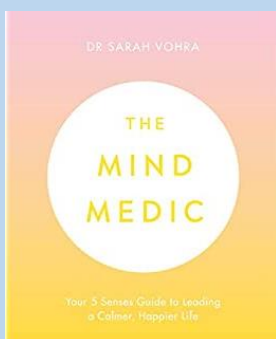


Instagram accounts we're loving



A guide to looking after your wellbeing during challenging times.

Struggling to sleep at the moment? Here are our top 3 tips for a good night's sleep:



1. Create a sleep routine

By having a regular routine of sleep & wake times, our body clock will begin to learn when it should be winding down each day.

2. Avoid blue light

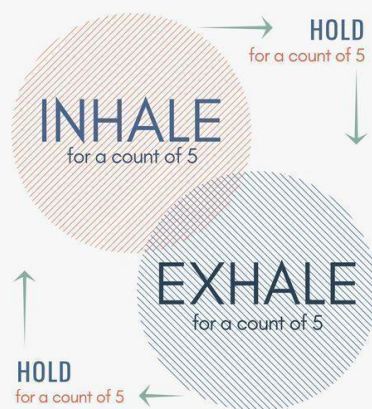
Blue light is produced by LED screens like phones, laptops & TVs. This light tells our bodies to stay awake and shifts our body clocks. It's a good idea to put these away 30 mins before bed.

3. Keep work out of sight

If you've been working in your room, try to put it elsewhere when you pack up or cover it over. This helps our brain to recognise the bedroom as a place of relaxation rather than work at the end of the day.

Our top relaxation technique:

USING THE BREATH TO
FOCUS THE MIND



How are other young people looking after their wellbeing right now?

Here are some of our young volunteers explaining how they are currently looking after their wellbeing and the importance of connecting with others:



Lexi

"It's really important that I check in on my friends and ask how they are. It's important to connect. Although text is one level, it's important to hear people's voices. So I call people and use video chats"



Katherine

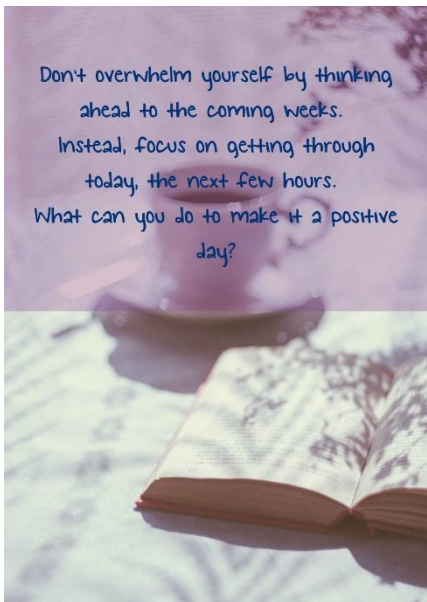
"I've been keeping to a routine, making sure I'm having a shower & getting dressed. I set myself things to do in that routine but am kind to myself if I don't manage to do them all"

To see more videos from our young volunteers, check out our Instagram here:



A guide to looking after your wellbeing during challenging times.

Top tip:



5 Ways to Wellbeing when you only have 1 minute:



Connect: Message a friend!

Be Active: Try doing the plank! (If you don't know what we mean-Google it!)

Keep Learning: Check out a Ted Talk on Youtube!

Take notice: Take notice of how you are feeling in this very moment, watch your thoughts & feel the sensations in your body

Give: Let someone know you appreciate them!

Our favourite podcasts & Youtube videos:



Self Care Bingo

Made myself something to eat	Got out of bed	Listened to a good playlist
Drank a glass of water	Spent 10 minutes tidying my space	Had a shower
Walked around (my room, downstairs, down the road)	Got in touch with someone	Did a 10 minute mindfulness session

24/7 Mental Health Support



116 123

They're available to offer support 24/7 every day of the year



85258

Text SHOUT to 85258 anytime day or night and chat by text to share what is worrying you



themix.org.uk

They offer a free & confidential helpline available 365 days a year via phone, email or webchat

Click here to contact us: