

# Things to do over Summer



TALK TO  
YOURSELF  
LIKE YOU  
WOULD TO  
SOMEONE  
YOU LOVE.

BRENÉ BROWN

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# Tasty Treats...



## Summer Herb & Feta Pies

By Mary Cadogan

These little filo pastry parcels are packed with a cheese, basil, mint and watercress filling - perfect for a picnic.

Prep: 25 mins • Cook: 25 mins • plus chilling  
Easy • Serves 8 • Freezable • Vegetarian

### Ingredients

- large bunch watercress
- good handful basil, roughly chopped
- good handful mint, roughly chopped
- 4 spring onions, roughly chopped
- 2 large eggs
- freshly grated nutmeg
- 100g feta, cut into small cubes
- 85g artichoke hearts in oil from a jar, drained and chopped
- 50g butter
- 270g pack filo pastry sheets
- 2 tbsp freshly grated parmesan (or vegetarian alternative)

Serve with a Garden Tomato Salad (optional)

#### Nutrition: per pie

Nutrient	Unit		
kcal	223	sugars	1g
fat	13g	fibre	1g
saturates	7g	protein	9g
carbs	17g	salt	1.2g

### Method

#### STEP 1

Heat oven to 200C/180C fan/gas 6. Remove any thick stalks from the watercress, then chop the rest and put in a food processor with the herbs and spring onions. Blitz for a few secs, then add the eggs, nutmeg and some seasoning, and blitz again briefly – you don't want too fine a chop. Tip the mixture into a bowl and stir in the feta and artichokes.

#### STEP 2

Melt the butter and unwrap the filo sheets. Cut them into 12-13cm squares through the layers – you may have too much pastry but the leftovers can be re-wrapped and saved for another recipe. Stack 4 squares of pastry on top of each other, brushing lightly with butter as you go, offsetting each square to get a star shape all round the edge. Continue until you have 8 stacks.

#### STEP 3

Press each stack into a deep-hole muffin tin and fill with the feta mixture. Fold over the pastry to enclose the filling, pinching it together. Brush the tops with the remaining butter and sprinkle with Parmesan. Bake for 25 mins until the pastry is golden and crisp. Leave to cool for a few mins, then remove the tins and cool completely on a wire rack. Pack into a plastic container to take to the picnic and serve with a tomato salad, if you like.

# Time in Nature... Mood Journal

Try to engage your senses when spending time in nature. Be aware of all the sounds and scents, touch different textures, taste healthy natural foods or simply watch the sun set. Keep a record of how you feel before, what you do, and how you feel after. Make a note of what helps to improve your mood.

	How did you feel before?	What did you do	How did you feel after?	What do you think helped improve your mood?
Day 1	  		  	
Day 2	  		  	
Day 3	  		  	
Day 4	  		  	
Day 5	  		  	
Day 6	  		  	
Day 7	  		  	

# Time in Nature... A Mindful Walk

Engage with nature on a mindful walk. Short, or long, jot down your experiences and describe in as much detail as you can the natural world around you.

What can you see?

What can you hear?

What can you smell?

What can you touch?

## Be Creative...

Stop and draw things which you see. Perhaps a leaf, a flower or a tree. Take paints and spend a day painting. Hang your paintings at home to take nature with you

Make a Nature Journal. Record things you see, hear and smell. Note how you may feel different when in nature. Collect and identify dried leaves to stick in your journal.

Take a piece of paper and a crayon or pencil. Hold the paper over a tree and make a rubbing of the bark. Look at the different textures.

# Summer Checklist!



- Camping
- Go to water park
- Make a lemonade stand
- Go boating
- Film night
- Water balloon fight
- Roller coaster riding
- Bike riding
- Finger painting
- Go to a museum
- Go to the zoo
- Make a treasure hunt
- Barbecue
- Run through a sprinkler
- Car washing
- Plant flowers
- Catch fireflies in a jar
- Read books
- Watch fireworks
- Build sand castles
- Walk bare feet on grass
- Write postcards to friends
- Take a drawing class
- Make paper airplanes
- Crafting
- Watch sunrise/sunset
- Fishing
- Collect seashells
- Watch the stars
- Climb a tree
- Blow bubbles
- Play football
- Family game night
- Fly a kite
- Science project
- Go on a picnic
- Play hide and seek

# Summer Self-Care Challenge



<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>
Make a list of goals for the month.	Sit outside and meditate.	Make lemonade or lemon water. Sip slowly and savour.	Go on a hike or nature walk.	Spend time in water or sprinklers.
<b>Day 6</b>	<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>
Water gun fight, blow bubbles or create pavement chalk.	Have a picnic or take your lunch in the park.	Unplug from technology for the day.	Intentionally drink 8+ cups of water today.	Make a fruit salad.
<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>	<b>Day 15</b>
Go out for ice cream.	Relax to the sounds of nature.	Body love! Wear what makes you feel good!	Listen to your favourite summer songs.	Ask yourself 'What do I need today?'
<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>
Wake up early and watch the sunrise.	Make your own popsicles.	Eat watermelon or your favourite summer fruit.	Take a nap in the middle of the day.	Make plans to visit a Farmer's Market.
<b>Day 21</b>	<b>Day 22</b>	<b>Day 23</b>	<b>Day 24</b>	<b>Day 25</b>
Roast marshmallows/ make smores.	Have a BBQ.	Stay inside and read your favourite book.	Try squirt gun painting Get creative!	Take tons of pictures today.
<b>Day 26</b>	<b>Day 27</b>	<b>Day 28</b>	<b>Day 29</b>	<b>Day 30</b>
Outside yoga practice or simple stretches.	What do you need to walk away from?	Do a bit of re-organising.	Write something beautiful.	Go stargazing.

## Day 31

Revisit your goals from Day 1.





# Create a Vision Board

This will help you to become really clear and positive about how you would like to feel this summer. Fill your board with images, quotes and photos of inspiration, motivation, focus and direction.

Then create a simple week by week plan with three tiny goals to commit to achieve. Both can be done in a summer notebook if you're short of time.

You can spend a few hours with friends and family creating your own and sharing ideas. You could do this over a summer BBQ or evening drinks and make it fun!

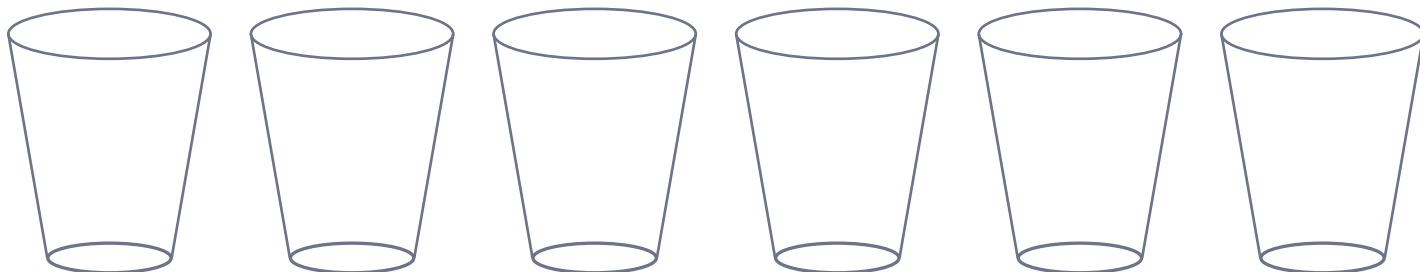


# Hydration Check!

Often in the summer we don't drink enough, which can affect our skin, mood and energy. A rough guide is your bodyweight in kg x 0.033 plus around 500ml per hour of sweaty exercise! Drinking green tea, or warm water with a pinch of turmeric, lemon and fresh ginger in the morning will cleanse your system and boost your energy for the day.

Coconut water or lime with a pinch of himalayan rock salt will help boost your electrolytes throughout the day, or even eating some watermelon. Then in the evening, wind down with some fresh mint and rose buds, or camomile tea. Focus on boosting your hydration for six weeks and see if you notice the difference.

**Try colouring in a cup below for each week you have boosted your hydration and then write down any notable changes below!**



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# Fika & Student Assistance Programme

Shrewsbury Colleges Group has joined the FIKA mental fitness programme through an app to enable students to develop good mental fitness skills to aid all aspects of life going forward. Life is full of transitions, choices and challenges and throughout these, our emotions will go up and down as life is full of transitions, choices and challenges.

The Fika app develops skills as a natural part of life so that when you encounter a low period you have the resilience and skills to support yourself through the difficult time. We tend to ignore the flow of preparing for a challenging mental health period in our lives whereas as we can all associate with anyone undertaking a physical challenge like a mountain walk; this couldn't be done without training, preparation, processing skills. When it comes to 'successfully' training for, and tackling mental challenges we too often wait for the challenge to happen emotionally and then feel unable to cope and at this stage reach out for help. Fika provides the training and preparation.

