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Well done! You have made it through one of the toughest school years that any student ever has had to go through!

You have had weeks in school, weeks out of school, remote home learning, technical issues, teachers in and out of school, friends in and out of school, parents nagging, no decent school trips, limited chances to see your mates and to top it off....England were beat in the Euros 2020 final!

So, there is nothing else for it.... you have to make the very most of the summer holidays...rest, relax, have fun and reset. If there was ever a generation of students that deserved this break, it most definitely has to be you.

This resource pack contains just a few ideas on how to do this.

### **Firstly rest and relax.....**

Your wellbeing is really important. You may have heard us preach about wellbeing and some of you may think it's mumbo jumbo, but if you're mind and body aren't rested and looked after, you are going to be in no place to look after what is important...YOU!.

Firstly, this booklet explains a bit about how your mind works and some mental hygiene ideas.

There are also a few ideas for getting out this summer, some pretty cool events happening in and out of Plymouth, and maybe some things you can get yourself signed up for.

The last section is about where to go, and what to do when you're feeling a bit lost. And some guidance for your parents/carers because, as invincible and almighty as we parents/carers pretend to be, we don't have all the answers and are always learning too.

So, take a look through, make some notes and have the best summer break possible! We can't wait to hear all about it!



## Part 1

# HOW YOUR MIND WORKS



**HELP! I'M FEELING:** overwhelmed, sad, depressed, worried, angry, left out, lonely, bored, useless, scared....

## WHAT DO I DO?

- 1) You are suffering from ...being human! There is **NO NEED** to **DO** anything. You can be confident that feelings will pass and your in-built wellbeing will reappear.

## HOW CAN I KNOW THAT?

- 2) Feelings and thought are two sides of the same coin. We literally feel, what we think.
- 3) The nature of thoughts, like the nature of weather, is that they arise and move across the sky of our Mind, by themselves. There is no need to manage thought, in fact, it's impossible!
- 4) But uncomfortable thoughts can sometimes hang around more than we would like. Like weather, they can build from a small grey cloud to a Force 10 storm! This is because we tend to put a lot of energy into negative thoughts. Perhaps we don't like the feelings they bring with them; we think about our thinking, piling cloud upon cloud.
- 5) When we **NOTICE** we are caught in stormy thinking, the energy of our Mind changes and new weather, that is, new settled thought can appear, guided by our inner wisdom.
- 6) Sometimes we innocently believe that the thoughts we have are **TRUE**. We can also mistakenly believe feelings have a **MEANING**!
- 7) When we understand that bad feelings are just reminding us we are 'off track', we can look again towards our innate wellbeing. We can relax and be kind to ourselves. We can be safe in the knowledge our wellbeing and 'mental health' can never be broken.





## SO WHAT IS WELLBEING?

8) Well, what is it for you? You know, right?! You know when you are the 'best version of you', when your mind is settled, and thinking is calm. Feelings such as gratitude, inspiration, love, clarity, connection all 'well up'. Isn't that amazing?

You know it because you were born with wellbeing, at your core. You literally ARE wellbeing or in other words, a 'well' of 'being'!

9) Because wellbeing is part of you, NO ONE and NO THING can EVER put a feeling in you!

10) So, next time you get caught up in your feelings,

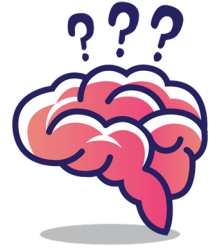
**REMEMBER:**

**IT'S AN INSIDE JOB,  
WELLBEING IS ALWAYS THERE UNDER THE CLOUDY THINKING  
AND  
YOU ARE FREE TO THRIVE!**





## Part 2



### THE EXPLANATION EXPANDED

1) All feelings are neutral. The world says some feelings are good and some are bad and feeling good is a goal! In fact, just like you need the rain AND the sun, for a rainbow to appear, uncomfortable feelings are natural. No feeling breaks our wellbeing, or our mental health. It clouds it over temporarily. It's true that feelings can do a very convincing job of making us think something is wrong with us! That is because our nervous system brings them to life, physically. So limbs can ache with depression, anger can cause our heart to race, fear can make us feel sick, excitement can give us butterflies in our stomach, and love can cause us to stutter! (See point 7)

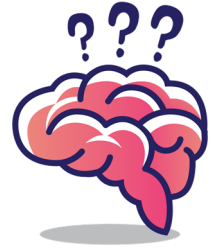
2) So we, for example, are never afraid of what we think we are afraid of. We are actually afraid of what we think. We are not feeling worried because of what we are worrying about: we are feeling worried about THE THOUGHT of what we are worrying about! Read that again! That is a powerful truth to realise.

3) When we wake up in a morning we are thinking. We don't start or stop. The energy of thought is always flowing through our mind! Check it out for yourself!

4) Thought is a formless invisible electrical impulse converted into language! Just like clouds from an aeroplane window look solid until we find we are passing through their vapour, thought can look like that too.

5) When we allow our minds to quieten, we can hear our inner wisdom. You will likely then find your feelings and mood shifts. For example, you might think to take a bath, go for a run, call a friend, make a cup of tea. Watch what happens!

6 /7/8) In fact, stormy thoughts and bad feelings are like when the picture on the TV freezes because of weather interfering with the satellite signal. We don't have to fiddle with remote control buttons and we certainly don't have to call out an engineer; because we understand how the satellite signal and a TV works, we can confidently wait until the weather pattern changes allowing the signal to settle down and the program comes back on line. Same with thoughts and feelings: when we understand how our mind works, we can observe thoughts and feelings with curiosity, with patience and we can let drama pass. When our mind is settled, our wellbeing releases wisdom.



9) Although it sure looks like it is outside stuff that drives our feelings, doesn't it! Someone is making me angry, some Instagram post is making me jealous, my siblings are driving me mad! But take a look! That cannot be true: no one and no thing can crawl inside your head! It is YOUR OWN thought about that person, or event, that is in fact creating your moment to moment experience. And thought will pass.

**REMEMBER:**

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WELLBEING IS ALWAYS THERE UNDER THE CLOUDY THINKING  
AND  
YOU ARE FREE TO THRIVE!**





### Part 3

## MENTAL HYGIENE HACKS: HOW TO HELP YOURSELF THRIVE THIS SUMMER

- 1) Sleep: when we sleep, spinal fluid washes through our brain and flushes out toxins that have built up during the day. During sleep memories are created. We are more able to manage emotions when we have had enough sleep.
- 2) Hydrate: the brain is about 75% water. All biological processes need water to function at their best.
- 3) Eat whole, fresh foods: food is 'medicine' to all parts of the body. Look at the label on the food you buy: if you need a Chemistry degree to understand it, the chances are your body would be better served with something else. The average packet loaf has 12 ingredients; you only need 4 ingredients to make healthy bread!
- 4) Exercise: increasing your heartrate pumps oxygenated blood to all your organs. You will feel better.
- 5) Meditate: it has been scientifically shown that meditation enlarges the number of connections in the brain. The more synaptic connections, the 'stronger' your brain!
- 6) Relax, take care of YOU, as your wisdom guides you.







## Part 4

### GOING DEEPER: YOU TUBE CLIPS, A POEM, A PARABLE, A LETTER AND A PICTURE

A 3 minute - 40 second video exploring how what we feel colours how we see the world

<https://innateevolution.com/start-here/the-reality-filter/>

A 5 minute video using the metaphor of the weather to explain our feelings

<https://innateevolution.com/start-here/the-weather-of-our-minds/>

Prince EA speaks about how we create our own reality: a good prompt to look at our own tricky situations and see what part our minds might be playing in 'making them up'.

[https://www.youtube.com/watch?v=\\_ICREZm9CtE](https://www.youtube.com/watch?v=_ICREZm9CtE)

Prince EA talks about the dangers of labels: what happens if we see emotions as labels too?







## THE GUEST HOUSE BY JALAUDDIN RUMI

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.





## THE MISSING WATCH

There once was a farmer who discovered that he had lost his watch in the barn.

It was no ordinary watch because it was a family heirloom and had great sentimental value for him. After searching high and low among the hay for a long while, he gave up and enlisted the help of a group of children that liked to play on his farm. He promised them that the person who found his watch would be rewarded.

Hearing this, the children hurried inside the barn. They went through and around all the bales, peering into dark dusty corners and lifting the heavy bales where they could. But still no-one could find the watch. Just when the farmer was about to give up the search and lock up the barn, a young boy went up to him and asked to be given another chance.

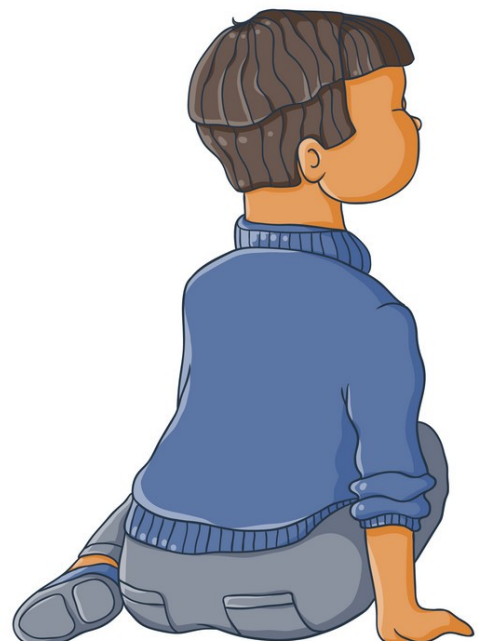
The farmer, still desperate to find his lost treasured possession, thought

'Why not? This kid may be lucky!'

So he let the boy back into the barn. After a while the little boy came out, with the watch held out in his hand. The farmer was both delighted and surprised.

He asked the boy how he had succeeded where he and the rest had failed.

The boy replied, "I did nothing. I sat on the ground and listened. In the silence, I heard the ticking of the watch and I looked in that direction".





## CAN YOU SEE HOW DIFFERENT A QUIET VS A BUSY MIND FEELS?

Mavis Karn is a counsellor to children in a Young Offenders Institute in the USA.

### THE SECRET BY MAVIS KARN

*Dear Kids,*

I have a secret to tell you. Nobody meant to keep it from you...It's just that it's been one of those things that's so obvious that people couldn't see it...like looking all over for the key that you have in your hand.

The secret is that you are already a completely whole, perfect person. You are not damaged goods, you are not incomplete, you are not flawed, you are not unfinished, you do not need remodeling, fixing, polishing or major rehabilitation. You already have within you everything you need to live a wonderful life. You have common sense, wisdom, genius, creativity, humour, self-esteem...you are pure potential...you are missing nothing.

The only thing that can keep you from enjoying all that you already are, is a **THOUGHT**. One thought, your thought. Not someone else's thought. Your thought . . . Whatever thought you are thinking at the moment that feels more important to think than feeling grateful, alive, content, joyful, optimistic, loving and at peace. . . that's the only thing that's between you and happiness.

And guess who's in charge of your thinking? Guess who gets to decide where your attention goes? Guess who gets to write, produce, direct and star in the moment you're in the middle of? You! Just you. Not your past (stored thought), not the future (did you ever notice that it never, ever shows up?), not your parents (they all think their own thoughts), or your friends (ditto), or school or television or situations or circumstances (Snapchat, Instagram, TikTok) or anything else. Just you.

Thinking is an awesome capability. Like any capability, it can be used whether as a tool or as a weapon against ourselves and others. And just like with any other tool, we can tell whether we're using it for or against ourselves by how it feels. When we think against ourselves or others, we get in trouble. When we don't, we usually stay out of trouble.

FEELINGS EXIST TO WARN US AWAY FROM USING OUR THINKING TO CREATE TROUBLE IN OUR LIVES AND TO GUIDE US BACK TO OUR NATURAL, HEALTHY ABILITY TO LIVE OUR LIVES TO THE FULLEST.

So, please remember that your thoughts are not always telling you the truth. When we're in low moods, feeling down, our thoughts are not to be trusted...our IQ drops. When our thoughts pass and we lighten up, our thinking is once again creative, positive...our IQ goes up. The only way you can feel badly about yourself and your life is if you think badly about them...it's up to you, every single minute you're alive. It's always up to you!

This is the best, most liberating secret I ever learned, and I want you to know it too.

*With love, Mavis.*



Even when the storm is  
strong, the sun never  
leaves!







