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.

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

Examples:

- Watching movies
- Dancing
- Reading a book
- Listening to music
- Studying
- Taking a warm shower or bath
- Doodling or drawing



How can you include these in your routine this winter?

What do you like to do to beat winter boredom?

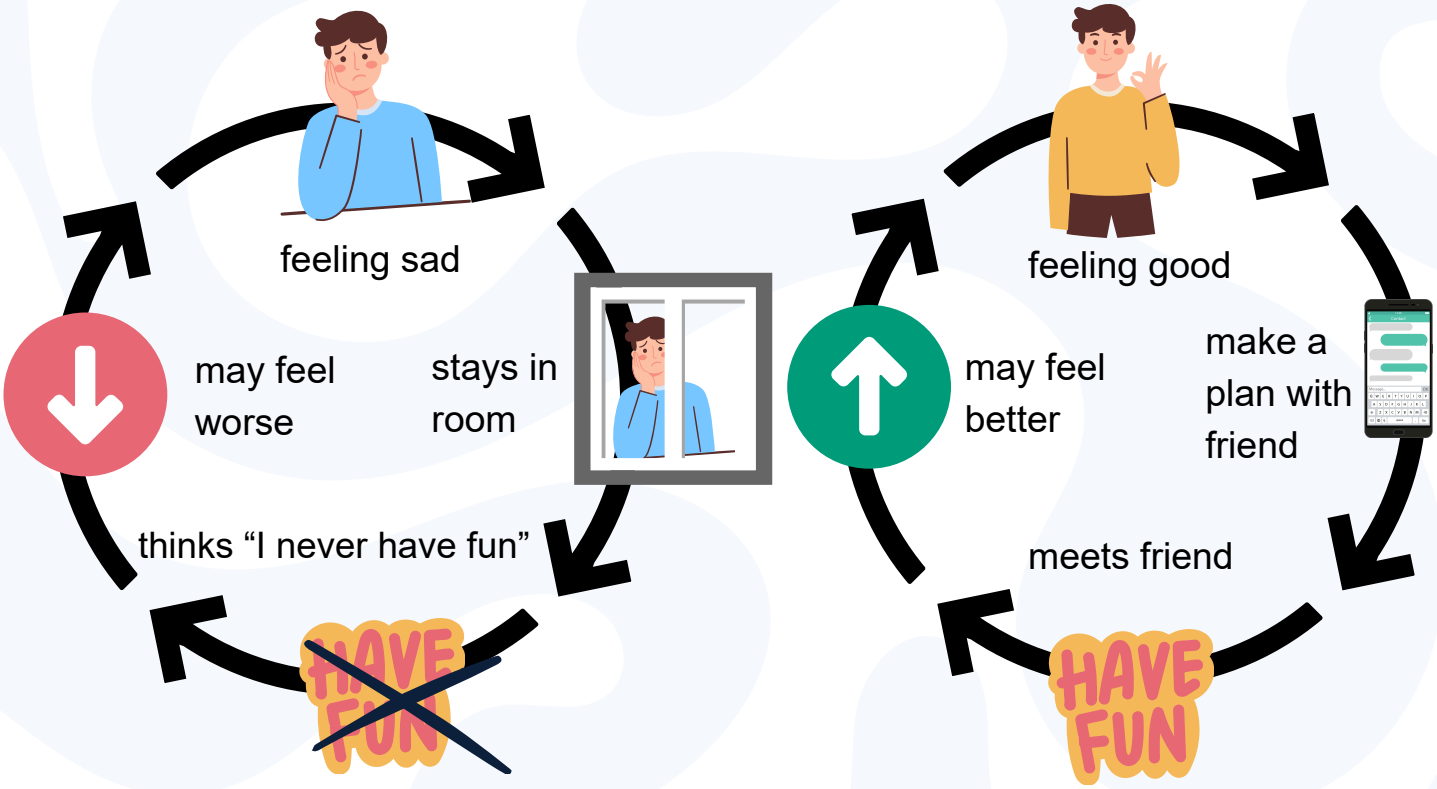
"Playing games, playing in the snow and cuddling my pets" - Matthew

"I feel calm when I am baking " - Lucy

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

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 want a clean room but it’s such a mess.