We all know that eating 5 portions of fruit and veg a day keeps us healthy and 20 minutes of exercise a day keeps us physically well. Undertaking three 5 minute sessions a week on your mental well-being will significantly improve our resilience and ability to cope without becoming unwell.

Students at SCG have free access to the Fika app through the app store on both iPhone and Android devices, support is delivered in tutorial sessions, supported by student services and staff. If you would like to find out more pop along to student services.



## Help for...

- Stress and anxiety
- Bereavement
- Relationship advice
- Tenancy and housing concerns
- Exam worries
- Financial wellbeing
- Legal information
- Alcohol and drug issues
- Family issues
- Childcare support
- Medical information
- Student issues

## Student Assistance Programme

**Free 24 hour confidential helpline**

**0800 028 3766**

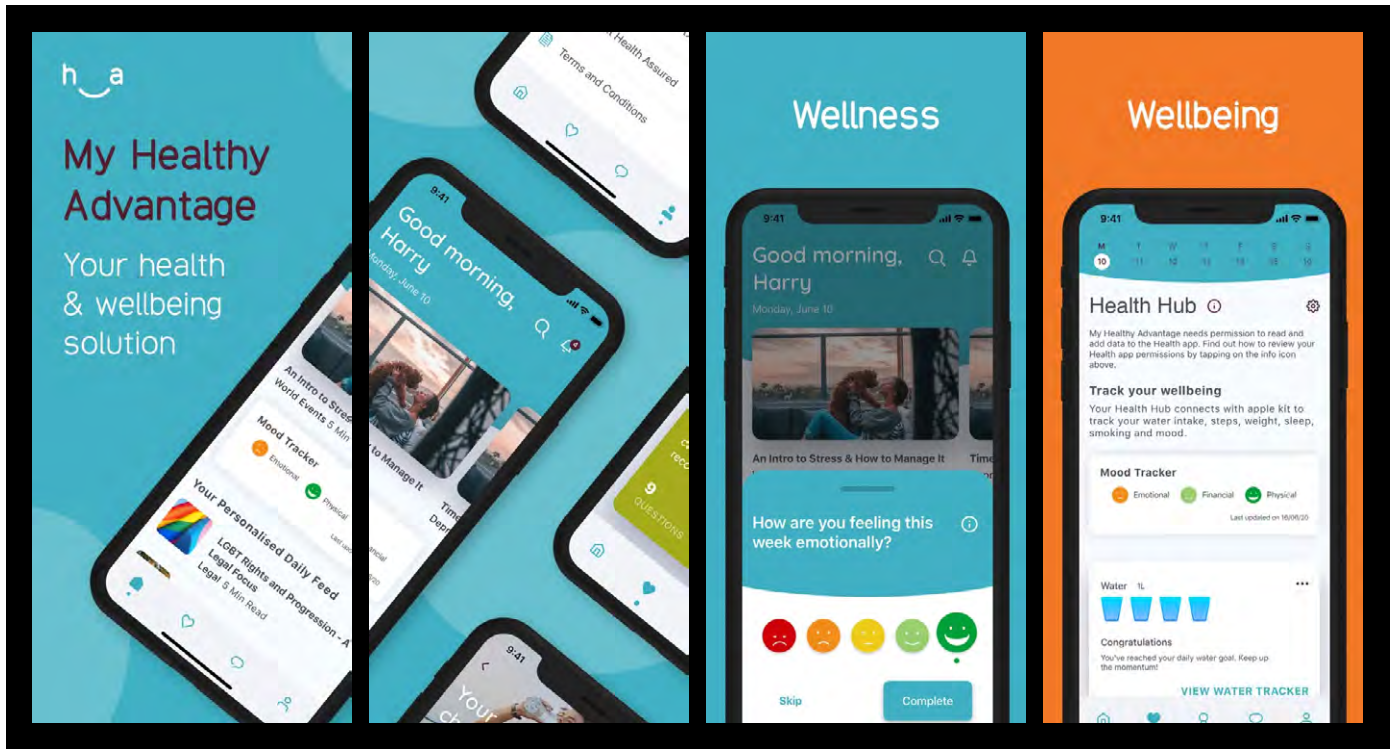
Download the 'My Healthy Advantage' app now:

<https://www.healthassured.org/my-healthy-advantage-wellbeing-wellness-app/>

Unique code: MHA249996

# My Healthy Advantage

The Student Assistance Programme is 24/7 access to support, including qualified counsellors. There is an app too which you can download. The app is called 'My Healthy Advantage'



## How to access the service

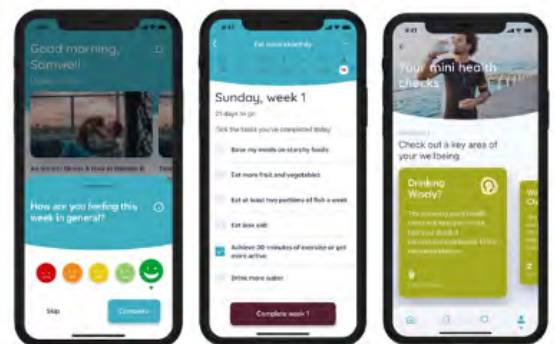
Call the free helpline number **0800 028 3766**

Through the **My Healthy Advantage** app

- **Email**
- **Video Call**
- **Live Chat**
- **Call helpline in-app**

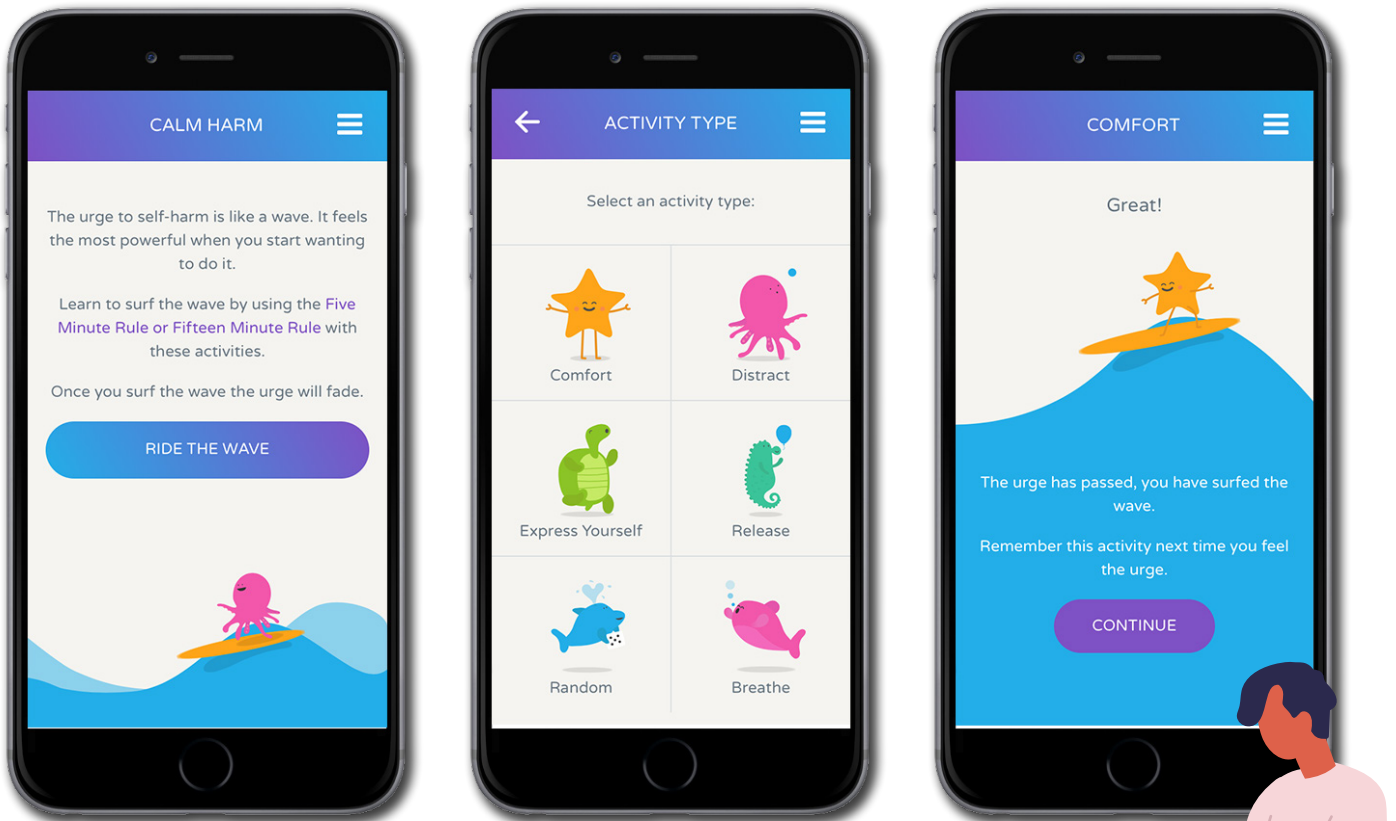
Shrewsbury College - MHA unique code

**MHA249996**

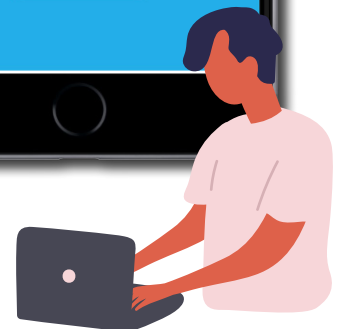


# Calm Harm

Calm Harm is an app available on Android and IOS that provides tasks to help you resist or manage the urge to self-harm. You will be able to track your progress and notice real change.

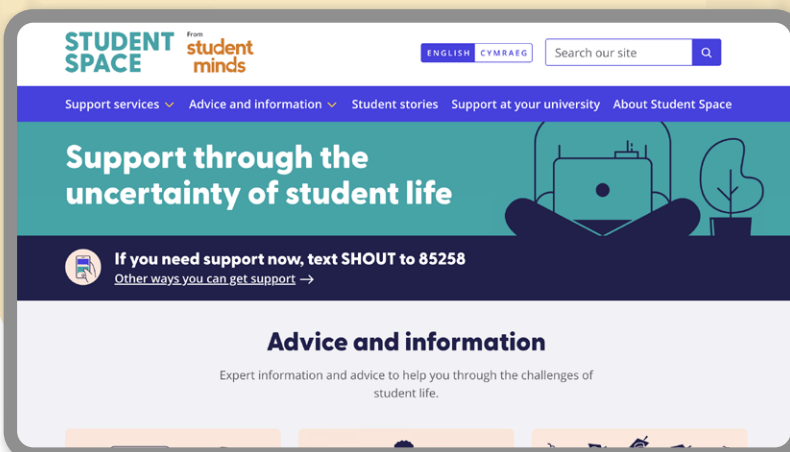


# Student Space



Student Space is available to make it easier for you to find the support that you need during your studies. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life.

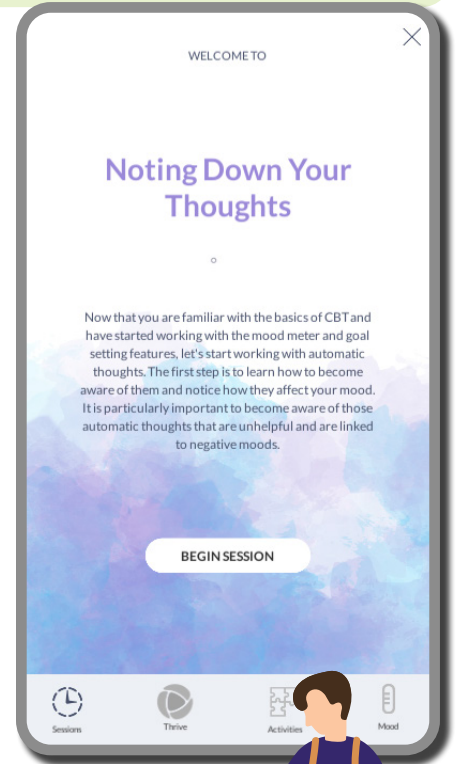
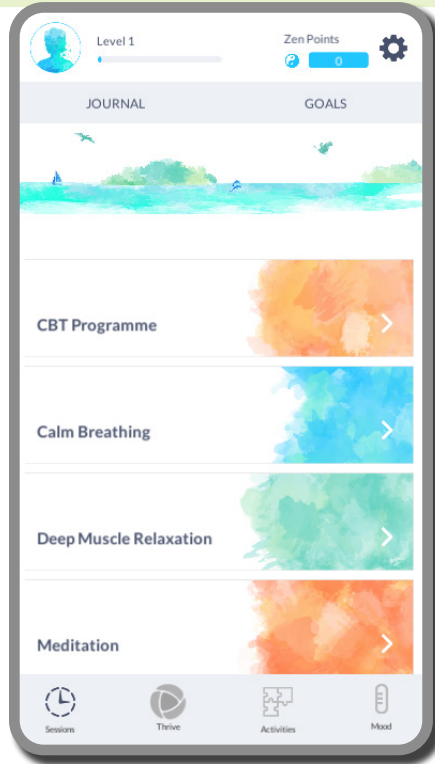
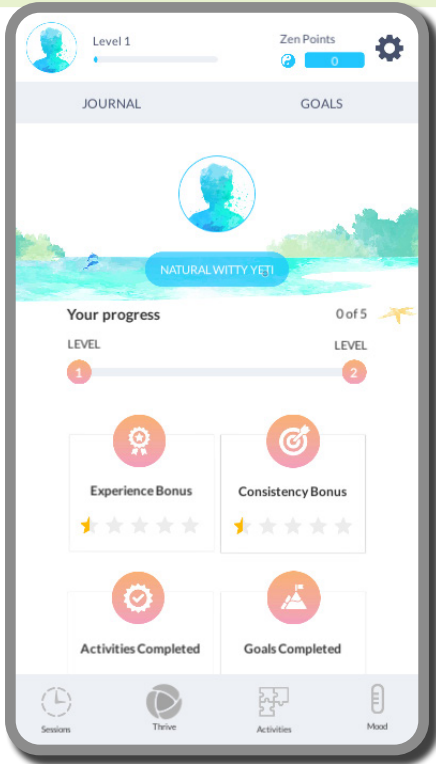
The support provided by Student Space is safe, confidential and developed with students and experts in student wellbeing and mental health. We will be adding new services and information to the platform on a regular basis in line with emerging student needs to ensure that it is relevant to you.



Student Space is run by Student Minds, the UK's student mental health charity. It offers information about mental health and wellbeing, studying during coronavirus, maintaining friendships and social lives, self-isolation, applying for jobs, money, grief, loss and information for those who are marginalised.

# Thrive

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

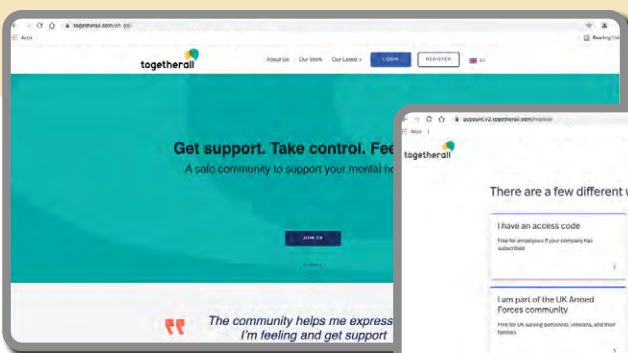


# Togetherall

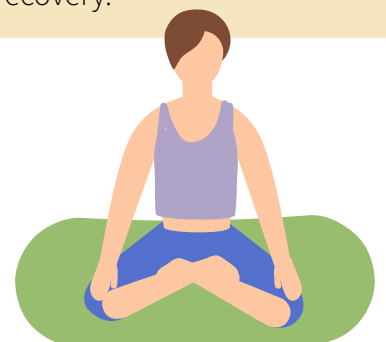
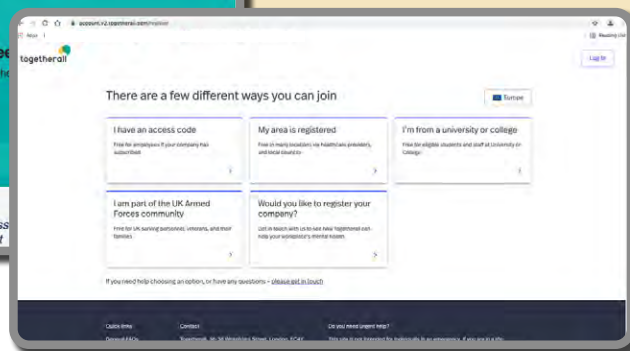
Togetherall is an online services providing access to millions with anxiety, depression and other common mental health issues.

They harness the protective and therapeutic effects of connectedness and healthy social networks in its unique community where people share with and support each other.

The evidence is convincing: the wider determinants of health such as the communities in which we exist have a more beneficial impact than individual lifestyle facts and health behaviours.