## Rest and Relax

Taking time to rest and relax is incredibly important. Self-care is all about what you can do to make yourself feel better - physically and emotionally - which all leads to supporting your mental health!

Everyone is different so there isn't a one size fits all approach to self-care. Your self-care can look like whatever suits you!

The first step into to the world of self-care is identifying activities that you can use to support your mental health. This can look different for everyone - you may have an idea, you may not - but how about trying a few things this summer that work for you?

## What can you do for you?



### 1. Eat Well

It's boring, I know, but fuelling your body and mind with nutrition will help it work much more efficiently. Try cutting out some processed food and swapping for healthier alternatives for a week and see the difference yourself. Or, if that's too much commitment, aim to ditch just one thing - switch the Monster Energy drinks for a smoothie, or fruit juice, or even better.... water!



Below are some easy recipes. Change some of the ingredients and see what you can create!



## SUPERFOOD SHAKE

### Ingredients

- ½ cup frozen cherries
- 8 oz water
- ½ cup chopped raw beets
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- ½ banana
- 1 scoop chocolate whey protein
- 1 tbsp ground flaxseed

### Nutrition

- Calories: 359
- Fat: 6g
- Protein: 25g
- Sodium: 166mg
- Carbohydrates: 55g
- Fiber: 11g
- Sugars: 35g
- Calcium: 15% DV
- Potassium: 20% DV



## ULTIMATE BREAKFAST SMOOTHIE

### Ingredients

- 1 medium banana
- ½ cup sliced strawberries
- ½ cup blueberries
- ¼ cup lowfat Greek yogurt
- 1 tbsp almond butter
- 1/2 cup spinach
- 1/2 cup almond milk

### Nutrition

- Calories: 300
- Fat: 11g
- Protein: 12.5g
- Sodium: 135mg
- Carbohydrates: 40g
- Fiber: 7g
- Sugars: 22g
- Calcium: 20% DV
- Potassium: 15% DV





## CHOCOLATE, PEANUT BUTTER & BANANA SHAKE

### Ingredients

- 12 oz water, milk, or yogurt
- 2 scoops chocolate protein powder
- 1 banana
- 1 cup of spinach
- 2 tbsp of natural peanut butter
- 1 tbsp cacao nibs or dark cocoa powder

### Nutrition\*

- Calories: 434
- Fat: 19g
- Protein: 33g
- Sodium: 202mg
- Carbohydrates: 41g
- Fiber: 8g
- Sugars: 19g
- Calcium: 14% DV
- Potassium: 19% DV

\*if made with water





## 2. Try some relaxation techniques.

Every now and again check in with yourself. Trust how you're feeling. A 5-minute body scan is a great way to do this.

Sometimes our minds become overwhelmed with so many thoughts and feelings throughout the day we lose the connection from our mind to our body. 5 minutes to reconnect, work out why you're feeling rubbish, and become fully relaxed can

help you calm your mind completely. Head space - there are some fantastic mindful meditation videos on You Tube, try them out, you may surprise yourself with how effective they are!



[www.headspace.com](http://www.headspace.com)

<https://www.youtube.com/channel/UCC3JhfsgFPLSLNEROQCdj-GQ>

Mindfulness is a great way to reset. There is so much about the day we miss because we are so busy just getting through it. By slowing down and really taking in the world around



you - what you see, you hear, you feel and taste - you can start to connect your brilliant mind to your body. I'm talking next level awareness, which means you can achieve pretty much anything you want to....maybe not superhero level but you'll certainly feel like one!



Why don't you give this a try?

# BODY SCAN MEDITATION FOR CHILDREN, TEENS AND ADULTS

## Get in position.

Sit on the floor or in a chair, whatever is comfortable. You can also lay down, as long as you won't fall asleep and gently lower your eyes.

## Focus on how your body feels.

Notice how you are sitting. Feel the weight of your body on the floor or in the chair and take a few deep breaths.

## Move your attention slowly through the body.

Start with your feet and slowly progress up your body — legs, shoulders, arms, neck — until you reach the top of your head. At each body part, stop for a few seconds and notice how it feels, whether it is tense, relaxed, tingling, painful. Pay attention to the sensation. If you don't have any strong sensations, that's okay — just notice how it feels.

## When your attention wanders, return to the body scan.

Your attention will wander, and that's okay, too. When it does, acknowledge it, and gently bring your attention back to a specific body part.

## Take in your body as a whole.

After you have moved through your body piece by piece, whether it was in order or randomly (both are okay), spend a few moments noticing how your entire body feels, as a whole. Take a few more breaths and slowly open your eyes to conclude the meditation.





### 3. Time away from technology

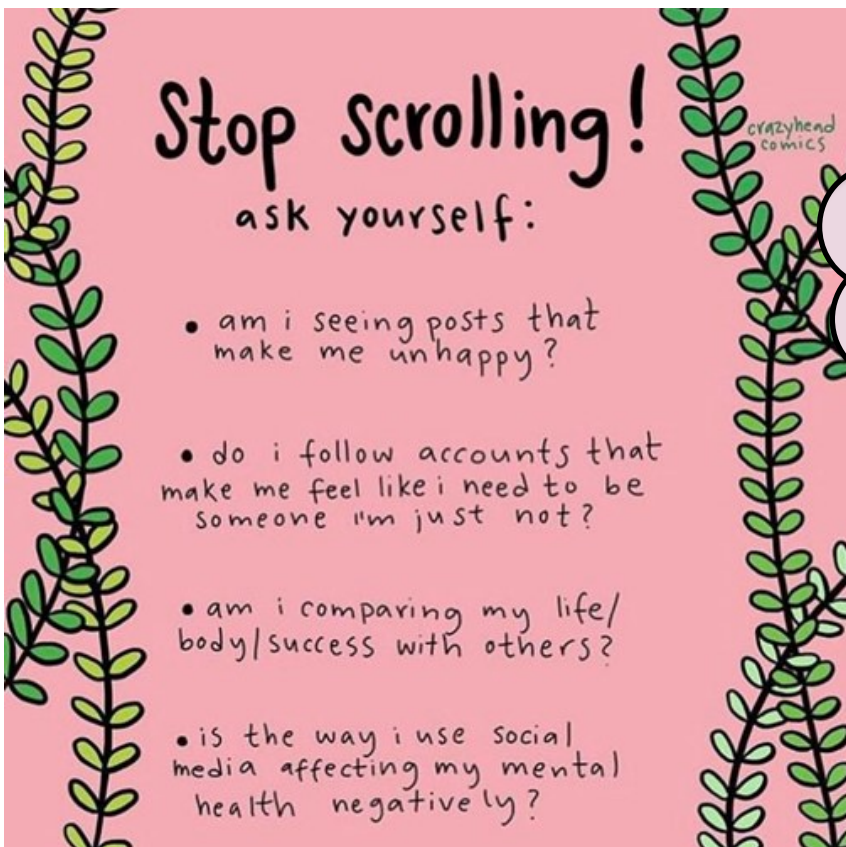
I get it. You are a teenager, your phone is your life, and it isn't within 30cm of your hand at all times the world just might actually end!



