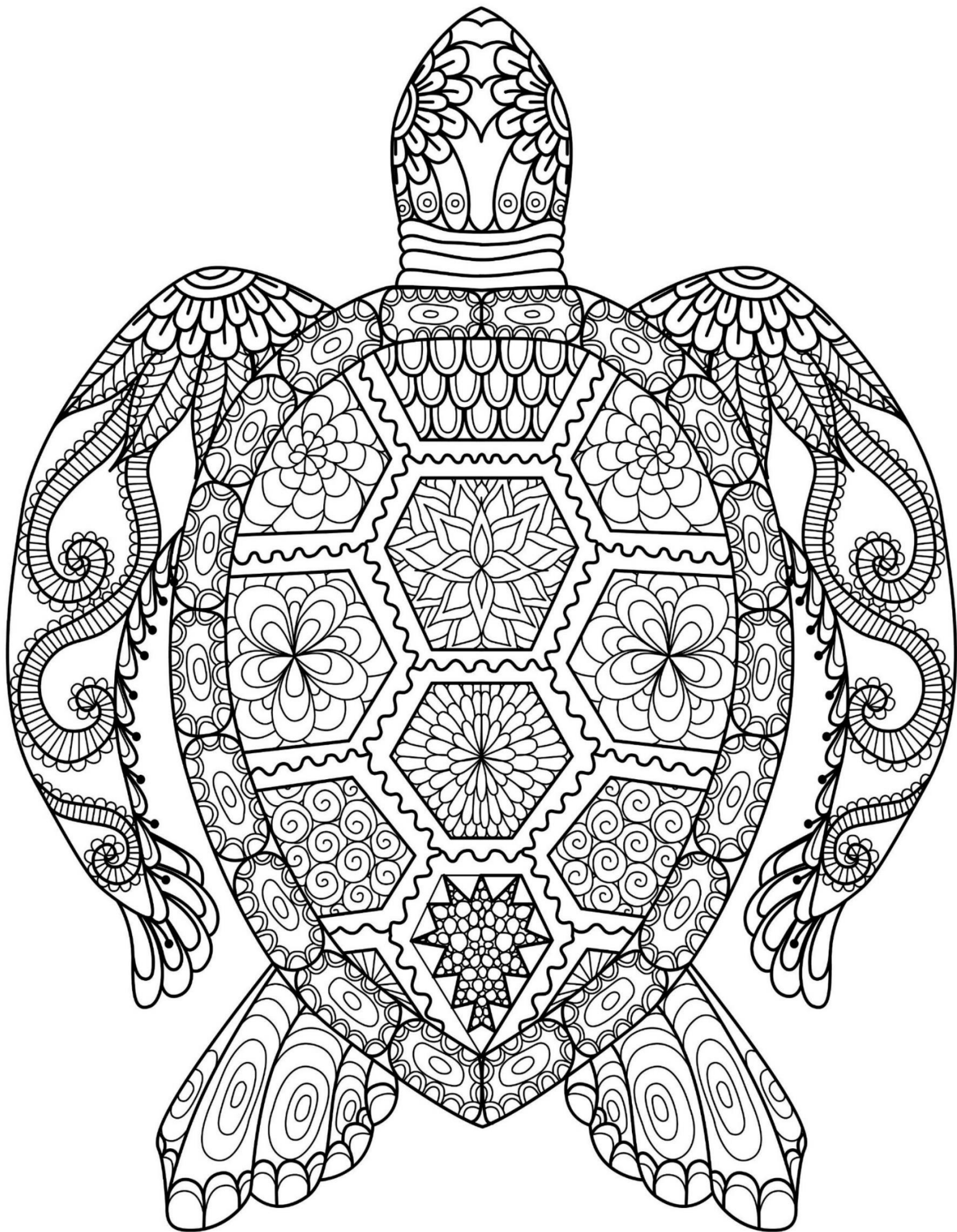


leg raises

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...

