# **Walking for Wellbeing**

# Are you or your children feeling worried or not sleeping as well as usual? Read on for some top tips to get back on track!

Increasing the amount of physical activity you do at home and when out once a day during this unusual period in our lives will have a positive effect on your mental health, reducing feelings of stress and anxiety and improving the quality of your sleep. Overleaf are some suggestions for you to try, on your own or with family. Challenge your family to do one activity each a day and feel the difference. See our special "Lockdown" version of our **Walktober activities** sheet too with lots of energetic and creative ideas for you to adapt.

### The following organisations also have lots more information and ideas:

#### Motivation on YouTube

Watch one of the following short films:

<u>We All Have Mental Health</u>

The Anna Freud Centre for Children

<u>5 Tips To Staying Mentally Healthy</u>

Caregiver Asia

#### **Mellow Yellow**

Look out the **Young Minds** website www.youngminds.org.uk

There are lots of great ideas to improve your mental health including Beano jokes and uplifting playlists on the #HelloYellow page

# **Mindfulness Apps**

Search out **Dr Julie Smith**, Psychologist on **Tiktok** and become empowered to manage your own mental health. Other mindfulness apps include: **Pzizz Calm Headspace Smiling Mind Think Ninja** 

## Keep calm and carry on

Try the following webpages for more sources of information during the Coronavirus outbreak:

www.nhs.uk/oneyou/every-mind-matters/
www.sportengland.org/news/how-stay-active-while-youre-home
www.hants.gov.uk/socialcareandhealth/publichealth/
hampshirehealthineducation/keystages/primary
www.southampton.gov.uk/coronavirus-covid19/supporting-you/

# **Nodding off to Sleep**

Having problems sleeping?

Try using the Sleep Council's **Nodcasts** or keeping a **Sleep Diary**<a href="https://sleepcouncil.org.uk/advice-support/sleep-tools/">https://sleepcouncil.org.uk/advice-support/sleep-tools/</a>

### **Bullet that Journal**

Visit <a href="https://bulletjournal.com/">https://bulletjournal.com/</a> for how to create a bullet journal to record your exercise, feelings, goals and more.

There are lots of other ideas and illustrations online for you to search out too.

Need to speak to someone urgently?

Call the Samaritans on 116123 (www.samaritans.org) or Childline on 0800 1111 (www.childline.org.uk)







# Have fun being active during your once a day activity time: Feel good in body and mind ... and sleep well

Walk and talk with family



Love your locality



Learn some new tricks



Find your inner self



Take your wellies for a walk



Whizz your wheels



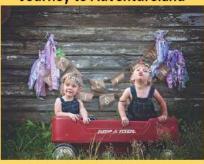
Look from a new perspective



Wash the dog



Journey to Adventureland



**Snap the Spring** 



Make a splash



And then rest ...







Please follow the up-to-date Government advice on social distancing when exercising outside or doing any of these activities with your family. Please don't meet with friends until the Government gives you permission to do so.