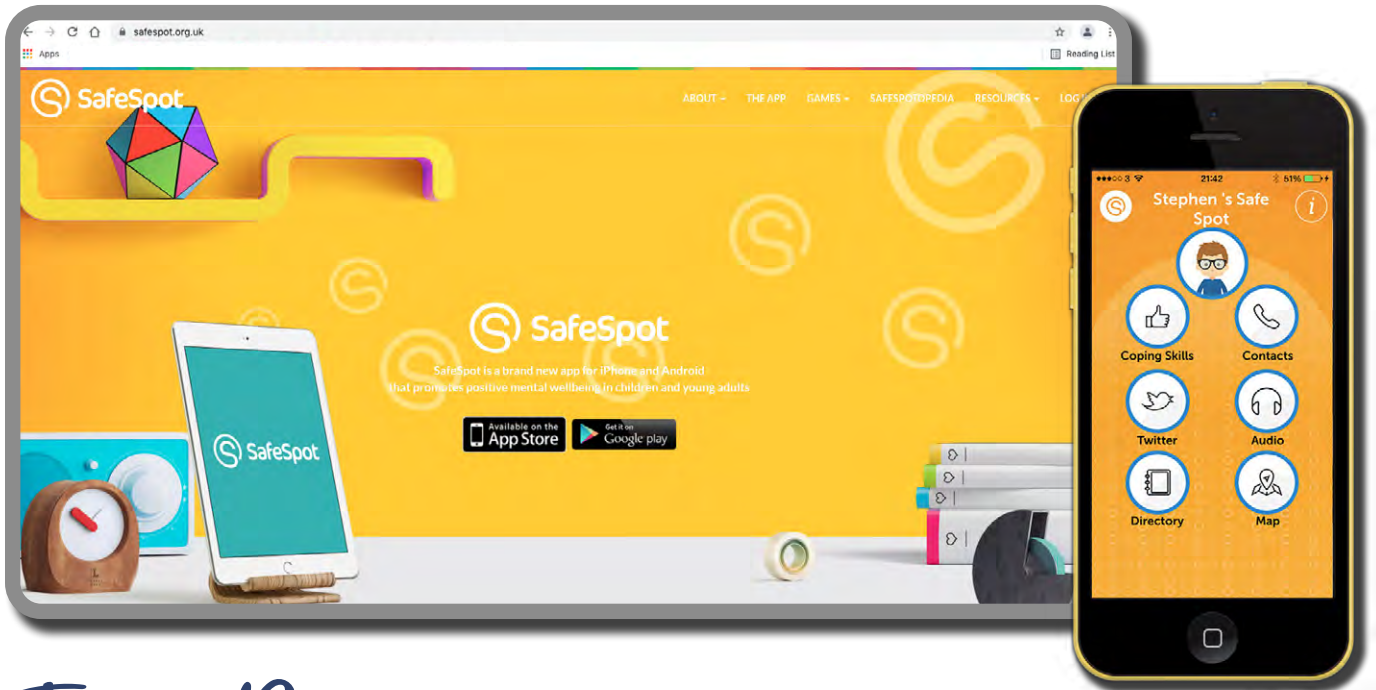


Innovative technology, and first class clinical teams and trained moderators, create a unique environment for members to lead their own recovery.



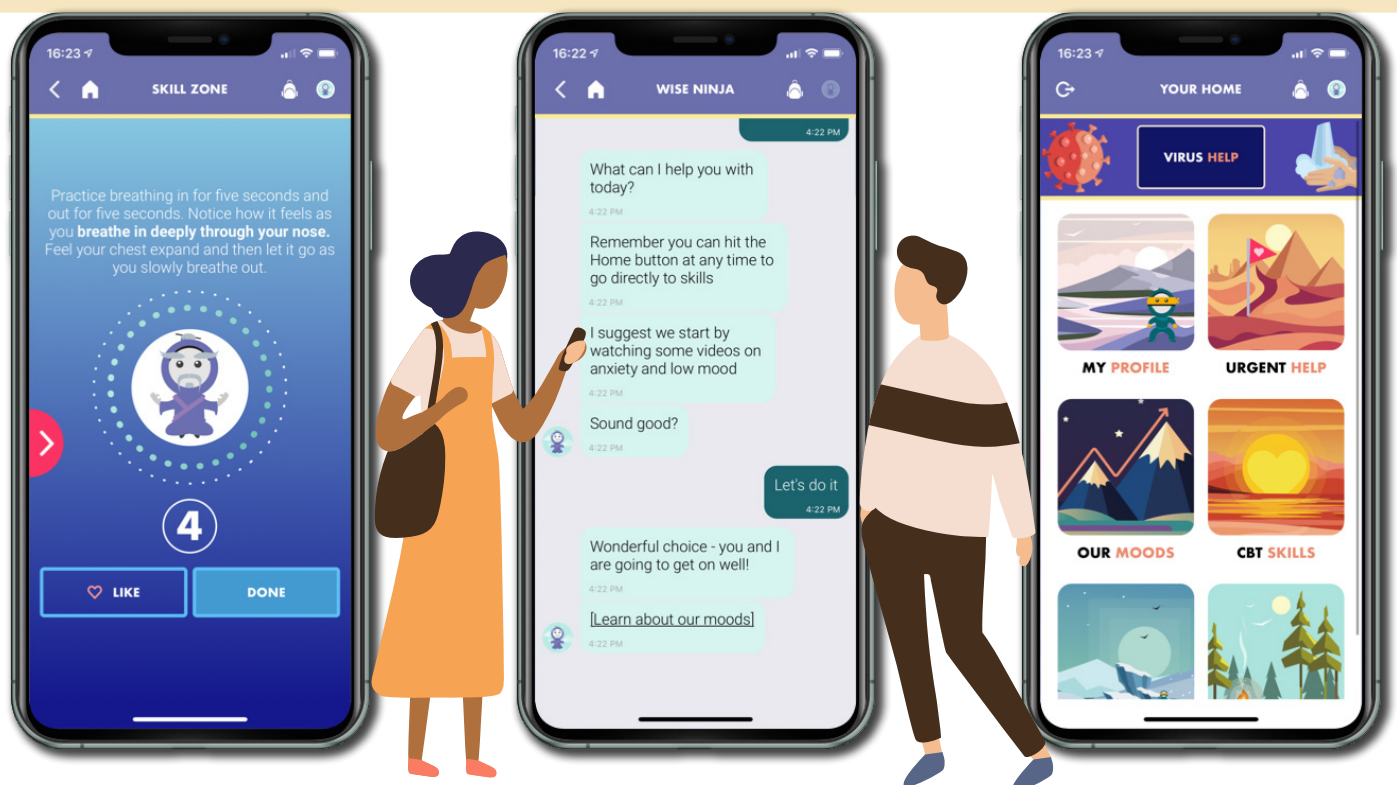
# Safespot

Safespot is an app designed to help you through tough spots. It gives you your own personalised coping plan, useful strategies and directs you to local resources for further help - all at your fingertips.



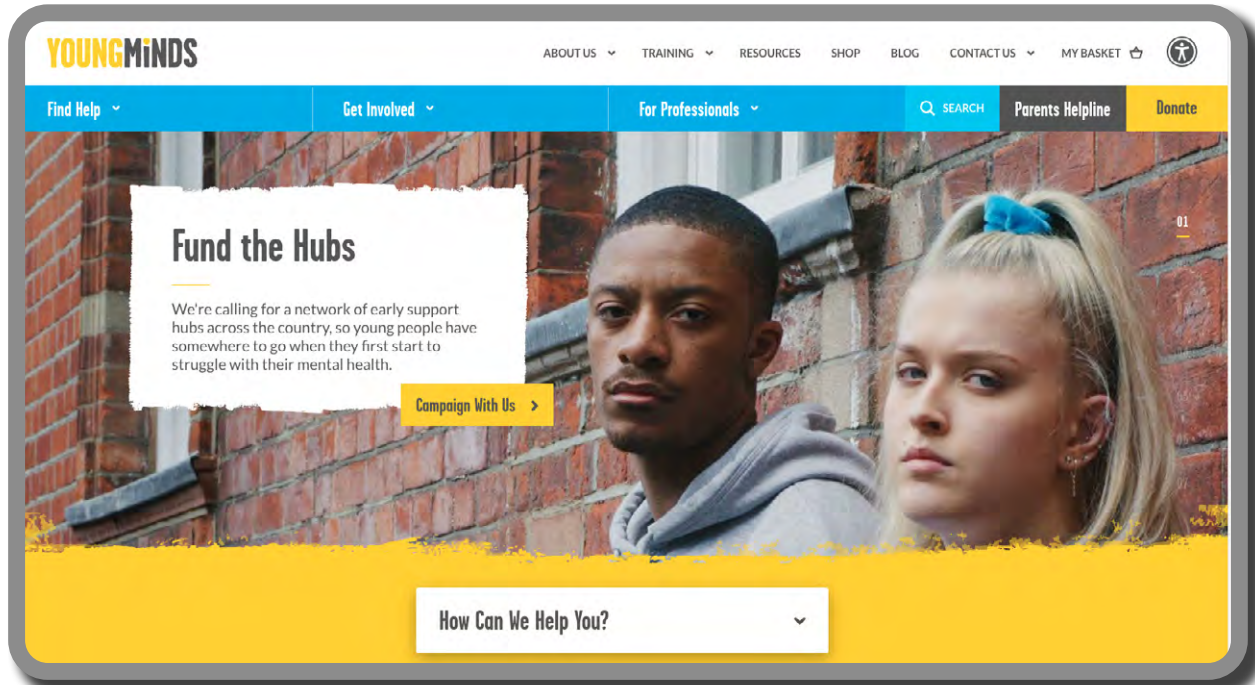
# Think Ninja

ThinkNinja is a mental health app designed to help you learn about mental health and emotional wellbeing and develop skills that can be used to build resilience and stay well.



