Mental Health Support Teams in Schools

NHS Leicestershire Partnership NHS Trust

Winter Wellbeing Pack



Looking after yourself this winter

How to look after your health during winter

As the colder weather arrives, it may be a little harder to stay positive, especially with the shorter days meaning there's less sunlight. We've put together this booklet with suggestions of ways to look after your emotional wellbeing over the autumn and winter season.

Write down a list of things that help you feel calm or connected during winter.

Examples:

- Movie marathon with fruit or popcorn. Why not relive an old classic?
- Dancing
- Discovering new music
- Reading a book or studying
- Taking a warm shower or bath
- Doodling or journalling
- Get in the kitchen and make a new dish





How can you include these in your self-care routine this winter?
For more ideas on how to look after yourself, check out www.healthforteens.co.uk/lifestyle/looking-after-yourself/

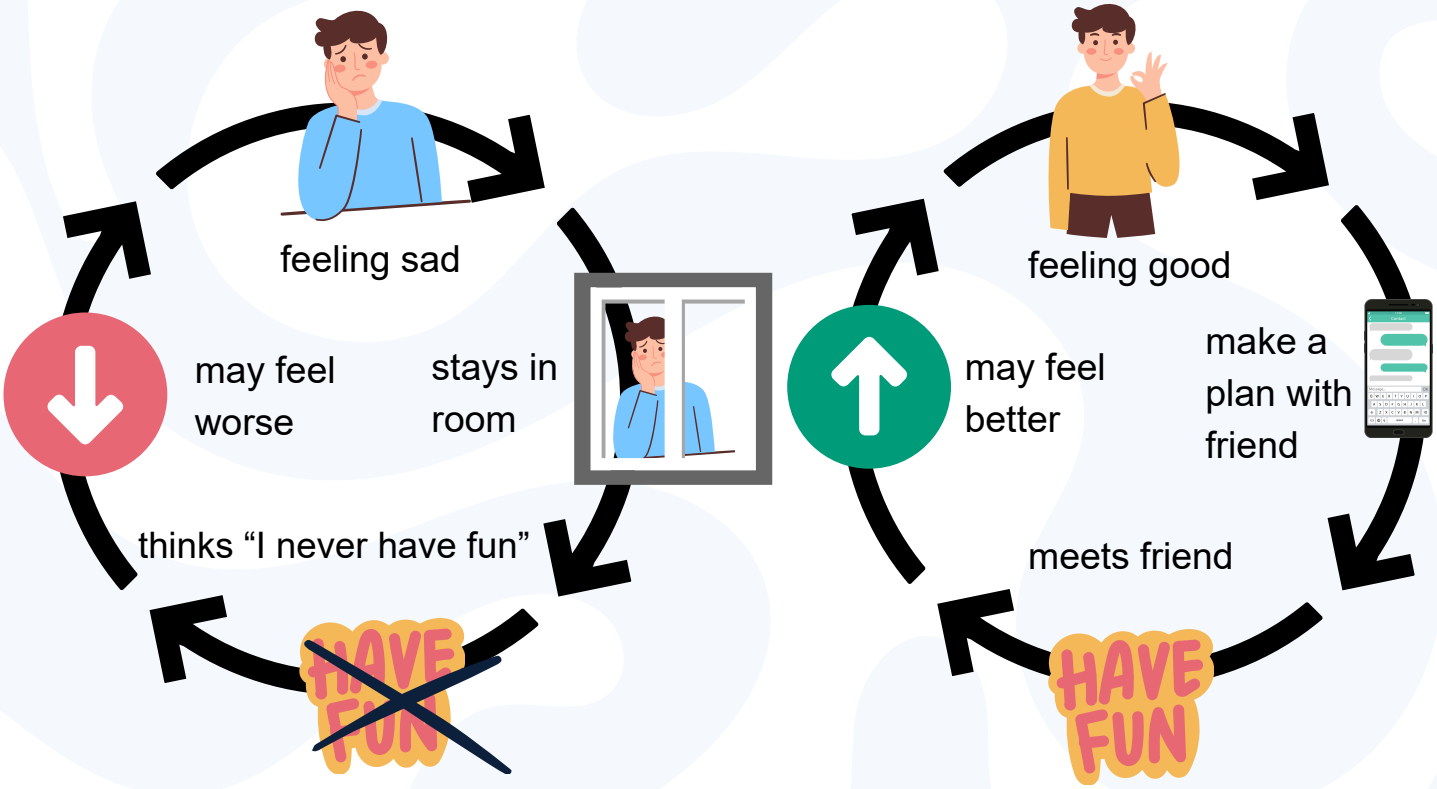
What do you like to do to beat winter boredom?