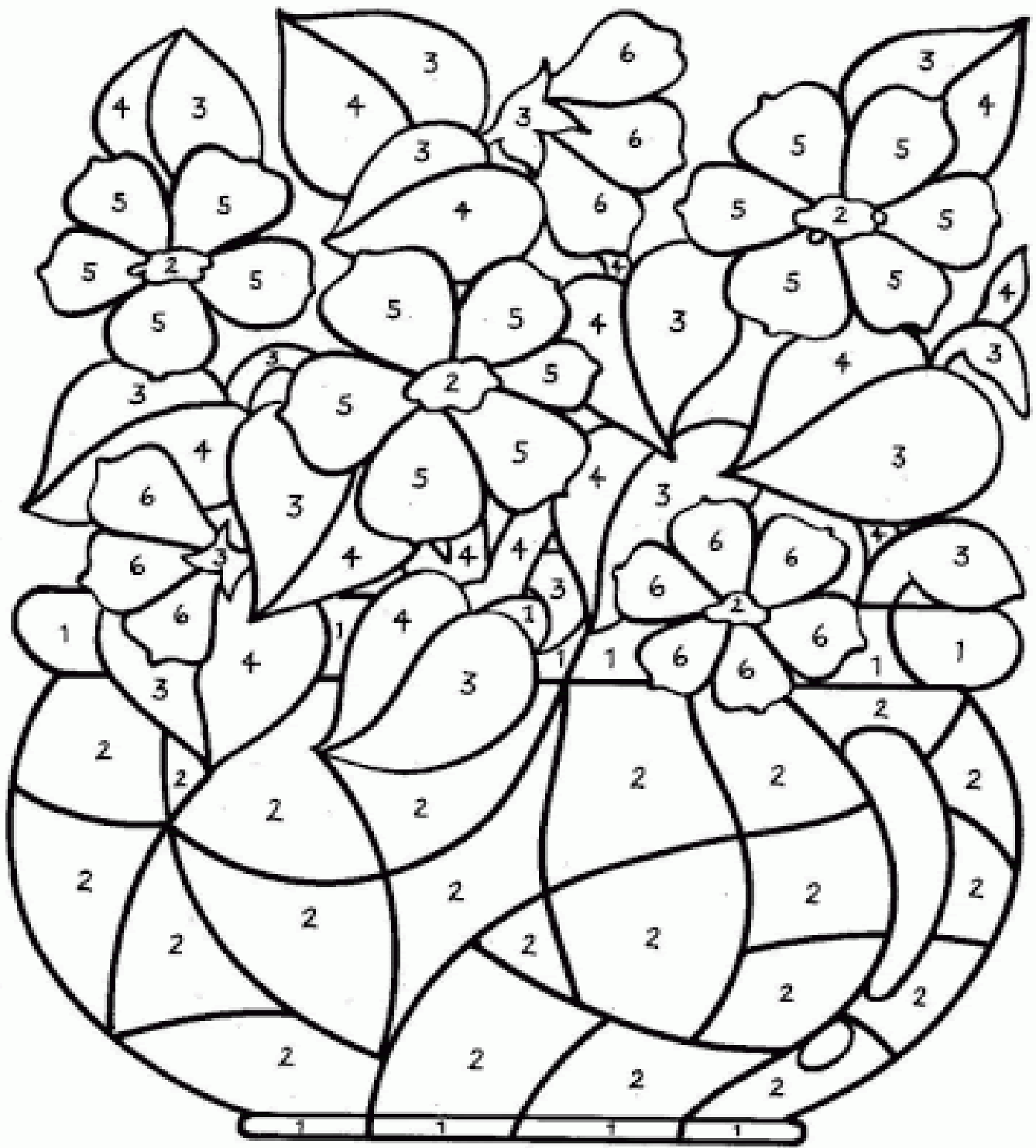






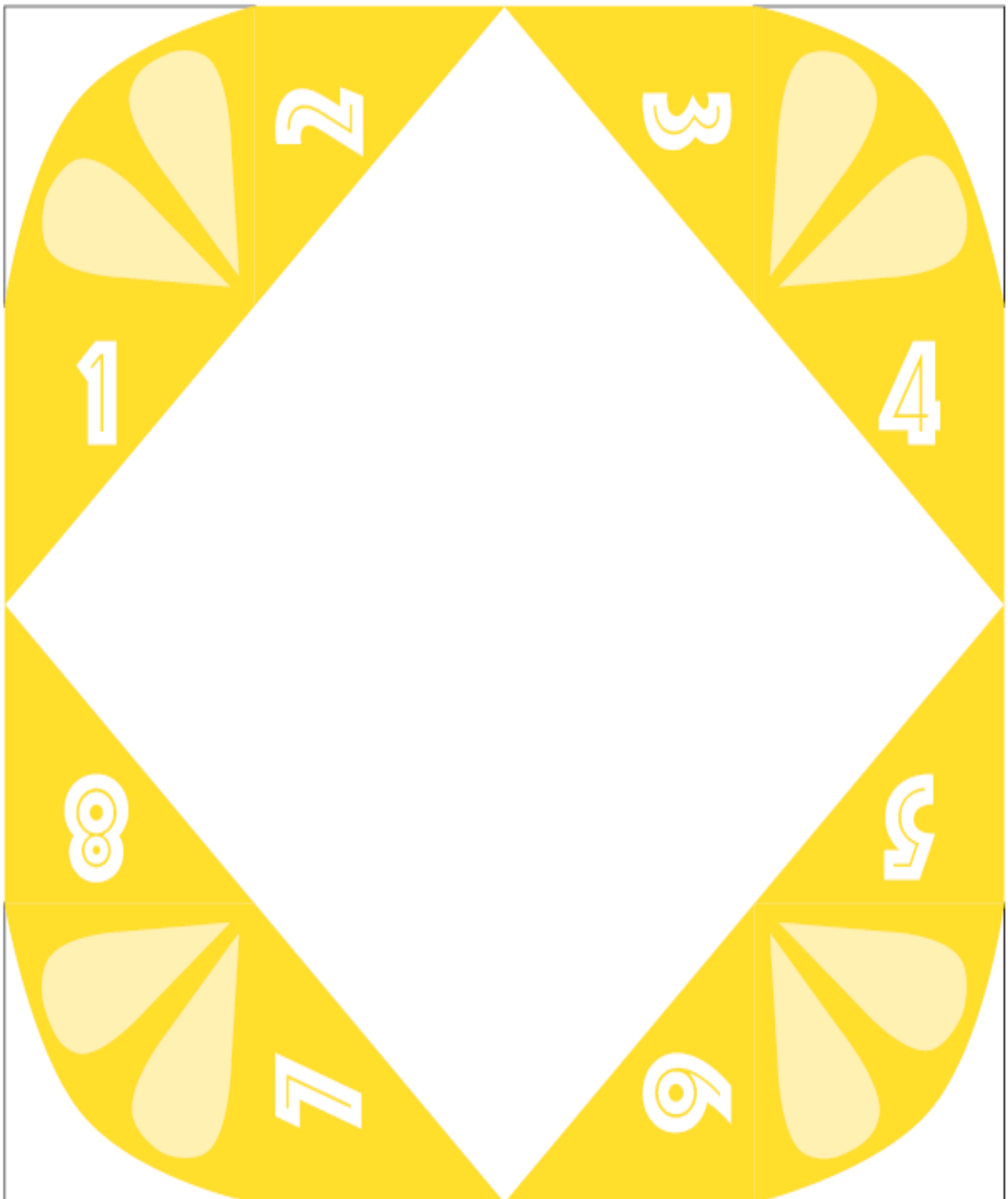


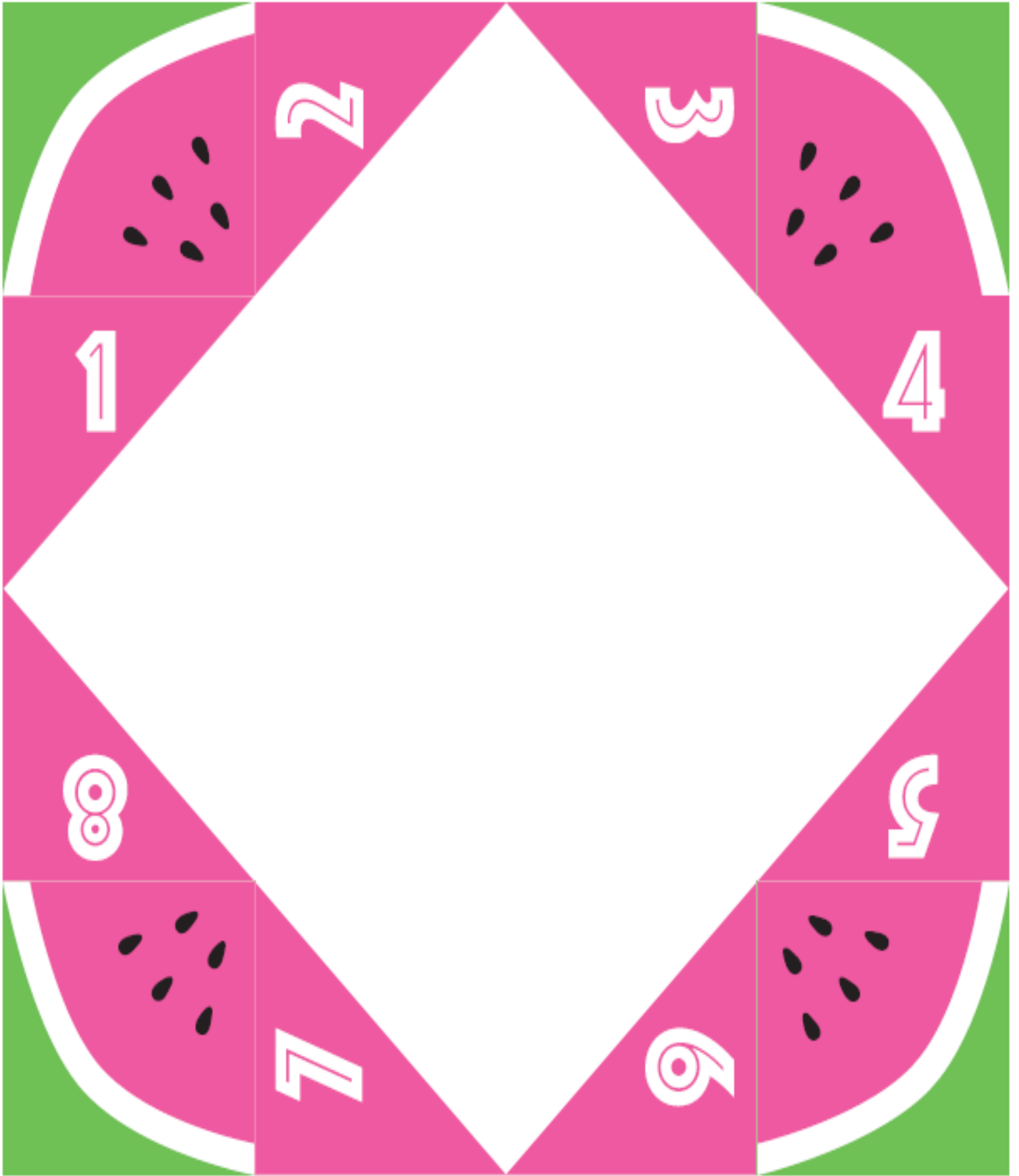




1. Red 2. Yellow 3. Light Green 4. Dark Green 5. Blue 6. Purple

Have some fun, thing big and make your own **fortune tellers**...





Keeping a **gratitude diary** is a great way to **appreciate** the **here** and **now**. Understandably, everyone is feeling frustrated and stressed at the moment. However, **appreciating** aspects of our lives that we can be grateful for can help us focus on the **positive**, rather than the negative. You can write things you're grateful for every day, once a week or whatever you're comfortable with.

Goal-setting can also help us focus on the positive and gives us a chance to work towards something. This could be small daily goals such as washing your hair or making a meal. It could be a weekly goal of tidying your home or a more long-term goal of researching into a new career. Try writing them down at the beginning of each day/week.

Below is an example of a page from a **gratitude diary** to give you some ideas:



DATE ____ / ____ / 20 ____

WEEKLY CHALLENGE

Call an old friend.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

Time to brush up your **culinary skills** and try some new recipes...