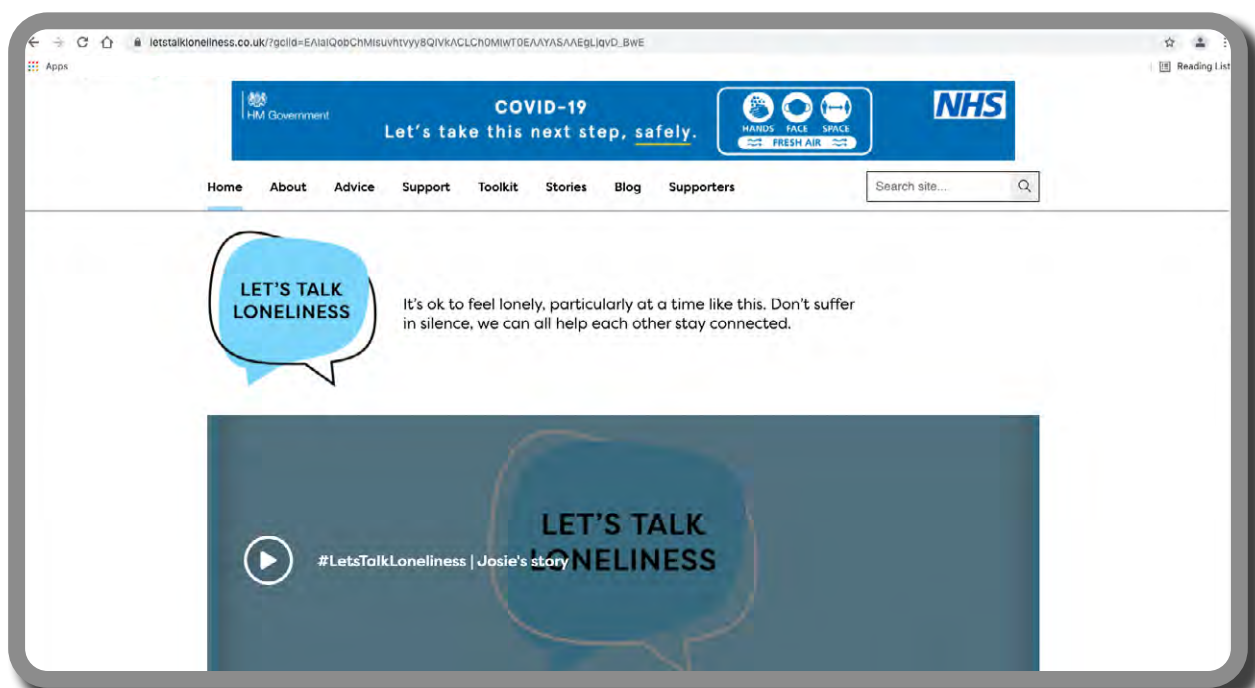
# Young Minds

Young Minds is the UK's leading charity fighting for children and young people's mental health. Find out more about them on their website and how they can help with various obstacles and troubles you may be facing.



# Let's Talk Loneliness

Loneliness is an issue that can affect us all at some point in our lives. 'Let's Talk Loneliness' is a resource about keeping connected and ensuring you don't suffer in silence.



# The Green Oak Foundation



The Green Oak Foundation is a not-for-profit community interest company based in Shrewsbury. They are dedicated to supporting Shropshire people by providing safe, friendly and affordable counselling and wellbeing services.

We understand the pressures that people face in their lives are often compounded by financial difficulties and therefore we offer affordable counselling at a donation rate of £30 for individuals. Concessionary rates may also be available.

We provide counselling support in Shrewsbury, Church Stretton, Pontesbury and Ludlow.

[www.thegreenoakfoundation.co.uk](http://www.thegreenoakfoundation.co.uk)

## Shropshire IAPT Service

IAPT services can support people with mild to moderate mental health issues such as anxiety or low mood.

Shropshire Primary Care Psychological Therapies Service aims to improve health and wellbeing by offering a range of help, advice, life skills courses, supported self help, other groups and individual therapies for everyone aged 16 and over.

Currently, due to the coronavirus pandemic, assessment and therapy (both individual and group sessions) are being carried out via telephone or online except in exceptional circumstances.

You can self refer to services using the contact details below, or speak to your GP. You can refer yourself by phoning our self referral number **0300 123 6020**. You will need your NHS number handy together with your name and address details. The receptionist will take your details and will offer you an appointment for a telephone assessment with one of our qualified therapists, who can talk through the various treatments on offer with you.

Although there is high demand for their services, they aim to offer you an appointment as soon as possible, within **2-4 weeks as an estimate**.

You can download a referral form on their website. Once you have completed it, you will need to email it to **iaptshropshire@nhs.net** where it will be dealt with as soon as possible. If you would like this form in an alternative language or format such as Braille, please call or email them.

You will receive a return email to acknowledge your referral and to invite you to call us to make an appointment for a telephone assessment with one of our qualified therapists who can talk through the various treatments on offer with you. We can also arrange interpreter support through our Trust Interpreter Services should you require this.



# Silver Cloud Online for Cognitive Behaviour Therapy

SilverCloud is an online therapy programme that allows people to access Cognitive Behavioural Therapy techniques in a way that suits them. SilverCloud allows people to complete therapy in their own time and at their own pace, whilst still having regular online reviews with a trained practitioner.

SilverCloud offers various programmes, consisting of evidence-based Cognitive Behavioural Therapy techniques. The programmes are made up of a variety of different modules, looking at the way we think, the way we behave and the way we feel. The modules consist of videos, activities to complete and case studies to read, as well as quizzes, audio guides and your own journal.

The depression programme looks at understanding feelings, boosting behaviour and challenging thoughts, as well as ways to bring all three elements together.

The generalised anxiety programme looks at understanding feelings, managing worry and challenging thoughts, with optional modules on facing your fears if required.

SilverCloud's stress programme looks at problem solving techniques, time management and lifestyle choices.

There are optional modules to complete on sleep difficulties, relaxation, self-esteem, employment support and anger management

Once you have signed up and registered ([iaptshropshire.silvercloudhealth.com/signup/](http://iaptshropshire.silvercloudhealth.com/signup/)) your progress will be monitored by a Qualified Practitioner within their team, called your Supporter. Your Supporter will log in once every two weeks on an agreed date to check your progress and read any comments you have left them. In return, they will leave comments and suggestions about materials that may be useful to you.

You will be offered up to six review dates with your Supporter, and after these reviews are completed you can continue to access Silver Cloud for up to a year from the date of registration. You do not need to be online for your review, however the next time you log on you will be asked to complete questionnaires monitoring your current mood.

## Beat Eating Disorders

You are never alone with your eating disorder. Beat Eating Disorders are available to support people who have or are worried they have an eating disorder, as well as other affected, such as friends and family members. Their helplines are open 365 days a year from 9am-8pm during the week, and 4pm-8pm on weekends and bank holidays.

If their lines are busy and you can't get through immediately, please do try again or try their one-to-one web chat.

**Helpline: 0808 801 0677**

**Studentline: 0808 801 08811**

**Youthline: 0808 801 0711**



# YoungMinds Crisis Messenger

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free\*, 24/7 support.



## How does it work?

If you are experiencing a mental health crisis and need support, you can text YM to 85258.

A trained volunteer will introduce themselves, reflect on what you've said, and invite you to share how you're feeling. You'll text each other, only sharing what you feel comfortable with.

By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be then signposted to other services, so that you can continue to get support.

## YM Crisis Messenger can help with issues such as:

- Suicidal thoughts
- Abuse or assault
- Self harm
- Bullying
- Relationship issues

You can text free and anonymously - although if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support. You can find more about how the services works at <https://giveusashout.org/>

\*It is free and confidential to text the service from the following major networks:

**EE, O2, Three and Vodafone.**

These include - **BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff.** Some Android phones issue a warning that you will be charged for texting us. Provided you are on one of these networks this warning is incorrect and you will not be charged. If you text us from a network that is not on this list, there is a possibility that you may be charged for the messages and that they may appear on your bill. This is because some networks do not provide the capability to message short codes



Service provided by



Proud to be part of



## What is BEAM?

BEAM is an emotional and wellbeing drop-in for **any** child or young person under 25.

Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of the organisation, as well as details various projects, please visit their website: <https://www.childrensociety.org.uk>

**Parent and carer support** can be given in conjunction with supporting a young person. **No referrals and no appointments:** those wishing to access the Beam service can just go along to a drop-in session.

- We are a **friendly team** made up of Practitioners, **Youth Workers & Wellbeing Volunteers**.
- We **listen** and know this can make all the difference.
- **Our aim** is to give **advice, signposting** and **support** with any concerns relating to **feelings** and **emotional wellbeing**.

## We will...

Help you to understand your thoughts and feelings, give you practical support and suggestions as well as worksheets to take away if needed.