"I love to watch movies with my friends" - Muhammed

"I like chatting with my friends in our group chat"- Ayaana

Getting motivated!

It can feel hard to get started with something, especially if you feel unmotivated. You know that ‘can’t be bothered’ feeling? It is called *apathy*. It can leave you feeling stuck in your ways or thoughts.



The good news is that we can trick our brains into getting motivated. You just have to start, even if you don’t feel like doing it.

1. Begin with things you enjoy or find rewarding. The way it is easier to get started and start building motivation.
2. Create a small goal that you can achieve.
3. Celebrate small wins and build your next goal.

1. I need to start this coursework.

2. 
I‘ll just write the first paragraph

3. OK - Next time, I’ll set a ten minute timer to get the next section done.

Being outside

It can be refreshing to take a walk on a clear, crisp winter day. Wrap up warm and enjoy the outdoors with your friends or a trusted adult.

"Being outside clears my mind and I feel more relaxed!" - Alex



Winter photography

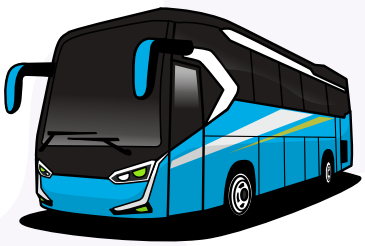
- Why not master photography? You can use a camera or phone and learn about exposure, lighting, gridlines, perspective and compostion with a quick internet search.

Going out

- If you have a mobile phone, make sure it is fully charged.
- Make sure your trusted adult knows where you are.
- Know how to get help if you need it.
- If it's dark on your way to school or college, wear or carry something bright or reflective so others can see you.

Getting there

Playing a game can help you to distract your mind if travelling makes you nervous or help to pass the time if you get bored!



Band bus: One person says a band name or artist. The next person has to name a band or artist that starts with the last letter of the first band. For example, Taylor Swift → Teddy Swims → S...

Press conference: One player acts as a celebrity and asks the "journalists" questions to figure out what bizarre event they are attending.

Staying in

Home can be a safe space to help you relax. This section shares one way how to look after your feelings indoors.



Digital detox: When the weather is bad, it's the easiest thing to spend hours on devices but being constantly connected can lead to anxiety, low self-esteem, irritability and depressive symptoms.

Consider turning off some notifications, taking a set break, such as the last two hours before bed or delete apps you find draining.

Why not use the extra time to try some of the offline activities on page 2?

Going places

Going to different places can be fun and exploring somewhere new can help you feel happy and confident. This page shares ideas of local places to explore safely and enjoy time with others.



Bored of going to the same old places? Why not ask your friends for some of their favourite places and why not visit together?

Find more places to visit in Leicester and Leicestershire: https://visitleicester.info/

Find more places to visit in Rutland: https://discover-rutland.co.uk/

Looking after yourself

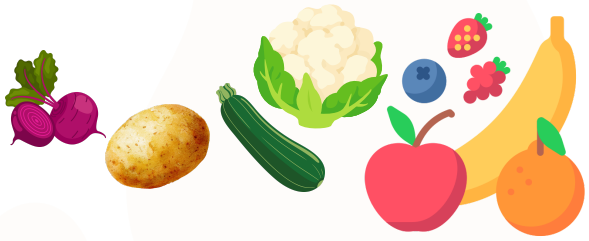
Looking after your body helps your mind feel good too. This page shares simple ways to stay safe and healthy while taking care of your feelings.



Mini activity:

Let's set some goals for the new year! What would you like to achieve in 2027?

Goals are easier to stick to if you make them specific. This means that instead of saying I'll tidy my room, say I'll spend 10 minutes tidying every Sunday.



Some goal ideas are:

- Try fruit and vegetables in 10 different colours this year.
- Invite someone who looks lonely at school to sit with you.
- Talk to a trusted adult when you have something on your mind
- Do an activity that raises your heart rate once a week. It could be playing basketball or going for a brisk walk. Can you get a friend or family member to join you for motivation?

Staying well in winter



- Going from cold winter air to heated rooms can leave you feeling dried out. Remember to drink plenty of water to stay hydrated.
- Keeping warm is important - wearing layers is the easiest way to stay cosy.