...Or will it?

Sometimes technology and social media is a lifeline, but sometimes the constant pressure to message, snap, dm, ping, tweet, share, like, post, stream posts on social media can become...just overwhelming. And whilst it connects us to the world around us which is a great thing, it can also really damage our mental health if not used mindfully!

If you feel that what you see is beginning to negatively affect you....take a break!



If you feel that what you see is beginning to negatively affect you....**take a break!**





## Disconnect to Reconnect

Start small with just an hour, then build up. In that spare time do something just for you. Remember that the world is not going to end because you didn't snap something. But you have had an hour of peace.... focusing on the only thing that is important... you!

Know that you are enough without the likes, the posts, and don't worry about FOMO. When you can start seeing that, you may just find the best lifeline you have, is yourself and not your phone. You'll sleep better, feel lighter and - dare I say it - maybe feel a little happier.

## 6 WAYS INSTAGRAM CAN NEGATIVELY AFFECT YOUR MENTAL HEALTH



### Anxiety & Depression

Spending too long on Instagram could be adversely affecting your mood. In fact, you're more likely to report poor mental health, including symptoms of anxiety and depression.



### Unhealthy Sleeping Patterns

Spending too much time on Instagram can lead to poor sleep. Numerous studies have shown that increased use of social media has a negative effect on your sleep quality.



### FOMO (Fear Of Missing Out)

FOMO is basically a form of anxiety that you get when you're scared of missing out on a positive experience or emotions that someone else is getting.



### Cyberbullying

The anonymity that Instagram provides can be used by the perpetrators to gain people's trust and then terrorise them in front of their peers.



### Negative Body Image

Seeing those perfect in accordance with the society standards people on a daily basis makes you conscious about how different you look from those pictures.



### Self-Esteem

Comparing yourself to others on social media by staying up to date with their relationship status on Facebook could do little to assuage your feelings of self-doubt.







And that includes gaming!

Gaming is great for keeping touch with friends, chilling out and taking your mind off things. I know lots of you use gaming to cope with all sorts of worries and concerns, and that is OK!

Now for the boring adult 'However' bit... **However**, gaming should not replace real world approaches to these situations. Keeping in touch with your friends is also great to do in person. Make sure this is built into your free time.

## HOW TO STOP SEEKING VALIDATION FROM SOCIAL MEDIA

### SET THE BOUNDARIES

We often forget to use social media responsibly and thoughtfully in our need to connect and get validation. Try being mindful of the content you share online to help you feel safe and comfortable.

### START YOUR DAY WITH GRATITUDE

Instead of posting a picture on social media as soon as you get up, try starting a different morning routine. A simple gratitude practice such as affirmations has the power to improve self-esteem.

### CONNECT WITH THE REAL PEOPLE IN YOUR LIFE

Studies show that people who use social media excessively tend to experience frequent mood swings, neglect their personal life and withdraw from real-life interactions with others.

### EMBARK ON A DIGITAL DETOX

Take breaks and refrain from visiting social media for a few hours a day. Taking breaks from technology to connect with nature instead can help still your thoughts as well ease stress and anxiety.

### STAY AUTHENTIC

Ask yourself why you post the stuff you do. Does it inspire others? Does it add any value to your or other people's lives? Or do you post just to seek attention and validation?