2. 
I‘ll just make the bed.

3. That already looks better. I’ll now set a five minute timer for tidying.

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.



Mini activity:
Let's go on an alphabet walk.
Go outside and see if you can spot something that starts with each letter of the alphabet.

A = Animal tracks
B = Bird
C = Clouds







This can help you feel calm, focused and relaxed.

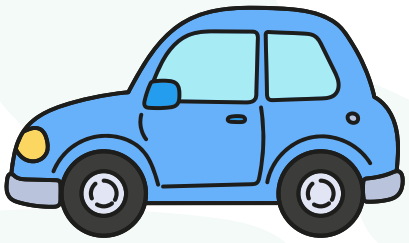
Going out

- If you have a mobile phone, make sure it is fully charged.
- Go with a trusted adult or make sure they know where you are.
- Know how to get help if you need it.
- Make sure you stick to the rules that your family have for being outside.
- If it is dark, such as early mornings going to school, remember to wear something bright to be seen.

" Being outside lets me connect with nature and feel refreshed " - Sarah

Getting there

Travelling can feel exciting but going somewhere new can sometimes feel worrying. The advice on this page helps you stay calm, safe and confident on your journey.



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!

21 questions: One person thinks of an object, and others take turns asking yes-or-no questions to guess what it is.

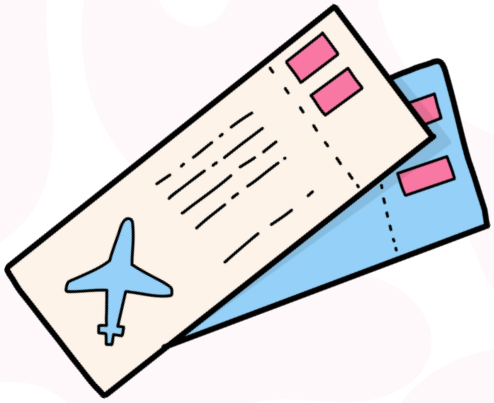
Press conference: One player acts as a celebrity and asks the "journalists" questions to figure out what bizarre event they are attending.

Guess the category:
Try to guess the category that another player is thinking of by suggesting items that may or may not fit into that category.

The rules:
Player A secretly thinks of a category. It could be anything, from “things you would find in the rainforest” to “things you definitely wouldn’t want to discover under your bed.”
The other players call out random items.
Player A tells them whether or not those items belong in the category.
Players continue suggesting items until they have enough information to guess the category.

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.



Bright lights are everywhere this winter. In Town Hall Square, you can see the Leicester city centre lights. For those in Rutland, Oakham has stalls and free live music on December 13th. Find more info using the QR codes below.



- Local leisure centre
- Library
- Museum
- Foxton Locks
- Bradgate Park
- Rutland Water
- The Guildhall
- The Space Centre
- The Carillon Tower
- Oakham Castle

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

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

Staying in

Home can be a safe space to help you relax. This page shares ideas how you have fun on rainy days and look after your feelings indoors.



Sometimes when we are staying inside at home, we get bored. To prevent boredom creeping in, why not try:

- Indoor camping - build a tent with sheets or towels.
- Movie marathon - settle in with fruit or popcorn to watch an old favourite.
- Start a journal - this could be in a notebook or as a digital project.
- Learn a new skill, such as drawing, painting or baking.
- Learn about staying safe online https://www.healthforteens.co.uk/lifestyle/looking-after-yourself-online/

Staying active indoors

You can have fun playing with balloons; catch, tennis and seeing how long you can keep it off the ground.

Use your empty squash or fizzy drink bottles that are ready to be recycled to create indoor bowling! With ten bottles, you can make a triangle with one bottle at the front, then two, then three and the back row of four bottles, but you can play with however many bottles you have. Use a tennis ball or soft ball to roll at the bottles and see how many you can knock down with each roll. Keep score and see who wins!

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 new year goals! New year is a perfect time to set some goals for yourself. These can be small or big. 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:

- Eat 10 different colours of fruit and vegetable this year
- See if I can book swap with friends to find new favourites
- Invite someone who looks lonely at school to join our game
- Talk to a trusted adult anytime I have something on my mind
- Do an activity that raises my heart rate once a week. It could be jumping jacks, basketball or going for a brisk walk. Can you get your family involved to?