## We wont...

Diagnose, automatically make referrals or provide appointments.

It can be scary going somewhere for the first time: our drop-ins are set out to be as welcoming as possible. A team member will greet you and ask you to register before a practitioner will introduce themselves, and then take the time to listen before making suggestions.

Mondays	The Lantern, Meadow Farm Drive, Shrewsbury SY1 4NG	Open: 12pm Close: 4pm
Tuesdays	9 Market Square, Wellington, Telford TF1 1BP	Open: 10am Close: 6pm
Thursdays	9 Market Square, Wellington, Telford TF1 1BP	Open: 10am Close: 6pm

**PLEASE NOTE:** No sessions will be started during the last hour of our drop-ins. This means we cannot accept anyone into the service after 5pm on Tuesday & Thursdays and 3pm on Mondays.

# Some simple tips for improving your sleep



**Tip 1** Keep regular sleep hours

**Tip 2** Attempt not to check your phone for an hour before bed

**Tip 3** Consider turning your clock away so you can't see it

# Top tips for dealing with anxiety

**Tip 1** Try a short breathing exercise

**Tip 2** Learn how to manage anxious thoughts

**Tip 3** Keep a mood diary



When things aren't so good out there... Make inside feel better. Visit **Every Mind Matters** for more tips and advice

<https://www.nhs.uk/better-health/>

# Five ways you could look after your mental health this summer



## 1. Create a routine

If you're feeling a little lost in the summer, creating a routine can really help.

## 2. Volunteering

Volunteering is great because you don't have to commit to it as much as you would a job, but it also allows you to do something for the good of others, which can also feel very rewarding.



## 3. Connecting

The summer is a good opportunity to connect with old friends, friends from primary school or a school you might have just left. If you are finding it difficult to leave the house, you could connect with people in other ways such as sending a message, writing a letter or giving them a call.

## 4. Small but significant changes

If the activities above like volunteering, meeting with friends or trying a new hobby are not things that you feel able to do, you could make little but significant changes to your routine. If you are able to, eat outside, be in the fresh air, or listen to some music.

## 5. Look after yourself

The most important thing to do is pay attention to yourself, don't ignore your feelings if you feel bad, talk to someone and tell them how you are feeling. Remember to rest if you start to feel burnt out. Make the most of self-care resources and remember that you are never alone.

# Summer Self care...

## 15 ideas for wellness



### 1. Ditch the couch and relax outdoors

Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass.

### 2. Go for a stroll

A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up.

### 3. Explore your local farmer's market

Take advantage of seasonal produce and local vendors. A trip to the farmer's market can be a great opportunity to try new foods and incorporate healthier options into your diet.

### 4. Start a garden or join a community garden

Gardening can be a nice way to meditate, enjoy the outdoors and get some sunshine. It can also serve as a bonding time with your family or a way to make new friends. And at the end of the day, you can enjoy the literal fruits (and vegetables) of your labor!

### 5. Tidy one small space

Perhaps a drawer or the top of your desk – even having one space clean and free of clutter can help you feel calmer.

### 6. Make a summer feel-good playlist

Bring on the summer tunes! Music can be an effortless way to improve your mood and motivate you to get moving. Bonus points for listening while exercising or cleaning.



### 7. Have a picnic

Enjoying a meal outside can be an easy way to get some fresh air and sunshine and shake up your daily routine.

### 8. Try a new exercise

Getting those endorphins flowing can help calm your mind and improve your mood. Think about doing something outdoors like hiking, tennis or swimming. Just don't forget your sunscreen and bug spray!

### 9. Look for things going on in your community

Search online or in the newspaper for events going on around town. Consider outdoor movies, yard sales, festivals, farmer's markets, concerts or dance classes. Making fun plans can help you feel excited and give you something to look forward to.



## 10. Start or continue a journal

Writing can be a great way to express how you feel and check-in with your emotions. Or, it can just be a place to doodle or draw. Make it whatever you need.

## 11. Reconnect with someone

Call an old friend – or even a grandparent or parent.

## 12. Do an at-home spa day

Taking a bubble bath, using a face mask or doing a DIY pedicure can all be affordable ways to help yourself feel cared for. A candle, essential oils and relaxing tunes can all add to the spa vibe.



## 13. Go exploring

Pull up a map and find a new area of town that you haven't been to yet.

## 14. Practice mindfulness

Try meditation or make a list of 10 things you are thankful for.

## 15. Do a needs assessment

How did your last week go? Is there anything you could do to make next week better? Maybe you need more sleep, more social time or to prepare some healthy meals before your next busy week. Take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.



Use these ideas to make your own self-care checklist this summer. Even small changes to your routine can improve your self-care practice and overall mood. Focus on new ways you can be active, get outside and get involved with your community. Make this summer a season of self-care.

# Self-Care Tips for the New Academic Year

After a long summer break, the new academic year brings with it a fresh start. This may excite us or worry us - there is no right way to feel about it - but whatever the case, it's important that we look after ourselves. So whether you're just starting school or university, approaching the end, or entering an exam year, here are some tips on ways to look after yourself.

## Get organised

"More often than not, we get stressed out because we feel overwhelmed with our workload. I personally find that having a physical planner to jot down my schedule and the tasks I am expected to complete day by day helps me keep focused and organise my thoughts. I use different coloured pens to categorise my subjects and the type of tasks I have to complete," says Lily.

Nazifa finds that creating a plan helps her: "It can be helpful to set a goal for the year and create a timetable or plan on what to do (and when) in order to achieve it. It doesn't have to be fancy or super strict - even having a rough guide can help to keep the year in perspective."

## Remember that your teachers are there to help

If we find school difficult, we may end up feeling like our teachers are the enemy. It's important to remember that they're there to help and support us - and sometimes being open with them about what you're facing can make life easier for the both of you.

"It may sound odd, but being pals with your teacher can actually make your school experience one hundred times better. Obviously, I'm not suggesting you go out for coffee with your science teacher! But talking to them like the actual human being that they are is not only a good way to make lessons more fun, but it can also really help if you're someone who tends to feel intimidated and anxious around authority figures," says Rosie.

Charlotte adds: "Taking the time to speak with your teachers can help you if you need support as the year goes on. If you have a favourite teacher, you can go to them for help."

Make sure to schedule in some time every day to relax so you avoid being overwhelmed with commitments.





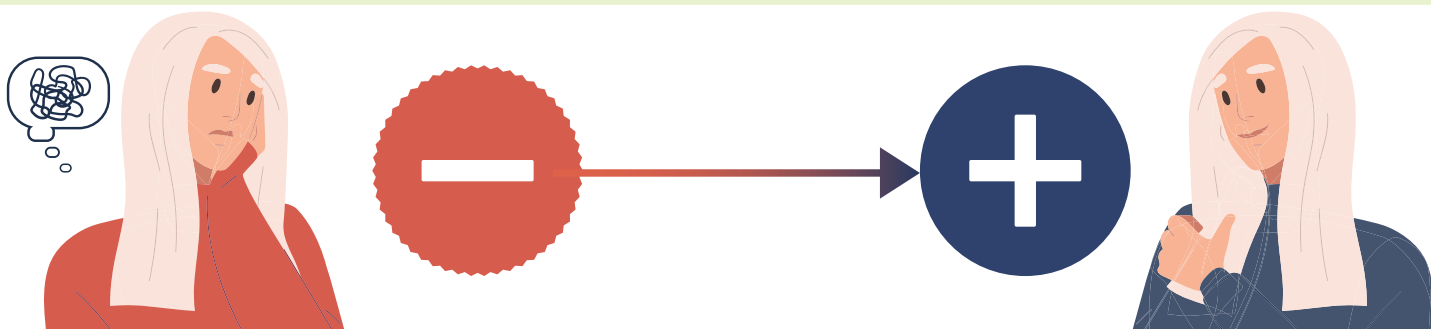
## Find something that helps you relieve stress

Even if you feel as though you have a lot of work to do and you don't have time to let off steam, it's important that you give yourself permission to do so. You're a human, not a robot, and everybody needs a break sometimes.

"Take the opportunity to discover activities that you enjoy, or get involved in a cause that you are passionate about. I personally enjoy writing about mental health, and I found that being able to write about what I am passionate about while juggling studies helped relieve some of the stress I was facing. Whether it be going to the gym to work out, volunteering, or doing something creative - find something that can allow you to relax before returning to your tasks," says Lily.

"Sign up for an activity, club or society you've always been interested in but haven't had the chance to take part in. It's a great way to meet new people and spend your time doing something you enjoy," adds Nazifa.

It doesn't have to be anything too challenging though, says Charlotte. "Even if it's just reading or catching up with your favourite TV series, make sure to find time for yourself."



## Get enough sleep

Nazifa says: "Get enough sleep! Functioning throughout the day can be hard when you've only had four hours sleep the night before. Put your phone, tablet, or laptop away and aim to be in bed by a certain time every night so you feel refreshed and ready for the next day."

Lily adds: "The amount of sleep we get influences our energy, concentration and mental health. Teens aged 14-17 should aim for between eight and ten hours sleep a night. For those aged 18 and over, between seven and nine hours sleep a night is the optimum."

**Don't forget that it's OK to tell someone if you don't feel like you're managing very well.**

## Find your support system

It's important for us to make sure we have people around to support us - whether we're currently struggling with our mental health or not.

"Make some time to socialise, catch up with old friends, or make new friends. Having a good support system while facing the stress of school or university contributes greatly towards your wellbeing," says Lily.

As Rosie points out, it's important to surround yourself with people you feel comfortable and happy around. "School can be a great place for socialising, but don't feel you have to at the expense of your own happiness or to 'keep the peace'. Dysfunctional friendships can ruin your school experience, so be honest with yourself about which relationships are healthy and which aren't," she says.

## Be kind to yourself

“If I can leave you with one piece of advice, it’s this: be kind to yourself,” says Rosie. “You are trying and you are growing. School is a learning process but it’s about so much more than academia - you’re learning about yourself too, and while that happens you’re going to feel a little lost, confused and maybe even angry at times. So trust me when I say - from one frustrated kid to another - it’s going to be OK. You are stronger than you think and greater than you know. All you need is time, so give yourself some,” says Rosie.



## How to Use Tapping to Calm Anxiety

Based in the mind-body connection, tapping, also known as EFT (Emotional Freedom Technique), combines Chinese acupuncture with modern psychology to bring relief to a range of physical, mental and emotional issues. Practitioners gently tap a series of nine points on the body while repeating a phrase that describes their emotional state or a challenge to be released, followed by an affirmation.

### How does it work?

A ten-year research programme at Harvard Medical School using fMRI technology to study brain activity found that “stimulation of acupressure points rapidly reduces limbic system arousal.”

In other words, tapping helps calm the activity of the amygdala, the part of our brain that manages our nervous system’s response to a threat (real, perceived, or anticipated) while we give voice to the challenging thoughts and emotions that arise.

Tapping rewires the brain’s response to the threat—and the thoughts and emotions associated with it—and we experience more calm in our body as the relaxed amygdala sends the signal to the endocrine system to stop producing stress hormones. As the nervous system shifts into the relaxation response, we may experience our breath becoming slower and deeper, our heart rate slowing down, and an easing of troubling thoughts and big emotions.

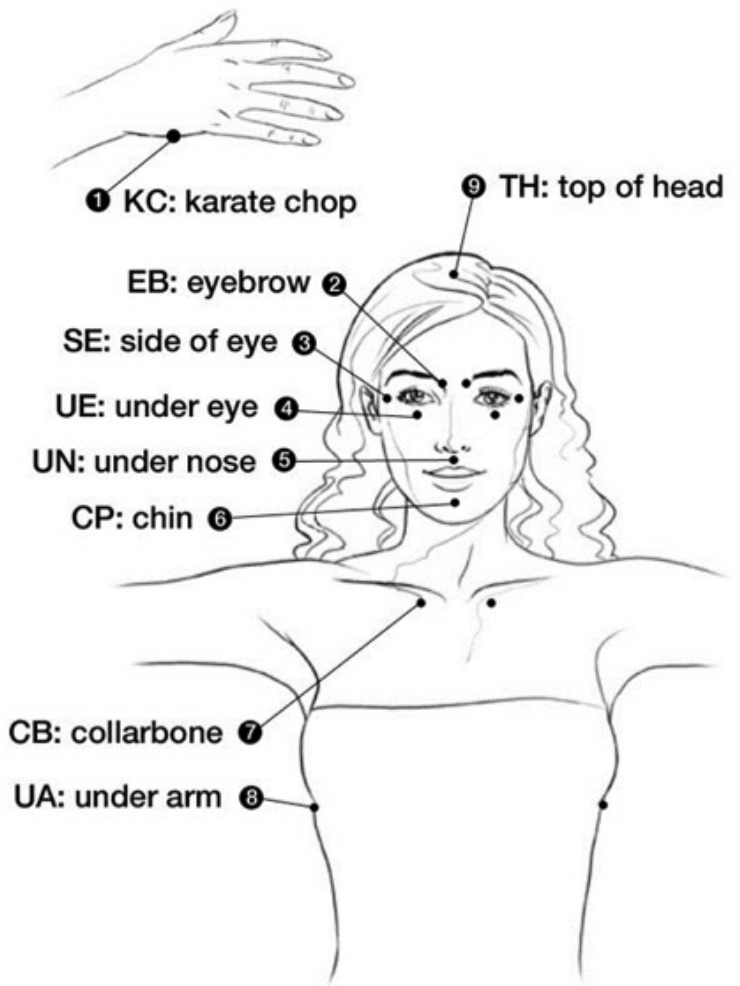
## How to tap

1. Choose a challenge that is present in your life: a stressor, anxiety, phobia, emotional disturbance, chronic pain, addiction, or limiting belief. Write it down.
2. Sit or lie down in a comfortable position. Breathe. Relax. Feel.
3. Rate the intensity of the challenge you will tap on a scale of one to 10. You will check in afterward to see if the intensity changed after tapping.

4. Fill in this basic script with your present challenge: Even though [blank], I deeply and completely love myself. Do three rounds of tapping using this script. Repeat the statement, aloud or silently to yourself, as you tap on each of the nine points from the side of the hand to the top of the head (see diagram). For all points, tap lightly with one or two fingertips five to seven times on each point.

For the side of the hand (point 1) and under the armpit (point 8), you can tap either side of the body, because the meridian lines are in symmetrical locations on the left and right side of the body. For the points around the bone ridge of the eye socket (points 2–4), use both hands, so you can tap the points on the left and right eye at the same time. Also, use two hands for point 7 under the collarbone. Tap five to seven times on each point.

5. Do three rounds of tapping while repeating this statement. Let your emotions move and your breath flow as you tap.
6. Now add a “because” to your statement to unpack your thoughts and feelings around this challenge. Even though [blank] because [blank], I deeply and completely love and accept myself. For example, Even though I am anxious because I lost my job, I deeply and completely love and accept myself or Even though I feel fear because there are a lot of things out of my control, I love and accept myself.
7. Do three more rounds of tapping, cycling through points 1–9.
8. If you wish, keep tapping for another three rounds, and allow other statements that feel true to surface as you tap through the sequence.
9. Choose an affirmation (see examples on the next page) and tap through the points another three times.
10. Breathe. Relax. Feel.
11. Now rate the present level of intensity of how you feel on a scale of one to 10.



## Sample tapping statements

Not sure how to make up your own script? Here are some sample statements to bring ease during times of uncertainty.

- Even though there is uncertainty in my life, I love and accept myself.
- Even though I don't have all the answers I want right now, I love and accept myself.
- Even though I feel overwhelmed, I love and accept myself.
- Even though I feel fear, I love and accept myself.
- Even though I feel worried, I love and accept myself.
- Even though I feel anxious, I love and accept myself.
- Even though I feel angry, I love and accept myself.
- Even though I feel sad, I love and accept myself.
- Even though I feel challenged by this, I love and accept myself.

### When and how often should I tap?

You may tap as often as you like, any time you like, and when you are at any level of emotional intensity. Tapping when the intensity is low may help you manage the intensity later in the day—you don't have to wait until your fight-or-flight response is switched on to tap. Tapping has lasting positive effects on well-being, in the same way that meditation and yoga release stress and create new neuropathways in the brain. Like those practices, tapping is another empowering mind-body tool for calming your nervous system.

# Three Yoga Breathing Practices for Self-Soothing

### Some statements to consider:

I trust more information will come.

I trust that I know enough right now to make good decisions.

In this moment, I let go of the outcome.

I can be with uncertainty.

I am learning more about who I am and what my needs are through this situation.

I embrace time as my ally.

In this moment, I release control of the future.

I am ready to receive the gifts of this situation.

I deeply and completely love and accept myself.

