

TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER

MY WELLBEING CHECKLIST

- ✓ Am I getting enough sleep?
- ✓ Am I eating well?
- ✓ Am I drinking enough water?
- ✓ Am I connecting with friends?
- ✓ Am I moving my body enough?

COMPILED BY



PRODUCED BY

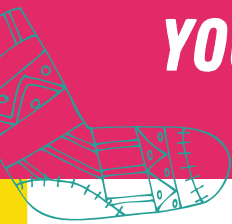


A FEW IDEAS TO GET YOU STARTED

- ☆ Practice kindness to your family and yourself → ['14 Ways To Be Kind'](#)
- ☆ Make food together → ['Christmas For Kids Recipes'](#)
- ☆ Go outside in nature or for a walk → ['The Best Walks in Bristol'](#)
- ☆ Play a game together
- ☆ Do something creative → ['Top 10 Free Creative Ideas for Families'](#)
- ☆ Listen to music
- ☆ Watch a film
- ☆ Move - dance, play, run do yoga, play 'Statues'
- ☆ Grow a plant → ['Plants to Enhance Learning and Wellbeing'](#)
- ☆ Rest and sleep → ['Tips for Better Sleep'](#) | ['How to Relax'](#)
- ☆ Enjoy a bedtime story → ['How to Read a Bedtime Story'](#)
- ☆ Get some space → ['Safe and Peaceful Place Visualization Exercise'](#)
- ☆ Self-care menu → ['Self-Care, Anxiety and Depression Coping Strategies'](#)
- ☆ Wellbeing action plan → ['Wellbeing Action Plan'](#)
- ☆ Breathe! → ['Kids Meditation - Cooling Out Breath'](#)



BOOSTING YOUR MOOD



APPS

- ☆ [Calm Harm](#)
- ☆ [Clear Fear](#)
- ☆ [Calm](#)
- ☆ [Headspace](#)
- ☆ [DistrACT](#)



Happiness Chemicals and How to Hack Them



DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hands
- Hugging your family
- Giving compliments

SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

ENDORPHIN

THE PAIN KILLER

- Laughter
- Essential oils
- Watch a comedy
- Dark Chocolate
- Exercising

MANAGING CHALLENGING THOUGHTS & FEELINGS

- ☆ ['How to Deal with Unhelpful Thoughts'](#)
- ☆ ['Reframing Thoughts - Take That Thought to Court'](#)

CHRISTMAS RESOURCES

- ☆ ['Tis The Season To Be Lonely' zine](#)
- ☆ ['Looking After Your Mental Health Over the Holidays'](#)
- ☆ ['Childline: Christmas'](#)

CORONAVIRUS & MENTAL HEALTH

- ☆ ['Coronavirus and Mental Health'](#)
- ☆ ['Help With How I'm Feeling'](#)



COMMUNITY RESOURCES

- ☆ [Bristol Somali Resource Centre](#)
- ☆ [Barton Hill Activity Club](#)
- ☆ [Bristol Youth Concern](#)
- ☆ [Southmead Development Trust](#)
- ☆ [Southville Community Centre](#)
- ☆ [Hartcliffe & Withywood Community Partnership](#)
- ☆ [Bristol Refugee Rights](#)
- ☆ [Muslim Youth Helpline](#)

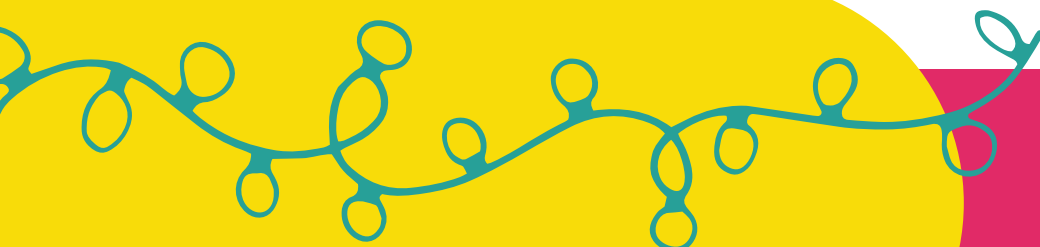


ALCOHOL AND OTHER DRUGS

- ☆ [Bristol Drugs Project: Contact Us](#)
- ☆ [Bristol Drugs Project: The Drop](#)
- ☆ [Bristol Drugs Project: Online Tools](#)

SUPPORT FOR PARENTS/CARERS

- ☆ ['Parents Survival Guide'](#)
- ☆ ['Supporting Your Child During the Coronavirus Pandemic'](#)
- ☆ [Action For Children: 'Talk To Us'](#)
- ☆ ['Five Ways to Manage Your Wellbeing as a Parent During Lockdown'](#)
- ☆ ['Guide to Supporting Children Who Are Worried'](#)
- ☆ ['The Stress Bucket'](#)



IF YOU'RE STRUGGLING...

- ☆ **Kooth**
An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.
- ☆ **Childline** | 0800 1111 (7:30am-3:30am)
Helpline and webchat where you can talk about anything that's on your mind.
- ☆ **CAMHS Crisis Line** | 0800 953 9599 (24/7/365)
Immediate emotional and practical telephone support for young people aged 17 and under.
- ☆ **Papyrus HOPELINEUK** | 0800 068 4141 (9am-midnight)
Offering phone, text and email support for young people experiencing suicidal thoughts.
- ☆ **Samaritans** | 116 123 (24/7/365)
Listening support for anyone who is struggling to cope and wants someone to talk to.
- ☆ **Shout** | Text 'SHOUT' to 85258 (24/7/365)
Text support for young people in crisis.
- ☆ **Campaign Against Living Miserably** | 0800 58 58 58 (5pm-midnight)
Helpline and webchat providing information and support.
- ☆ **The Mix** | 0808 808 4994 (3pm-midnight)
Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



creativyouthnetwork.org.uk



bdp.org.uk



otrbristol.org.uk

