

Walking for Wellbeing

**Feeling stressed? Anxious? Not sleeping well? Got a friend in need who you could help?
Read on for some top tips to get back on track!**

Increasing the amount of physical activity you do during this unusual period in our lives will have a positive effect on your mental health, reducing your feelings of stress and anxiety and improving the quality of your sleep. Overleaf are a number of suggestions for you to try, on your own or with family. Why not challenge yourself and a friend to do one activity a day and see if it makes a difference?

The following organisations also have lots more information and ideas:

<p>Motivation on YouTube</p> <p>Watch one of the following short films: We All Have Mental Health The Anna Freud Centre for Children 5 Tips To Staying Mentally Healthy Caregiver Asia</p>	<p>Mindfulness Apps</p> <p>Search out Dr Julie Smith, Psychologist on Tiktok and become empowered to manage your own mental health. Other mindfulness apps include: Pzizz Calm Headspace Smiling Mind Think Ninja</p>	<p>Nodding off to Sleep</p> <p>Having problems sleeping? Try using the Sleep Council's Nodcasts or keeping a Sleep Diary https://sleepcouncil.org.uk/advice-support/sleep-tools/</p>
<p>Mellow Yellow</p> <p>Look out the Young Minds website www.youngminds.org.uk</p> <p>There are lots of great ideas to improve your mental health including Beano jokes and uplifting playlists on the #HelloYellow page</p>	<p>Keep calm and carry on</p> <p>See more information to support families here: www.nhs.uk/oneyou/every-mind-matters/ www.sportengland.org/news/how-stay-active-while-youre-home https://hampshirecamhs.nhs.uk/help/young-people/coronavirus-help-support-and-advice/ www.hants.gov.uk/socialcareandhealth/publichealth/hampshirehealthineducation/keystages/secondary www.southampton.gov.uk/coronavirus-covid19/supporting-you/</p>	<p>Bullet that Journal</p> <p>Visit https://bulletjournal.com/ for how to create a bullet journal to record your exercise, feelings, goals and more.</p> <p>There are lots of other ideas and illustrations online for you to search out too.</p>

Need to speak to someone urgently?

Call the Samaritans on 116123 (www.samaritans.org) or Childline on 0800 1111 (www.childline.org.uk)



myjourneyhampshire.com/wellbeing
myjourneysouthampton.com/wellbeing



Have fun being active during lockdown: Feel good in body and mind ... and sleep well

Walk and talk with family



Find your inner self



Bend in new directions



Snap the Spring



Love your locality



Jog it out



Wash the dog



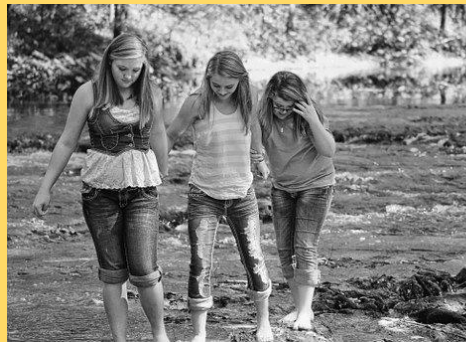
Make a splash



Go for a quiet bike ride



Bond with your siblings



Take your wheels for a walk



And then rest ...

