MENTAL HEALTH SUPPORT TEAM

NHS
Humber Teaching
NHS Foundation Trust

# Summer Wellbeing Guide

for young people

# Introduction

For most of you, you'll be well into the swing of summer by now! But have you thought about your summer holiday wellbeing?

For many of us, summer is the season of fun and freedom but if you're living with a mental health issue, you might not be quite so excited at the prospect of the weeks ahead. If so, we've put together some top tips for managing your mental health over the summer holidays.

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

This Summer Wellbeing Guide for young people is based on the 5 steps to wellbeing: connect, be active, learn new skills, give and take notice.

**Connect** **Be active** **Learn new skills**

**Give** **Take notice**

# Connect with other people

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

## Do

- Take time each day to be with your family, try arranging a fixed time to eat dinner together
- Arrange a day out with friends you've not seen for a while
- Try switching off the TV to talk or play a game with siblings or parents
- Volunteer at a local community centre or group

## Don't

- Do not rely on technology or social media alone to build relationships, it's easy to get into the habit of only ever texting, messaging or emailing people

# Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- boosting your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood

## Do

- Set yourself a fitness goal to achieve over the summer holidays like couch to 5k
- Organise a sports day in your garden and invite your friends
- Do away with technology for the first hour of the day and try a yoga session instead
- Aim for an average of at least 60 minutes of moderate or vigorous activity a day, each week

## Don't

- Do not feel you have to spend hours in a gym, it's best to find activities you enjoy and make them a part of your life

# Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

Some of the things you could try include:

## Do

- Try learning to cook something new or bake a cake for a friend
- Learn how to sign! There are lots of videos online that teach British Sign Language
- Start film-making, with technology like smartphones and tablets it’s easier now than ever before
- Download our resources to learn new coping skills

## Don’t

- Do not feel you have to learn new qualifications or sit exams if this does not interest you, it's best to find activities you enjoy and make them a part of your life

# Give to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Some examples of the things you could try include:

## Do

- Give back to your community, try litter picking or volunteering at a charity shop
- Positive affirmations go a long way, make somebody you love feel great
- Try random acts of kindness, you can do these for anybody not just people you know
- Spend time with family or friends who need support or company

# Take notice

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.
Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

# Do

- Take notice of how you're feeling and be kind to yourself during times of difficulty, remember to talk to yourself as you'd talk to a friend

- Do your best to take notice of how others around you are feeling and acting

- Take some time for yourself each day to practice mindfulness, if the weather allows do your practice outside in the garden

# Follow us

Follow our social media channels for more tips and self-help ideas to boost your emotional wellbeing and mental health this summer.

@mymhst

From all of us at Hull and East Riding MHST we hope you have a great summer, make lots of memories and find time to relax and do the things you love most!

# Support services

**Local Support**

Hull & East Yorkshire Mind
01482 240200
heymind.org.uk

Hull Thrive
howareyoufeeling.org.uk

Young Healthy Minds
eastridinghealthandwellbeing.co.uk

**National Support**

Childline
0800 1111
childline.org.uk

Young Minds
youngminds.org.uk

Anna Freud
annafreud.org

Kooth
Podcast
on Spotify