# Wordsearches



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

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AUGUST  
 BEACH  
 BIKES  
 CAMPING  
 CARNIVAL  
 COOKOUTS  
 FIREFLIES  
 FIREWORKS  
 FISHING  
 FLIPFLOPS

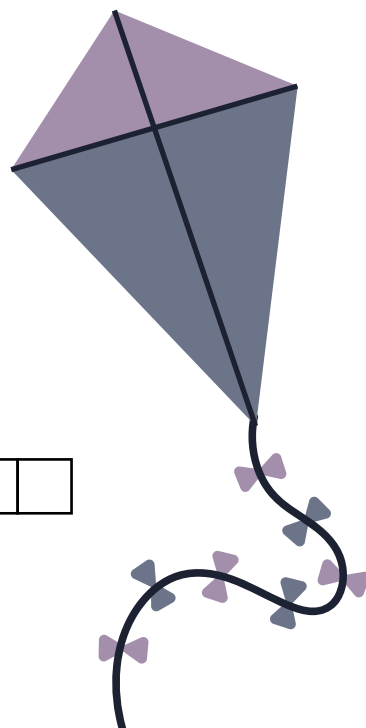
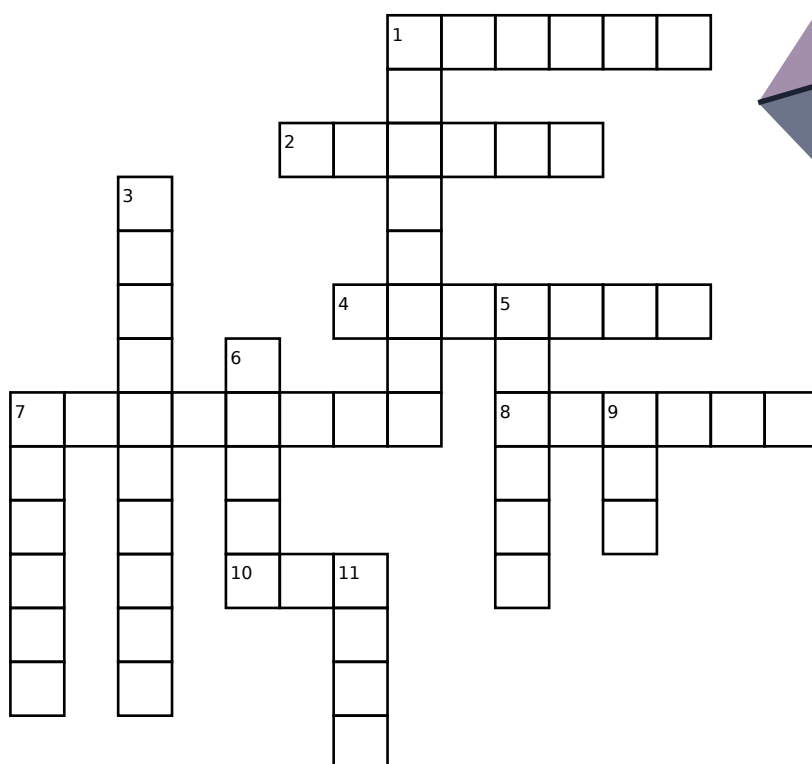
FUN  
 HULA HOOPS  
 ICE CREAM  
 JULY  
 JUMPROPE  
 JUNE  
 MOVIES  
 PARADES  
 PARTIES  
 PICNICS  
 POOL

POPSICLES  
 ROLLERCOASTER  
 SANDALS  
 SPLASH  
 SPRINKLER  
 SNOWCONES  
 SUNGLASSES  
 SUNSCREEN  
 SWIMMING  
 THEME PARK  
 VACATION

# Crossword



## Summer Crossword



### Down:

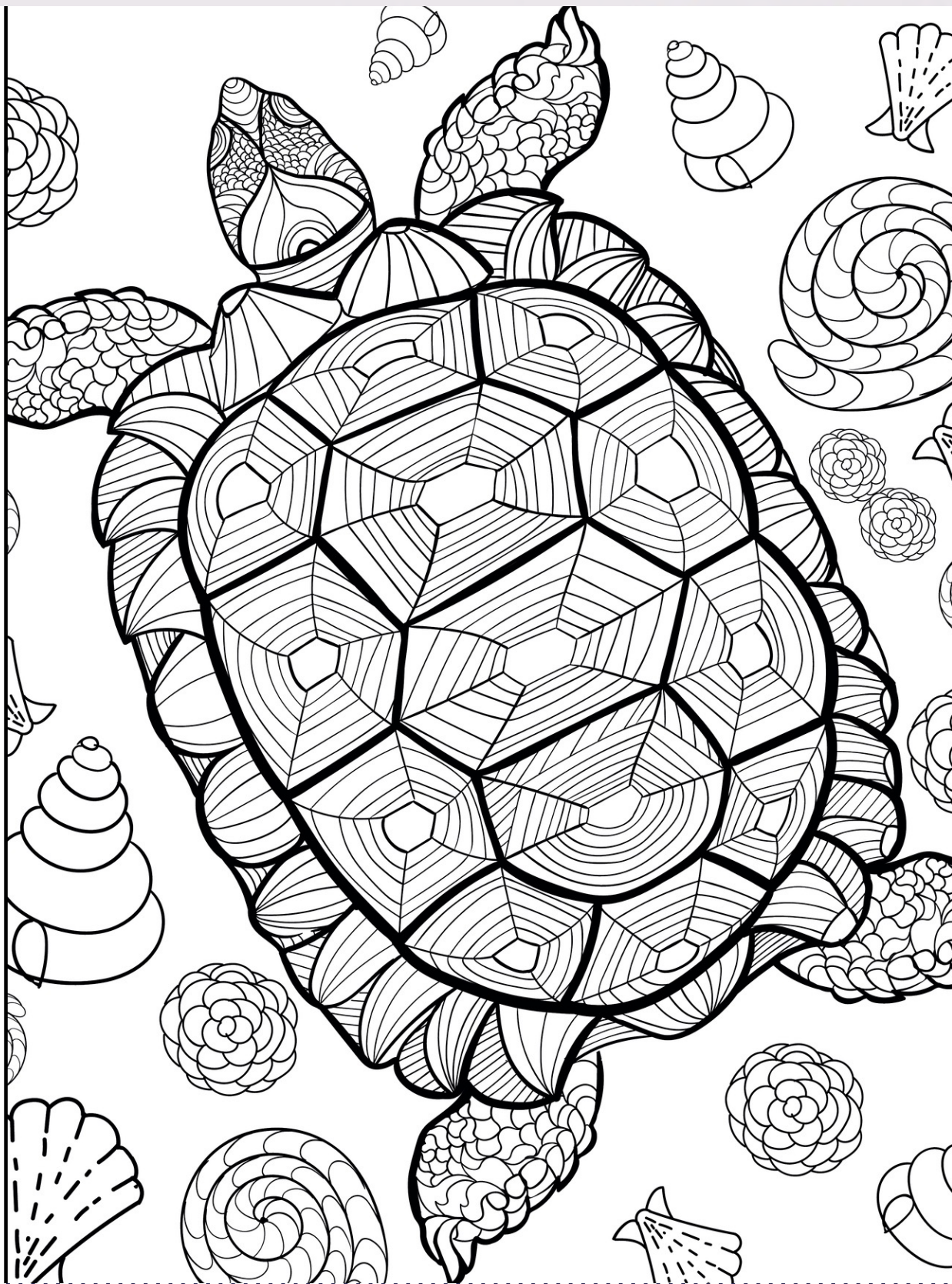
1. Beverage made of lemon.
3. A big red and green fruit.
5. An occasion when a packed meal is eaten outdoors, usually on an outing in the countryside.
6. A pebbly or sandy shore especially by the sea
7. A two-piece swimming costume for women.
9. Let's have some fun in the \_\_\_\_\_.
11. Go from one place to another, typically over a distance of some length.

### Across:

1. We put \_\_\_\_\_ on our skin to prevent sunburn.
2. The warmest season of the year.
4. The activity of spending a holiday living in a tent.
7. Food cooked out of the house, on a grill.
8. Let's build a \_\_\_\_\_ with the sand.
10. In summer, the weather is \_\_\_\_\_.



# Colouring in





# Colouring in





# A Letter About How I'm Feeling

This simple worksheet may help you express your feelings and understand what may have been triggering for you. Use the following template to help you put thoughts and feelings to paper. These do not need to be shared and you can keep these private and personal.

The goal of this activity is to help you understand your own feelings.

Here is a word bank to help you fill this in

Sad

Frustrated

Angry

Lonely

Nervous

Irritated

Scared

Stressed

Confused

Dear .....

I have been feeling .....

I have been feeling this way because .....

I have also been feeling .....

Because .....

To help me feel better, I think it might help if .....

From .....





# DIRECTORY

## Beam

[childrenssociety.org.uk](https://childrenssociety.org.uk)

## Beat Eating Disorders

[beatingdisorders.org.uk](https://beatingdisorders.org.uk)

## Calm Harm

<https://calmharm.co.uk>

## Healios

Visit <https://www.healios.org.uk/>

## Kooth

Visit <https://www.kooth.com/>

## Let's Talk Loneliness

<https://letstalkloneliness.co.uk>

## Safespot

<https://safespot.org.uk>

## Samaritans

Visit <https://www.samaritans.org/>

## Silver Cloud CBT (Cognitive Behaviour Therapy)

[iapshropshire.silvercloudhealth.com](https://iapshropshire.silvercloudhealth.com)

## Student Space

<https://studentspace.org.uk>

## The Green Oak Foundation

[www.thegreenoakfoundation.co.uk](https://www.thegreenoakfoundation.co.uk)

## Thrive

[thriveapproach.com](https://thriveapproach.com)

## Togetherall

<https://togetherall.com>

## Young Minds

Visit <https://youngminds.org.uk/>