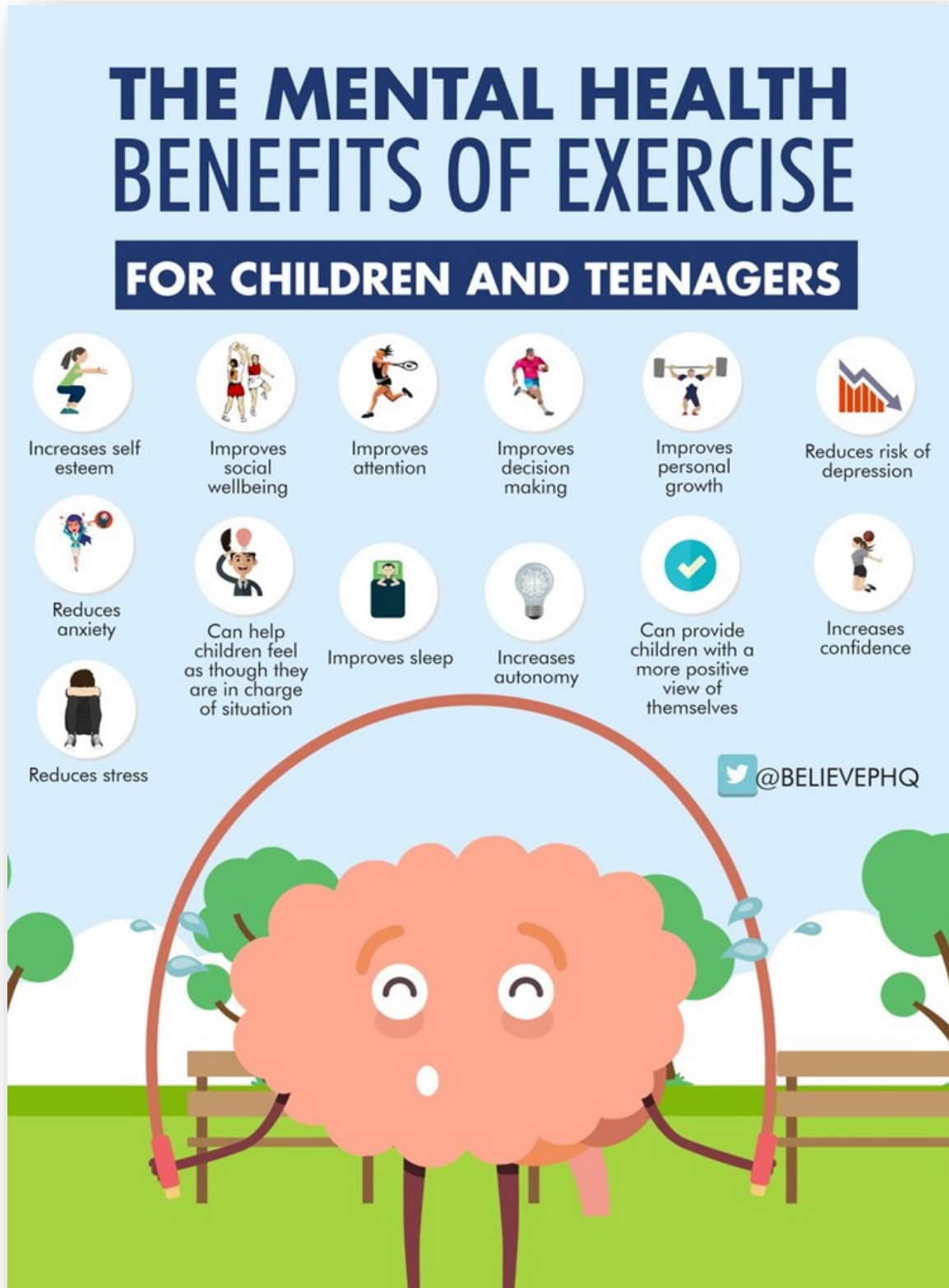




## 4. Move More!

It's a given. Move more. Feel better.

Whether it is a walk with the dog, a game of football, swimming with your mates, body boarding at the beach, a You Tube exercise class or a hula hoop! Move more, feel better. Your endorphins will thank you for it!



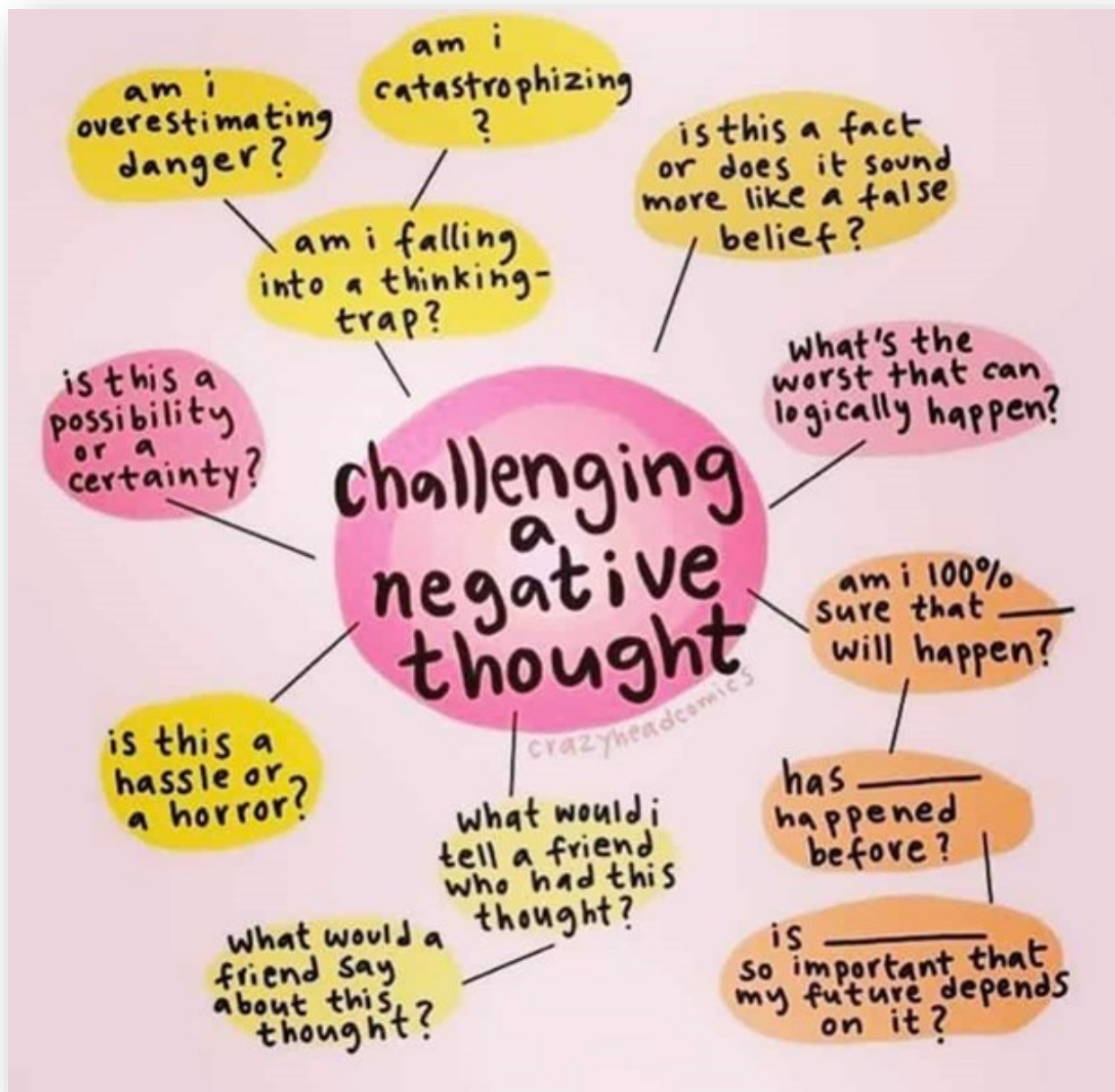




## 5. Be kind to yourself

Take a moment... this is really hard to do... but take a moment and look at yourself through someone else's eyes. What do they see that makes you special to them? Hold those thoughts and embrace them... be proud of them. Stick those thoughts on a post-it note and stick it by your bedroom mirror/wall so you're reminded every day of just how important you are to the world!

Even the most positive people have negative thoughts about themselves, but a great skill to learn is how to challenge those thoughts! Practise asking yourself these questions...





And then practice bubble thinking. Whenever a negative thought about yourself pops into your head, imagine a big grey bubble around it. Then take a positive thought, one of those wonderful things about yourself you don't tell yourself nearly enough. Imagine it's in a pink/blue/rainbow coloured bubble and watch it bounce that rubbish feeling right out of view. If you really want to banish the thought....POP IT! You may think it sounds bonkers but give it a go!



“Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.”

~ Louise L. Hay







## 6. Write. Anything. On anything.

Whether it is a post-it notes with a smiley face on because you've had a good day.

Whether it is a quick note of the 3 favourite things that have happened to you today.

Or whether it is journaling.

There are so many benefits of emptying your mind of thoughts and putting them on paper.

Journaling doesn't even need to make sense, just start free writing nonsense and soon how you're feeling will trickle on to the paper.





# MENTAL HEALTH: THE BENEFITS OF JOURNALING

Writing in a journal can positively impact your anxiety through:

- Letting go of negative thoughts
- Calming and clearing your mind
- Exploring your experiences with anxiety
- Releasing pent-up feelings and everyday stress
- Writing about your struggles and your successes
- Tracking your progress as you undergo treatment
- Enhancing your self-awareness and teaching you about your triggers



Through mechanisms like those listed above, journaling has been shown to:

- Reduce anxiety in patients with multiple sclerosis
- Reduce physical symptoms, health problems, and anxiety in women
- Help students manage their stress and anxiety and improve their engagement and enhance meaning found in the classroom





# MENTAL HEALTH: THE BENEFITS OF JOURNALING

8 Psychological benefits of taking  
the time to journal every day:

1. It promotes and enhances your creativity in a way that once-in-a-while journaling simply can't match
2. It propels you toward your goals, helping you bring your vision to life
3. It offers you a daily opportunity to recover from the daily stressors and leave the unimportant stuff behind
4. It can help you identify things that would otherwise go unnoticed, such as patterns in your thinking and the influences behind your feelings
5. It gives you a chance to get all of your emotions out on paper, reducing your stress and releasing tension
6. It facilitates learning by creating a record of the lessons and key ideas you have discovered and helps you remember them more effectively
7. It boosts your overall sense of gratitude and your sensitivity to all that you have to be grateful for
8. It leaves a written record of your experiences, which can be helpful today and extremely precious years into the future.







## Dealing with the big black cloud!

You're human. You are going to have bad days. You are totally going to have those days when the people in your house are driving you crazy, you've lost your air pods, there is nothing in the fridge, you're bored, someone's beaten your top score on your latest game, or your mates have wound you up with something they've said.... it happens...and you are allowed to feel grumpy!

But try to recognise it is not a nice place to be.

Recognise it as a sign that you need to do something to change that.

Think of that big black cloud as a little notice telling you something isn't right..... and figure it out!

Do you need to let something go? If so, dump it!

### 10 THINGS TO CHUCK IN THE BIN TO HELP YOU MOVE FORWARD

- The opinions of others that control your life**
  - It's not what others think, it's what you think about yourself that counts.
  - You have to do exactly what's best for you and your life, not what's best for everyone else.
- The shame of past failures**
  - Your past does not equal your future.
  - All that matters is what you do moving forward.
- Not appreciating the present moment**
  - Too often we try to accomplish something big without realising that life is made up of small things.
- Being indecisive about what you want**
  - You will never leave where you are until you decide where you would rather be.
  - Make a decision to figure out what you want, and then pursue it passionately.
- Procrastinating on the goals that matter to you**
  - There are two primary choice in life:
    1. Accept conditions as they exist.
    2. Accept the responsibility for changing them.

CAMHS

Do you need to get outside for some exercise?.....[See above!](#)

Do you need to eat a little better...? [See above!](#)

Do you need a social media break?...[See above!](#)

Do you need to be a bit kind to yourself?...[See above!](#)

All these things come together to protect you, support your mental health and make you happy. Put them together and see what could change!





# REMINDERS FOR HARD DAYS



1. A bad day does not equal a bad life.

You are not  
this struggle.

2. Not all thoughts are true. <sup>Phew.</sup>

3. Feelings are not facts.

But all your feelings are valid,  
real, and allowed.

4. The only way out is through. <sup>DARN IT.</sup>

→ 5. Your worth is not contingent on circumstances.

↘ You are LOVABLE and ENOUGH always. ↙

6. Nothing stays the same. <sup>Life guarantees this.</sup>

7. You can't be everything to everyone. <sup>But you can be true to yourself.</sup>

8. Be gentle with yourself. And trust your inner voice, strength, and resilience.

And be vulnerable.

9. You're not alone. It's okay to ask for help. ^

10. Focus on the things you can control.

Let go of the rest. <sup>This is easier said than done.</sup>



## Summer Self Care Plan

Try to get showered and dressed each morning. I know we all love a lie in - and you have weeks and weeks of them ahead, how amazing is that - but sleeping into the afternoon is perhaps a little excessive!

Try to aim to get up around the same time each morning, get showered, dressed, and eat breakfast. Once you get into a routine, you'll feel much better in yourself!

By creating a self-care plan you will be able to identify all the things that you do or would like to do that might support your mental health. You can change the plan as the weeks go on, find out what works and change it up a bit. Self-care is completely guided by you. There are no rules, and you can change it depending on how busy you are or how you're feeling. If you've booked yourself in for a sky dive but actually just feel like a duvet day and a box set binge **BECAUSE YOU'RE EXHAUSTED FROM A BUSY DAY BEFORE**, that's OK too.

Self-care is about following your feelings and making healthy choices.

To keep yourself on track for a summer of wellness - plan each week. Fill out each box with some ideas and changes to keep that marvellous mind of yours healthy!

### Eat well...

List 3 things you are going to do this week to feel healthy

### Move more...

List 3 things you are going to do this week to make sure you are moving more



## Mindfulness...

What three activities are you going to do this week that will be great for your mental health

## Things to do this week...

And the fun stuff. Get out and about and find something fun to do

you are enough.