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 cozy.

What will you do?

In the spaces below, write or draw examples of the things you could try from this booklet or add your own ideas!



Getting there

Being outside

Staying in

Going places

Looking after youself

Going back to school



Getting ready for returning to school

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? Maybe this could be whilst you have breakfast?

Be safe, be seen

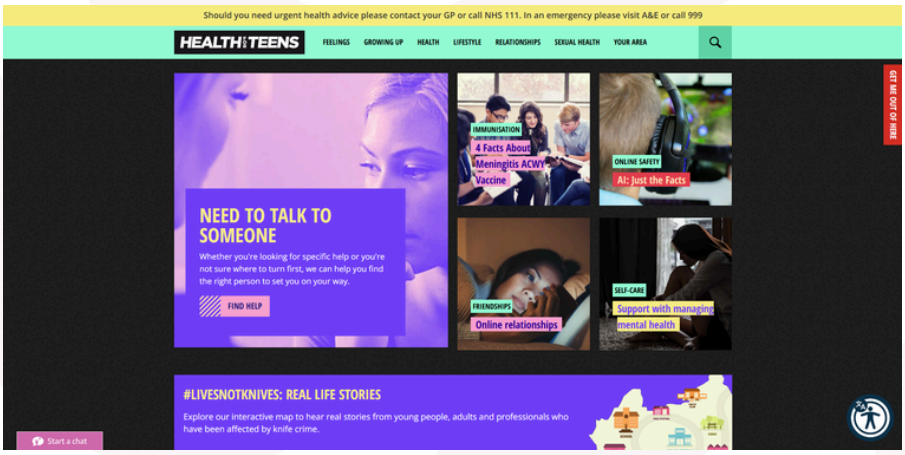
In the winter, you might be getting to school in dark mornings and evenings, so it is important to think about how to be safe on your way to and from school.

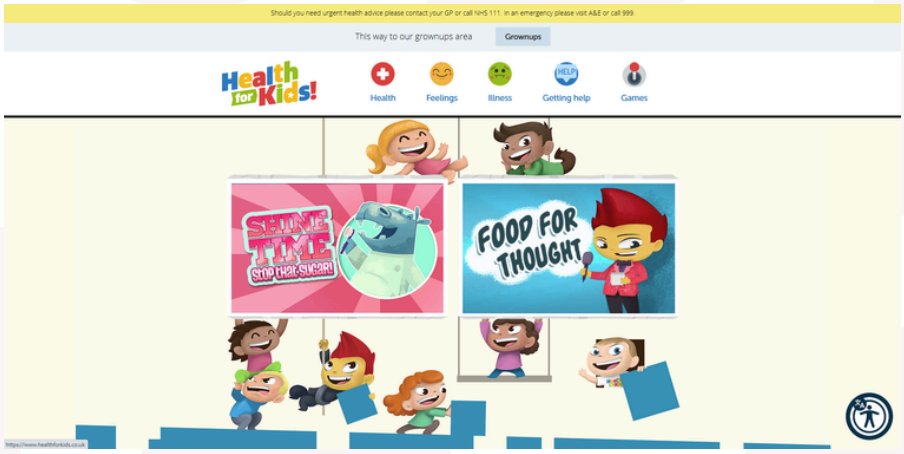
In the daytime: Wear bright, fluorescent colours (such as yellow, orange, red or pink) to stand out in dull daylight, fog or rain. Fluorescent materials do not work in the dark.

When it's dark: Wear reflective vests, armbands or attach reflective tags to clothing and backpacks so car headlights bounce back to drivers. Reflective gear makes you visible up to 150 meters sooner.

Check out our Health For websites

Our Health For Kids and Health For Teens websites are full of NHS approved content for children and young people. Find helpful top tips and local advice to support your mental and physical health.







HEALTH FOR TEENS

healthforteens_leicester

Health for Kids!

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

Health for Kids!

Health for Kids is a website, written by NHS staff that shares information on health and wellbeing. It covers lots of different topics. This is written for primary school aged children.
https://www.healthforkids.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.**