Homemade Lemonade

Ingredients

- 100g/3½ oz sugar
- 4 lemons - juice only
- 1 litre of water alternatively you can use sparkling mineral water

Method

1. Put the sugar and lemon juice in a jug. Add a cup of water and stir until sugar has dissolved
2. Add the rest of the mineral water.
3. Keep on stirring
4. put the fridge to chill
5. Add ice to serve



Victoria Sponge

Ingredients

knob of butter, melted
225g/8oz butter, softened
225g/8oz caster sugar
4 large free-range eggs
225g/8oz self-raising flour, sifted (you may need a bit extra)

For the filling

tbsp good-quality strawberry jam
300ml/10½ fl oz double cream, lightly whipped

To serve

Icing sugar for dusting

Method

1. Preheat the oven to 180C/350F/Gas 4.
2. Gently heat the knob of butter in a pan and brush two 6in-7in/15cm-17.5cm cake tins with the melted butter. Line the bottom of the two cake tins with a circle of greaseproof paper.
3. In a large bowl, cream together the butter and sugar until pale and creamy, using an electric whisk or a wooden spoon. Beat well to get lots of air into the mixture (this should take a couple of minutes).
4. Beat in the eggs one at a time. Add a tablespoon of flour if the mixture curdles.
5. Fold in the flour using a large metal spoon. Be careful not to over-mix it.
6. Pour the mixture equally between the two cake tins and level off the top with a spatula. Make a slight dip in the centre with the tip of the spatula if you don't want them to be pointed in the middle.
7. Place in the oven and bake for about 20 minutes, or until the cakes spring back when pressed gently with a finger and are pale golden in colour.
8. Remove from the oven and take them out of the tins after about 5-10 minutes. Place them on a wire rack to cool completely (for about half an hour).
9. Spread the sponge with the jam and the whipped cream, then carefully sandwich together.
10. Dust with icing sugar and serve.



Breakfast Egg Muffins

Ingredients

- 5 eggs
- 2 tbsp milk
- 1/2 cup grated cheddar cheese
- 1/2 cup ham cut into small cubes
- 1/2 cup red bell pepper
- 1/4 cup red onion
- 1/4 cup green onion sliced
- 1/2 tbsp olive oil

Method

1. Spray mini muffin pan generously with cooking spray. Preheat oven to 350° F
2. Heat oil in skillet. Add ham, red pepper and red onion.
3. Cook until peppers and onion are slightly tender.
4. In separate bowl whisk together, eggs, milk, green onions and grated cheese. (if you prefer bites more dense use a fork to combine instead of whisking and mix only until combined.)
5. Stir ham mixture into egg mixture.
6. Pour into greased mini muffin pan.
7. Bake 350 for about 15 minutes or until golden brown.



Easy Fluffy Scones

Ingredients

350g self-raising flour, plus more for dusting
¼ tsp salt
1 tsp baking powder
85g cold butter
, cut into cubes
4 tbsp golden caster sugar
150g pot natural full-fat yogurt
4 tbsp full-fat milk
1 tsp vanilla extract
1 egg
beaten with 1 tbsp milk, to glaze

Method

1. Put a baking sheet in the oven at 220C/200C fan/gas 7. Put the flour, salt and baking powder into a food processor, then whizz in the butter until it disappears. Pulse in the sugar, tip into a large bowl, then make a well in the middle.
2. Warm the yogurt, milk and vanilla together in the microwave for 1 min or in a pan; it should be hot and may well go a bit lumpy-looking. Tip into the bowl and quickly work into the flour mix using a cutlery knife. As soon as it's all in, stop.
3. Tip the dough onto a floured surface, then, with floured hands, fold the dough over a few times – just enough to create a smoothish dough. Press out to about 4cm/1½in thick, dip a 7cm cutter into more flour, then stamp out 4 rounds, flouring the cutter each time. Squash the remainder lightly together, then repeat until the dough is used up. Brush tops with egg wash, scatter flour over the hot sheet, then lift the scones on. Bake for 12 mins until risen and golden. Best eaten just-warm, or on the day.



