

SUMMER WELLBEING

The summer holidays are often a really exciting time but for some people, they can feel a little bit overwhelming. 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. It is important that you take the time to look after yourself and there are lots of ways that you can do this and lots of help and support out there if you need it.

Give – Feeling a sense of reward and connect with other people.

Be Active – Raising your self-esteem, improve your mood, reduce stress, anxiety, worry and help you sleep better.

Keep Learning – Trying something new can boost self-confidence and gain sense of achievement.

Connect– Gain a sense of belonging, feel valued and have emotional support.

Summer
wellbeing
top tips

Take notice – Being present in the moment can change the way you feel about life and how you approach challenges.

Prioritise self care and do things that make you feel happy.

Reach out if you need support.

Remember to stay hydrated and eat regular, nutritious meals.

SUMMER BINGO

Can you complete the Summer Bingo challenge. This is a great way to help support your mental health and wellbeing over summer

Send a postcard or letter	Go on a walk	Star gaze	Read a book	Make a home made gift for someone
Call a family member	Visit a park	Cloud watch	Research a topic that interests you	Tell someone a joke to make them smile
Play a board game	Make a summer playlist to dance to	Go bird spotting	Play some word games	Give someone a compliment
Talk with friends	Create your own obstacle course	Sit in the sunshine	Ask a relative about their interests	Help with jobs around your home
Ask someone about their day	Make a list of your summer goals	Watch the Rain	Mindfulness colouring	Tidy your room

LOCAL MENTAL HEALTH AND WELLBEING SUPPORT



Mind, the mental health charity. 'We're here to make sure no one has to face a mental health problem alone.'
<https://www.yorkmind.org.uk/>



Let's Make Sense Together is a free resource that anyone can use. It provides information and support to children and young people with sensory processing differences.

<https://www.hnyhealthiertogether.nhs.uk/young-person/sensory-processing>



Children and families signposting page which offers the link to a whole range of services.
<https://www.york.gov.uk/ChildrenAndFamilies>

The Go-To
For healthy minds in North Yorkshire

The Go-To is here to help you find the right support in North Yorkshire to help you stay well, whatever is going on in your life.
<https://thegoto.org.uk/>

ONLINE MENTAL HEALTH AND WELLBEING SUPPORT

stem4
supporting teenage mental health

stem4 is a charity that supports positive mental health in teenagers. Mental health information, apps and education.

<https://stem4.org.uk/>

THE MIX

The Mix is here to make sure every young person has somewhere to turn – whatever life throws at them.

<https://www.themix.org.uk/>

YOUNGMINDS

Discover information, advice & support for young people affected by mental health.

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

SAMARITANS

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

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

childline

ONLINE, ON THE PHONE, ANYTIME

Information, Advice & Support – Free and private service for young people. Online, on the phone, anytime.

<https://www.childline.org.uk/>

ONLINE MENTAL HEALTH AND WELLBEING SUPPORT

The logo for Barnardo's, featuring the word "BARNARDOS" in a stylized, green, blocky font with a dark green outline, set against a white background.

Barnardo's is a children's charity that's here to help children and young people safer, happier, healthier and more hopeful.
<https://www.barnardos.org.uk/>

The logo for CALM, featuring the word "CALM" in a bold, white, sans-serif font with a black outline, set against a bright yellow background.

CALM Is Here To Support You – CALM is a suicide prevention charity fighting to reduce the devastating impact of suicide.
<https://www.thecalmzone.net/>

The logo for "Better Health every mind matters", featuring the words "Better Health" in a white, sans-serif font inside a brown square, followed by the words "every mind matters" in a black, sans-serif font on a yellow background.

Here, you can find what works for you. We'll show you simple and practical ways to ease anxiety, manage stress, lift your mood and sleep better.
<https://www.nhs.uk/every-mind-matters/>

**In a mental health crisis, call
NHS 111 and select the mental
health option (2)**

Available 24/7, you will speak to a mental health professional who can listen to you and help you find the right support.



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