Returning after the winter break



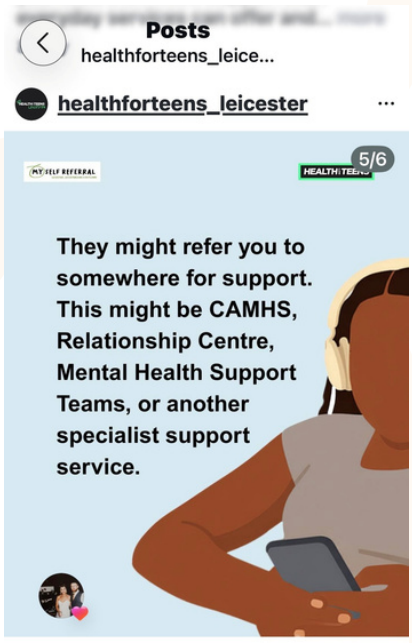
Getting ready to return to school or college

During the holidays, our sleep routine can change or become more flexible. It is important to get back into a routine before you start school so you feel good. www.healthforteens.co.uk/lifestyle/sleeping/

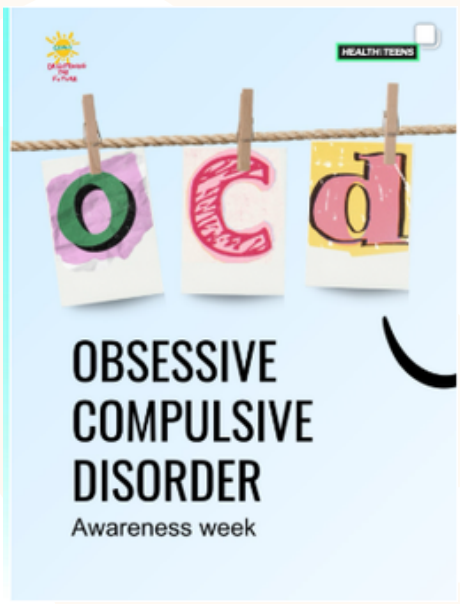
It can be harder to get out of bed on those cold, dark mornings. Move your alarm clock away from your bed so you have to get up and out of bed to switch it off.

If you find yourself feeling sleepy when you wake, why not drink a cold glass of water after waking up to boost alertness?

Check out our socials





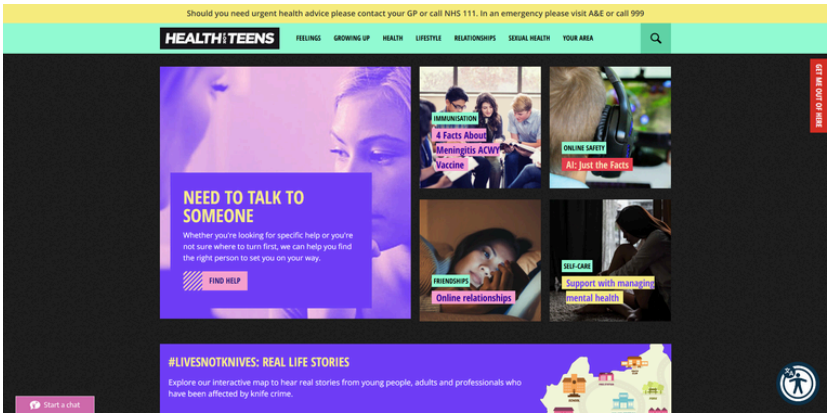


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Need more support?

NHS
Leicestershire Partnership
NHS Trust

If things feel tough this winter, you can use these services for extra support.



HEALTH FOR TEENS

Health for Teens is a website, written by NHS staff, that shares information on health and wellbeing. It covers lots of different topics. This website also has articles created by CAMHS staff, providing advice on topics including mental health conditions, self care and healthy living.
www.healthforteens.co.uk

tellmi

Tellmi is an online safe and anonymous space for young people (11 years and older) to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.
www.tellmi.help/what-is-tellmi

If you need urgent mental health support, 24/7 support is available over the phone. Call **NHS 111**, selecting the mental health crisis option 2. This number is open 24 hours a day and is totally free and confidential. You can also text 0748 063 5199 and they will get back to you within 4 hours. If there is an immediate threat to life, dial 999. If you are deaf and have urgent mental health needs, you can use the NHS 111 British Sign Language service: **www.signvideo.co.uk/nhs111.**