## What's on in the Holidays



July

August

YMCA Holiday Club - see overleaf for details

Sign up on the website: <https://www.ymcaplymouth.org.uk/holidayclub>

### **Holiday Club at YMCA**

Holiday Club is a great way for young people to get the most out of their break in the school half-terms and summer holidays.

Our club is for children aged 8-16 and include all kinds of activities such as; street surfing, arts & crafts, climbing, sports and trips to adventure parks. Our Multi-activity day sessions start from just £15 per day. With additional early and late add-on sessions also available from £3 each.

Meals and drinks are available to purchase, for both parents/carers and kids, from our on-site cafe – Steve's Snacks.

We're proud of our reputation for offering safe, fun and engaging youth activities in Plymouth for over four decades.

**Next club:**

**Summer Holiday 2021**

**26/07/21 – 03/09/21**

We have lots planned this summer holiday, including: Team Games, Arts & Crafts, quidditch, Street Surfing (In the Sports Hall), competitions and lots more!

Our main multi-activity session runs each day apart from special trip days where specified. After booking a main Multi-activity session you can also extend this by booking early and late add-on sessions for £3 each.

Club sessions run on weekdays during the school holidays and half term breaks (except for bank holidays).

**Early Add-on – £3 per session**

8am – 9:30am

**Multi-Activity Club – £15 per session**

9:30am – 3:30pm

**Late Add-on – £3 per session**

3:30pm – 5:30pm

**Trips – £25**

(8:00pm – 5:30pm)

**Food options**

Our cafe is open from 9am – 2pm Monday – Friday, located upstairs in the main building. It offers both hot and cold food, including: sandwiches, chicken nuggets and chips, baked potatoes and vegetarian options.



**August**

### **Plymouth Pride**

Feel the Pride in Plymouth!

Plymouth Pride will take place on **Saturday the 7<sup>th</sup> of August 2021 on Plymouth Hoe.**

The Plymouth Pride is designed to bring people and groups together to promote diversity and talent which exists in the LGBT communities in Plymouth. The aim of the pride to end eliminate discrimination of all people and bring Plymouth together into one cohesive community.



### **British Fireworks Championships**

Plymouth Hoe

18th & 19th August 2021 on Plymouth Hoe



### **School Holiday Sessions are available at The Mount Batten Centre**

There are range of new half day adventures and courses available for those aged 11+.

Check out more details -



[School Holiday Sessions for 11-15 year olds - Mount Batten Centre \(mount-batten-centre.com\)](http://mount-batten-centre.com)

### **Carl's Boxing Stable Plympton at The Rees Well-being Centre Plympton**

Mon 7pm - 8pm

Wed 6pm - 7pm & 7pm - 8pm

Fri 6pm - 7pm & 7pm - 8pm



Cost per session

Under 18s £3

18+ £4

Pay on arrival





Friday 27<sup>th</sup>, Saturday 28<sup>th</sup>, Sunday 29<sup>th</sup>

1 Big Summer on Plymouth Hoe

The poster for '1 Big Summer 2021' is set against a dark blue night sky with stars and silhouettes of birds. At the top, a large white '1' is next to the text 'BIG SUMMER 2021' in white and yellow. Below this, 'HOE PARK · PLYMOUTH · UK' and 'AUGUST BANK HOLIDAY' are written. A yellow banner across the middle contains the dates 'FRI 27TH · SAT 28TH · SUN 29TH AUGUST 2021'. The poster is divided into three horizontal sections by wavy lines, each representing a day of the festival. The Friday section features 'CHASE AND STATUS DJ SET' and '& RAGE' with small bull icons, 'IBIZA ORCHESTRA LIVE', 'SPECIAL GUEST TBA', and a list of other acts. The Saturday section lists 'THE LIBERTINES' and 'deadmau5' in large stylized fonts, with 'VERY SPECIAL GUEST KSI' and 'RAYE · TBA'. The Sunday section is titled 'SAUSAGE AND CIDER FESTIVAL' and 'FRANK TURNER DUO', followed by a list of activities. The bottom of the poster features logos for Plymouth City Council, Sky VIP, Basic Bitch Rosé, and BE SO Group, and a large call to action to buy tickets at 1BIGSUMMER.COM.

**1 BIG SUMMER 2021**  
HOE PARK · PLYMOUTH · UK  
AUGUST BANK HOLIDAY

FRI 27TH · SAT 28TH · SUN 29TH AUGUST 2021

**FRIDAY**

**CHASE AND STATUS** DJ SET **& RAGE**

IBIZA ORCHESTRA LIVE  
SPECIAL GUEST TBA  
SAMMY VIRJI · R3WIRE  
FREEJAK · WARREN JONES · TBA

**SATURDAY**

**THE LIBERTINES** **deadmau5**

VERY SPECIAL GUEST **KSI**  
RAYE · TBA

MARTIN 2 SMOOVE · ANDY PURNELL · DJ JONEZY

**SUNDAY**

**SAUSAGE AND CIDER FESTIVAL**

**FRANK TURNER DUO**

PLUS MANY MORE TO BE ANNOUNCED...  
FUN FOR ALL THE FAMILY · 20+ DELICIOUS CIDERS  
CRAFT COCKTAILS · DELICIOUS STREET FOOD  
WORLD RECORD EATING CONTESTS · FUN AND GAMES

PLYMOUTH CITY COUNCIL Sky VIP BASIC BITCH ROSÉ BE SO GROUP

**BUY TICKETS NOW AT**  
**1BIGSUMMER.COM**





## Weekly

### Ideas



- Create a summer playlist with your friends.

Every great summer needs a soundtrack. Trust me.... in 20 years' time, you'll hear that song from your summer soundtrack 2021 and be grateful to hear it!



Take part in a photography challenge with your friends.

Get out and about and take some truly arty photos! Whether it's urban scapes, countryside, seaside, nature or your friends, work on getting some great shots. You don't even need a professional camera....the phone that can't possibly leave your side takes some great pics too, and you can instantly share them.





## When sometimes....this isn't enough

Sometimes, we can do all the things we need to help ourselves, but it's not enough.

It is exactly at that point you need to find some help and support.

So just **talk**

The first step is scary. But once you can say the words out loud to someone, anyone, there is help.

Talk to whoever is at home. Write it down if it helps.

Talk to a trusted family member or talk to a friend.

They might not have all the answers, but they can help you find them.

There are also many places where you can seek support. The school has signed up for the Kooth service. It is a great website with forums, communities, articles and a chat function with a counsellor available. Look around. Bookmark on your phone so it is there exactly when you need it.



Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



#### **Magazine**

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



#### **Discussion Boards**

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



#### **Chat**

Young people can chat with our helpful team about anything that's on their mind



#### **Daily Journal**

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

For ages: **10-18**



Sign up for free at **Kooth.com**





There are also numerous text services. Put these numbers in your phone. In those moments, when you feel low reach out. Someone is always there to respond and provide you with the support you need in that moment.

**Anna Freud**  
National Centre for  
Children and Families

**shout**  
for support in a crisis  
and more

# In crisis? Need support?

24  
hours a day  
7  
days a week

**Text AFC to 85258**

## Text the free, anonymous crisis textline

All texts are answered by trained volunteers,  
with support from experienced clinical specialists

# Having a mental health crisis?

## Text **YM** to **85258**

**YOUNGMINDS**  
Crisis Messenger

powered by  
**shout**  
**85258**  
CRISIS TEXT LINE





# Apps can be useful too!

There are many apps that you can download to help you manage your thoughts. They all have different approaches so try them and see which works for you. Just 10 minutes a day browsing through an app that can help, can make a difference.

This is a collection of apps that are designed to support young people, adults and families with their mental health and well-being. If you click on the image it will open the app site in a new window. Some of these do need a paid subscription to use them while others have been made freely available during the Covid situation



## Headspace

A meditation app that acts as a personal guide to health and happiness



## Mindshift

A free app designed to help teens and young adults cope with anxiety.



## MoodGym

An online cognitive behaviour therapy program for depression and anxiety



## Superbetter

Helps build resilience - the ability to stay strong, motivated and optimistic even in the face of difficult obstacles



## Happify

TURNS the latest innovations in the science of happiness into activities and games that help you lead a more fulfilling life.



## Smiling Mind

A meditation program developed by psychologists and educators to help bring mindfulness into your life



# It's OK not to feel OK!

But if that feeling doesn't seem to go away ...please reach out.

We quite like teenagers here at #TEAMHELES.

We know how **incredible** you all can be and believe that every single one of you has something WONDERFUL to give to the world, whether you can see it yet, or not.

We are always here to help you see it, to help you when you need it, and we will always be there to do our very best to make things ok.

**No one at #TEAMHELES  
is ever alone.**



# Worried about how you're feeling?



Check out [youngminds.org.uk/find-help](https://youngminds.org.uk/find-help)

**YOUNG**MiNDS





## And for parents/carers .....

There was a time when your biggest worry was whether your child was having enough messy play, whether they had enough sun cream on, and whether they would ever learn to tie their shoelaces.

And then they become teenagers.

If you are worried about your teen's mental health, if you notice a change in behaviour, a persistent change in mood, a change in appetite, seek some advice. There are many places to go to.

Don't be afraid to go to the GP. If they can't help, they will be able to signpost you somewhere that can.

**If you feel your child is in a mental health crisis, please call CAMHS Crisis line**

### **CAMHS**

Is your child or the child you are caring for experiencing anxiety, worry or stress?

Are they experiencing psychological or emotional distress?

Do you need to talk to someone who can offer support and advice?

This service is open to Children, Young People,  
Parents, Carers and Professionals.

The Urgent Mental Health Support Telephone line is open now 24 hours a day, 7 days a week on **01752 435122** for advice and support.



**Health for Kids!** Livewell Southwest

Staying Healthy | Illness | Feelings | Getting Help

A fun and interactive resource for learning about health

Games | Activities | Quizzes

**Psst! Parents!**  
As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.

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

Follow us: [f livewellsouthwest](https://www.facebook.com/livewellsouthwest) [@livewellsw](https://twitter.com/livewellsw)

ChatHealth  
Text a school nurse for confidential advice and support

**07480 635189**

**HEALTH FOR TEENS** Livewell Southwest

TEXT YOUR SCHOOL NURSE FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:  
**07480 635198**

GET HELP WITH ALL KINDS OF THINGS LIKE...

HEALTHY EATING | RELATIONSHIPS | SMOKING  
EMOTIONAL HEALTH | BULLYING | SELF HARM  
ALCOHOL & DRUGS | ANXIETY | SLEEP | PUBERTY

YOU CAN ALSO VISIT:  
**WWW.HEALTHFORTEENS.CO.UK**

SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,  
AND FIND OUT THE TRUTH BEHIND THE RUMOURS

There is help available for you too. Managing teens during a 6-week holiday is no mean feat!

Take some time for yourself too. Perhaps follow some of the wellbeing advice in this booklet. And when things become too much, reach out to someone. A friend, family member or one of the support networks below.

**Parenthood..**

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds  
Parents Helpline  
0808 802 5544  
[www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents)

**YOUNG MINDS**



# Need to talk?

24/7

**urgent mental health support  
for adults living in Plymouth**

**First Response 01752 434922**

**Livewell**  
Southwest

## Further Resources

<https://www.annafreud.org/schools-and-colleges/resources/selfcaresummer-secondary-pack/>

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

[www.kooth.com](http://www.kooth.com)

[www.youngdevon.org](http://www.youngdevon.org)





## Enjoy a happy and healthy holiday with our **FREE** Fit and Fed holiday clubs!

Our Fit and Fed holiday programme provides fun activities and healthy meals for children on free school meals in Plymouth during the summer holidays. This year it's being funded by the Department for Education.

There are over 70 holiday clubs offering a range of different activities, from street dance to science workshops and water sports to forest skills. All of our clubs are run by experienced organisations who will provide a safe and welcoming environment where children will have fun, build confidence and make new friends.

**How to book:** Contact each holiday club directly to book a space. Inside this brochure you will find information about all the exciting clubs taking place. Each child can book up to four weeks for **FREE**. They can attend the same club or visit a different club each week, the choice is yours.

**For more information visit our website or contact the Sports Development Unit:**

**W:** [plymouth.gov.uk/fitandfed](http://plymouth.gov.uk/fitandfed)

**E:** [sportsdev@plymouth.gov.uk](mailto:sportsdev@plymouth.gov.uk)

