

The Mental Health Support Team

Tips For Winter Well-being

Get Some Sunlight

- In the winter months we tend to stay indoors more and sunlight can be hard to come by. This lack of sunlight can make us feel sluggish, tired and affect our mood.



- Make sure you get some sunlight when you can to help your body and mind wake up and keep normal bodily functions.

Keeping routines

- Breaking up from school can provide some needed rest, however, its good to keep some routine even if its just going to sleep and waking up at the same time every day.
- Have a bedtime routine – e.g. bath/read an hour before

bed and no blue light from phones.

- Staying up late and having little sleep can make you tired and sluggish.
- However, sleeping in all day leaves you with less time to socialise and enjoy your free time. It also has a knock-on effect on your sleep pattern when you do return to the school routine.

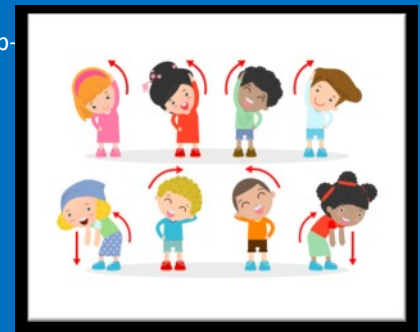
Trouble sleeping?

- Try the 4-7-8 breathing technique to focus on your body rather than what's on your mind. Breathe in for 4 seconds, hold for 7 seconds and then breathe out for 8 seconds.



Stay active

Our mental well-being and physical activity can decrease in the winter. Exercise and keeping active creates a release of happy endorphins that keep both our mind and body healthy.



Stay Active Videos

- KIDZ BOP UK** – dance and sing along for kids https://www.youtube.com/c/kidzbop_uk/featured
- Kids Yoga Quest & Zen Den by Cosmic Kids Yoga** – offering fun yoga videos integrated with story time. They also have some mindfulness videos and other helpful suggestions such as a magic worry box. https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_qbQ
- Yoga for teens** - <https://www.youtube.com/watch?v=7kgZnJqzNaU>
- 15 mins HIIT dance class** – The studio also offers a range of other dance workouts aimed at young people and adults <https://www.youtube.com/watch?v=yN3GgCUmmXw>

Christmas buddy

Staying connected in winter can be hard especially during a pandemic. One way that you could stay connected is to have a Christmas buddy. Ask someone to check-in with you and see how you are doing during the Christmas period, you could do the same for them.

Ask Sam (agony aunt type platform on ChildLine website)- <https://www.childline.org.uk/get-support/ask-sam/>

Helpful reminders if you find Christmas difficult (Young minds blog) - <https://youngminds.org.uk/blog/five-helpful-reminders-if-you-find-christmas-difficult/>

Resources

Mood Tracker (ChildLine) – record how your feeling and why <https://www.childline.org.uk/toolbox/mood-journal/>

Christmas Coping Tips (Mind UK) - <https://www.mind.org.uk/information-support/tips-for-everyday-living/christmas-and->