

At Lionheart, we believe in looking after you as a whole person and we know, whilst Christmas can be an exciting time for some people, it can also present challenges around mental health, finances and keeping active. We hope this booklet can offer ideas to support you over the winter holidays.

Inside this booklet you will find:

Page 2. Thrifty ideas to show you care this festive season

Page 3. Kooth: a website that supports teenage mental health

Page 3. An introduction to the charity Mind

Page 3. Apps to support good mental fitness

Page 4. Five ways to wellbeing: a reminder

Page 5. Take Control by Benda Clark

Page 5. Acts of Kindness Calendar

Page 6. Sources of support and guidance

SIX TIPS TO COMBAT THE "WINTER BLUES"



Stay active!



Eat healthy!



Stay social



**Use lights to
mimic sunshine**



Have fun!



**Open up about
your feelings**



Thrifty ideas to keep you busy for less!

Even if you're not particularly crafty, you can pull off something special and meaningful without spending very much.

Create a festive bouquet... use some of those hours off social media to create a beautiful and festive gift for someone you love. Follow the link for step by step instructions: <https://www.redtedart.com/paper-flowers-poinsettia/>



Decorating rocks (a brilliant gift as a paperweight)

Recycle preloved gifts to make the love go that little bit further. It is important to be appreciative whilst making someone else smile.

Print a Fab Photo or share one of your special memories. This can be in a frame or simply a collage in a piece of card.

Write 'I promise to...' letters or notes to offer acts of kindness to those you love. It costs nothing and means such a lot.

Kooth

Kooth is a judgement-free forum to get advice, help other and share your story. Kooth is aimed at 10-25 Year olds. There are ideas about mindfulness, setting goals, journaling and a messenger section to talk to their team when you need someone to listen and understand. There are lots of great resources that can support you over the coming months.



Practice being present—something that you can try that may help you feel calmer and safer in times of stress or panic by noticing the present moment.

Step 1

Take a moment to notice what you see around you right now (this may be objects, colours, people or even the detail of a pattern you see on a carpet).

Step 2:

Say what it is you see out loud.

Step 3:

Follow the same steps for something you can hear, touch or smell—perhaps spending just a few minutes on each sense. This can take around 10 minutes each day.

Take time to see how you feel after this activity. Being present in the moment can remind us to be





Mind is a great charity to help those who might need additional support with their mental health. Even though 1 in 4 people have mental health problems, most of us don't get the help we need. This has to change. We're Mind. We're here to fight for mental health. For support, for respect, for you.

You can visit Mind's website for support or ideas on how you can offer support to others: www.mind.org.uk

How can social media affect my wellbeing?

Social media apps or websites like Tiktok and Instagram can affect our wellbeing in good ways and in bad ways.

They can help us feel connected to other people, especially people like us or people who have similar interests. That can help us feel good. But we might also see content that is scary, upsetting or harmful to us.

You could think about how using social media is making you feel. **Sometimes we don't realise that what we're seeing is affecting how we feel and our wellbeing.** And it's important to make sure you're staying safe online.

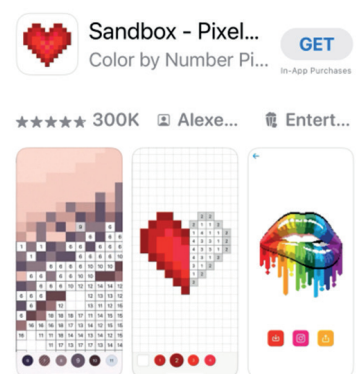
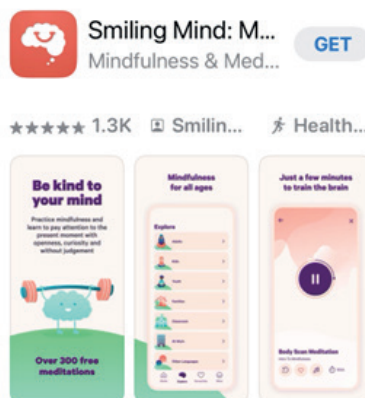
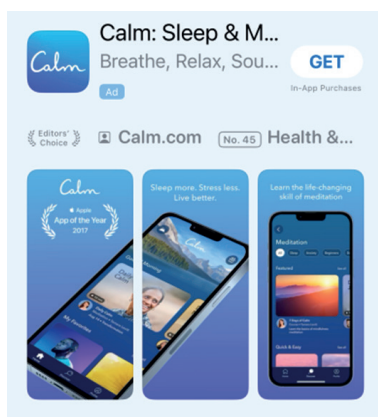
You could try some of these ideas to help look after yourself:

- Find content you enjoy and that makes you feel good.
- Unfollow, mute or block certain accounts or hashtags that you don't want to see.
- Set limits for how much you're using social media or for the times you'll use it.
- Block and report someone that's making you feel uncomfortable or upset. You can also tell a trusted adult like a teacher, parent or guardian what's going on.
- Think about what you feel okay sharing online and what you want to keep private or talk about in other ways.