Chicken Curry

Ingredients

1kg Chicken Breast fillet
1tsp. Salt
1tsp. Black pepper
1tsp. Paprika
1tsp. Thyme
1tsp. Ginger
1tsp. turmeric
4 tsp. Curry powder
2tbsp. Vegetable oil
1 medium onion (chopped)
1/4 cup water
400ml coconut milk
5 sprigs Fresh thyme
150g baby potatoes
100g carrots (chopped)
1 whole scotch bonnet
Optional: Garlic

Method

1. Cut your Chicken breast into 2 inch cubes and place into a bowl.
2. Season Chicken with salt, pepper, cumin, paprika, curry powder, ginger, thyme mix together and marinate overnight.
3. Pour vegetable oil into a frying pan and place on high heat. Then add onions and garlic cloves and saute for 3 minutes.
4. Add More curry powder and turmeric and cook for 3 minutes and add 1/4 cup of water to the pan.
5. Add chicken breast to the pan, mix and cook until brown for 10 minutes.
6. Then pour coconut milk and stir, add fresh thyme and 1 scotch bonnet pepper and cook for 10 minutes
7. Add baby potatoes and carrots, cook and simmer for further 10 minutes.
8. Serves 4-6
9. Try with: Rice and peas, Coconut rice, White rice.

This recipe tastes too good to waste – save it for next time! Tip: If you've got uncooked chicken in your freezer, defrost overnight and then cook. Once it's done, it can then be frozen again – just make sure it's piping hot when you eat it.

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

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

- HOBBIES
- CARBOHYDRATE
- PROTEIN
- FAMILY
- LAUGHTER
- MINERALS
- FISH
- EXERCISE
- EGG
- FIBRE
- POTATOES
- SLEEP
- FRIENDSHIP
- HAPPINESS
- RICE
- WATER
- BEANS
- FRESH AIR
- DIARY
- BREAD

Also have a look at <http://www.whenwewordsearch.com/> for more puzzles.

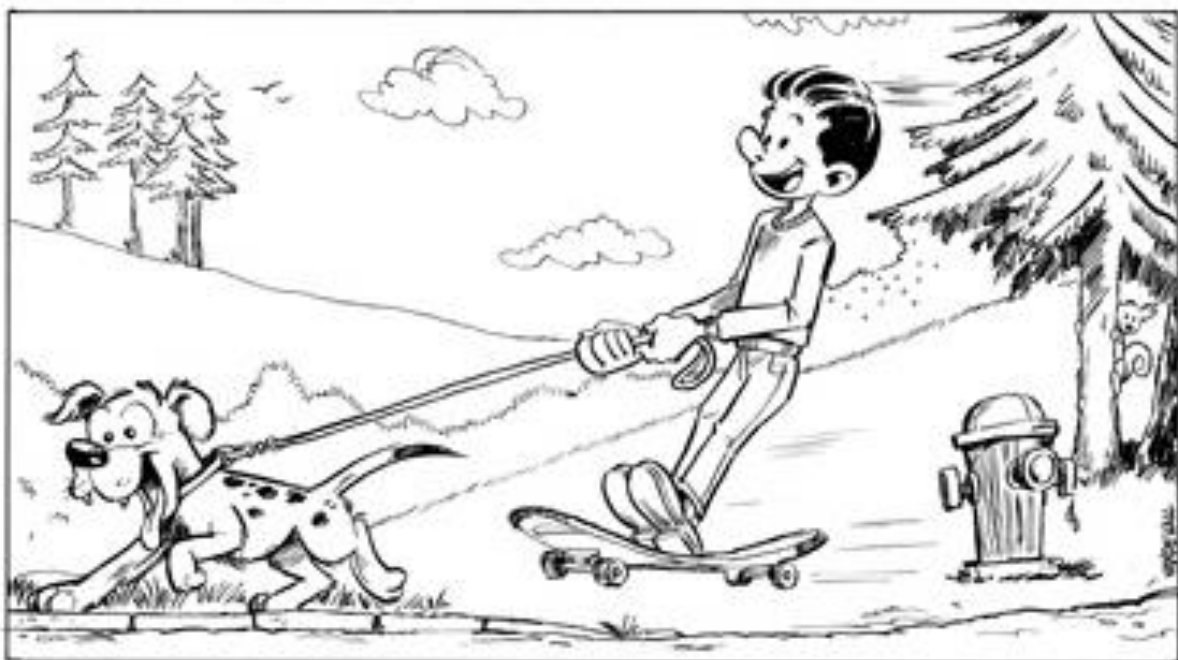
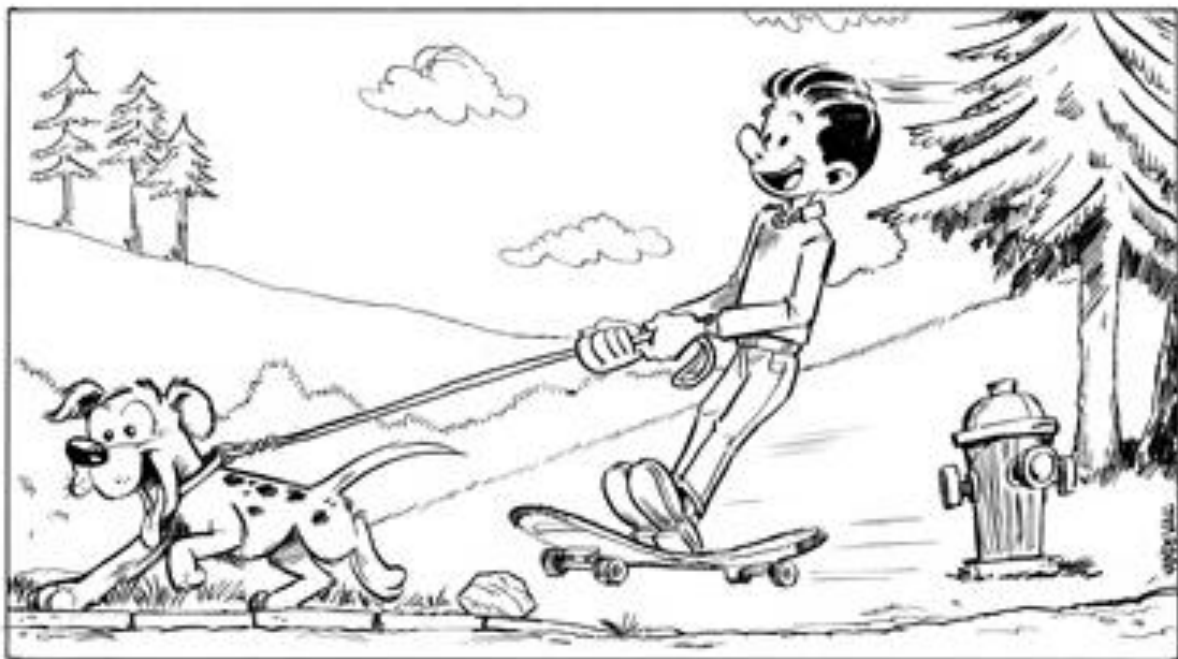
The aim of **Sudoku** is to put the numbers in the boxes so that each row, column and 3x3 box must contain the digits 1 through 9 exactly once.