Think about how you keep your information safe online. For more information, have a look at this Childline page on staying safe online.

You don't have to watch or talk about anything you don't want to. And you don't have to be responsible for anyone else.

For further ideas about mindfulness, why don't you look at using the following apps:



FIVE WAYS TO WELLBEING

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



TALK & LISTEN,
BE THERE, FEEL CONNECTED



YOUR TIME, YOUR WORDS, YOUR PRESENCE



REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY



EMBRACE NEW EXPERIENCES,
SEE OPPORTUNITIES, SURPRISE YOURSELF

 **Mental Health Foundation**
mōuri tū, mōuri o te
www.mentalhealth.org.nz

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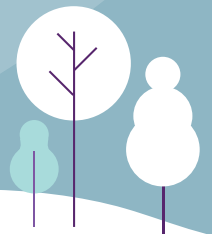
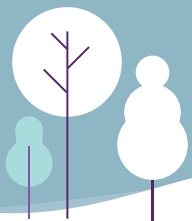
Take Control By Brenda Clark

Curb your desire to inhabit a place if it's crowded and noisy
 decide your pace
 Ask yourself if you need more stuff
 the possessions you have may be enough
 Keep your mind open, embrace the new
 continued learning will benefit you
 Connect with a friend, fulfil that role
 when you smile with your eyes you touch someone's soul



Acts of Kindness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
Leave a nice note in a library book	Give someone an 8-Second Hug	Send someone a nice note	Donate old books	Don't complain all day long	Leave a nice note on a mirror	Give a compliment
Pick up trash in your neighborhood	Be kind to a stranger	Draw a picture for someone	Bake yummy goodies for someone	SMILE at everyone you see today	Do someone else's chores for them	water plants
Feed the birds	Write a gratitude list (20 things)	Pick up trash you see on the ground	Leave an extra tip	Bring someone flowers (or draw a picture of flowers)	Recycle	Share with another person
Donate old clothes	Help an elderly person	Walk someone's (or your own) dog	Make a list of 10 things you're thankful for	Tell someone the reasons you like them	Hold the door for someone	Donate to a local animal shelter
Offer water to those in need.	Help make dinner	Make a bird feeder	Donate old toys	Make someone laugh	Write positive messages on the sidewalk	write a thank you note



LIONHEART SAFEGUARDING: SOURCES OF SUPPORT AND GUIDANCE



SAFEGUARDING CONCERNS: LEICESTERSHIRE COUNTY COUNCIL - 0116 305 0005
LEICESTER CITY - 0116 4541004

EMERGENCY! AMBULANCE, FIRE, POLICE: 999

<p>Childline Free, confidential advice & support for those 18 & under 0800 11 11</p>	<p>FRANK Confidential drugs information and advice 03001236600</p>	<p>Forced Marriage unit 020 7008 0151</p>
<p>Victim support Helping victims of crime 08 08 16 89 111</p>	<p>Kooth Online mental health services for young people and adults. https://www.kooth.com</p>	<p>Honour-based violence & forced marriage 0800 5999247</p>
<p>Drinkaware Alcohol support services 0300 123 1110</p>	<p>Anxiety UK 03444 775 774</p>	<p>LGBT+ helpline 3.00pm - 5.00pm Tuesdays & Wednesdays, 1:00pm 3:00pm Thursdays 07935 669611</p>
<p>BEAT Eating disorders Helpline 0808 801 0811</p>	<p>Leicester Sexual Health clinics To book an appointment 0300 124 0102 (Haymarket Health Centre)</p>	<p>Samaritans Confidential, emotional support. 116123 www.samaritans.org</p>
<p>Crimestoppers Give crime information anonymously 0800 555 111</p>	<p>Homelessness 0116 2211857</p>	<p>Mind Mental health charity 0300 123 3393</p>
<p>CRUSE Bereavement counselling: 0333 554 9157</p>	<p>Domestic abuse Helpline www.nationaldahelpline.org.uk 0808 2000247</p>	<p>Karma Nirvana Honour-based violence & forced marriage 0800 5999247</p>
<p>SHOUT https://giveusashout.org/24/7 You can text us any time, day or night anxiety and mental health support.</p>	<p>Harmless https://harmless.org.uk/self-harm-form-leicestershire/ referral for self-harm and suicidal prevention.</p>	<p>You.HQ https://www.youhq.co.uk/ Personal Development tool to inspire and succeed.</p>

TEEN HEALTH 11+

advise and guidance around referrals 0116 3055 8727

WWW.leicestershire.gov.uk/education-and-children/schools-colleges-and-academies/teen-health-11-19 support to improve emotional well-being, healthy relationships and making healthy choices.