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

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

SPOT THE DIFFERENCE!

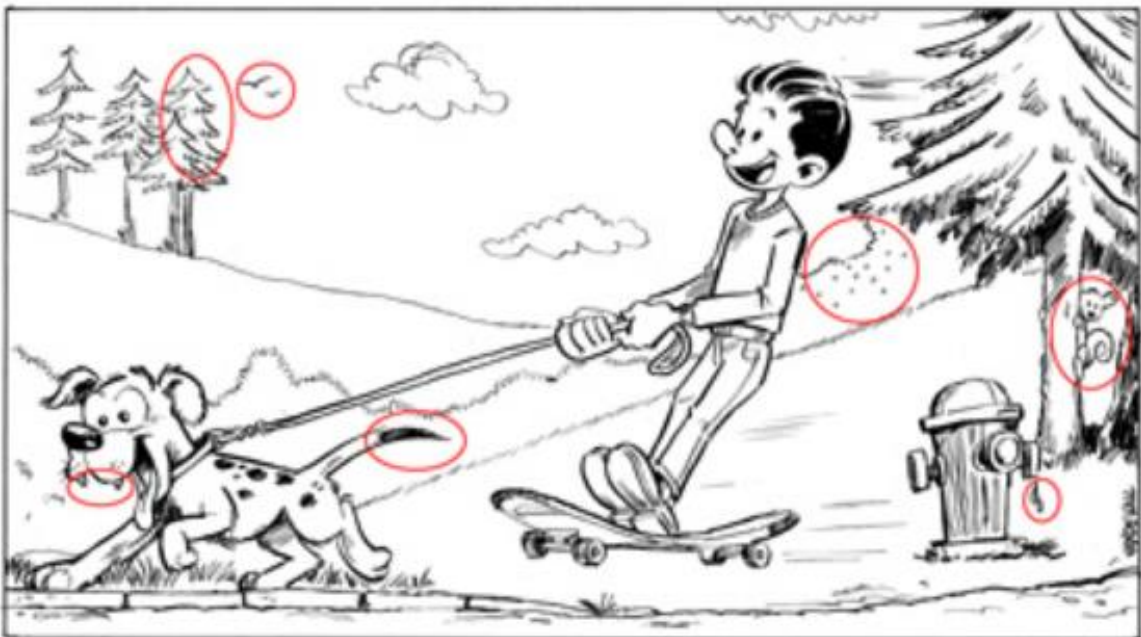
Find 10 differences between the 2 pictures!



Answers:

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!



There are some amazing **virtual platforms** offering lots of interesting and engaging things to do!

- Listen to radio stations across the world on **Radio Garden** a Dutch non-profit project. Spin the globe and pick a station: <http://radio.garden/>
- Learn to bake everyday at 14:00 on Instagram live:
 - Link to timetable and ingredients needed: <https://www.breadahead.com/live-bake>
 - Link to Instagram Account: <https://www.instagram.com/breadaheadbakery/?hl=en>
- Try some **virtual travel** and explore sites from Machu Pichu to the Taj Mahal or Eiffel Tower: <https://www.youvisit.com/travel>
- Many **museum and gallery collections and cultural sites** can be viewed online. This includes London sites such as the British Museum, as well as places like New York's Museum of Modern Art:
 - <https://artsandculture.google.com/>
 - <https://www.english-heritage.org.uk/visit/places/stonehenge/history-and-stories/stonehenge360/>
- Lots of **zoos** have **live-streams** set up if you're an animal lover:
 - Woking Peregrine Project live camera feeds: <https://www.wokingperegrines.com/>
 - Edinburgh Zoo have Panda, Koala, penguin & Tiger cams <https://www.edinburghzoo.org.uk/webcams/koala-cam/#koalacam>
 - Paignton Zoo have Meerkat & Sulawesi Crested Macaque cams <https://www.paigntonzoo.org.uk/explore/webcams>
 - Dublin Zoo have Elephants, Penguins, giraffes, rhinos, ostrich & zebras cams <https://www.dublinzoo.ie/animals/animal-webcams/>
 - Monterey Bay Aquarium (California) have Sea Otter, Shark, Penguin, Coral Reef, Aviary, Kelp Forest, Jelly, Moon Jell & Open Sea cams (they quite often have Whales, Sea Otters, Californian Sea Lions, Harbour Seals, Black Cormorants etc in the bay) <https://www.montereybayaquarium.org/animals/live-cams/>
 - Clearwater Marine Aquarium (Florida) have Dolphins, Turtles, Pelicans & Otter cams <https://www.seewinter.com/animals/webcams/water-cam-l/>
- Watch **Safari** live at sunrise (05:00) and sunset (14:30) or watch recordings from the day before at any time of the day: <https://www.andbeyond.com/bringing-africa-home/wildwatch-live/>
- Watch **National Theatre** productions streamed live or on YouTube <https://www.nationaltheatre.org.uk/nt-at-home>
- **Chatterpack** has gathered together many other resources and links: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>
- Listen to **live musicals** being streamed on Youtube: <https://www.youtube.com/channel/UCdmPjhKMaXNNeCr1FjuMvag>
- **The Crooner Sessions** – theme is cheesy hits with Gary Barlow <https://www.youtube.com/playlist?list=PLV51DQp2Mr648S6uufpgc8aB1cJVYpqTS>
- Exercise and mindfulness videos on Youtube- especially Joe Wicks PE lesson.
- **Calm** and **Headpace** apps

Helpful links:

- Mental Health England - <https://www.mentalhealth.org.uk/coronavirus>
- The Mix - <https://www.themix.org.uk/get-support>
- Mind - <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- Samaritans - <https://www.samaritans.org/>
- Shout Crisis Text Line - <https://www.giveusashout.org/>
- NHS Talking Therapies - <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/> - A free and local service provided by the NHS which is self referral, they are currently offering telephone counselling - we can sign you up to this together over the phone if you'd like.
- 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:
 - 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).
 - 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).
 - 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).
 - 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).