

Happy Holidays from the Staff Mental Health Team

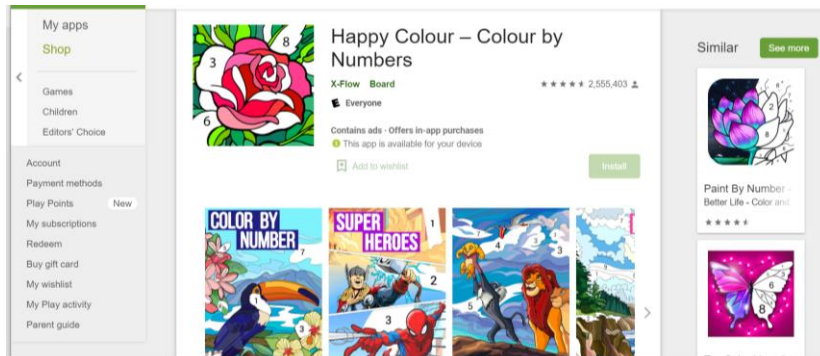
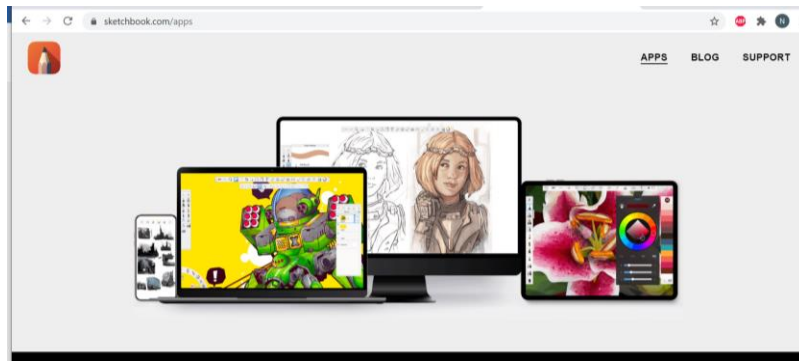
Ideas for good mental health over the summer:

- Keep a routine – get up at the same sort of time, eat meals at the same sort of time. Have plans in advance so that you know what you are doing when you get up. You could use the calendar on your phone, or a paper one.
- Spend time outside – green spaces are proven to make you feel more relaxed. Have fun, be daft! Splash in water, roll down grassy banks, lie under a tree and gaze at the sun sparkling through the leaves.
- Exercise every day – a gentle walk, a vigorous run, a game of tennis – helping out digging the garden... anything to get the blood pumping faster around your body. This releases endorphins, or ‘happy hormones’.
- Make a diary to share with a favourite member of staff. You don’t need to write in it every day if you don’t want to. It can be for any activity or emotion – happy or otherwise.



Holiday Mental Health
Support
by the Student Mental
Health Ambassadors

Try these apps... HappiMe, Sketchbook, Happy Colour by Numbers.



Try these videos on YouTube:

Yoga with Adriene

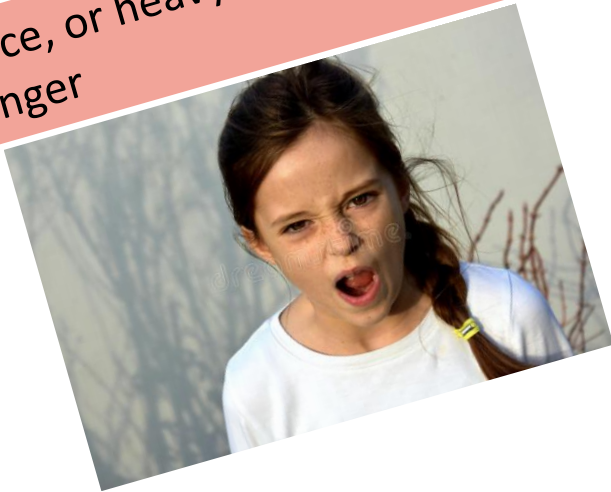


Mindfulness for teenagers



Music for your mood...

Try Beyonce, or heavy rock music to release anger



Try Cavetown or relaxing piano music to calm you down

Try sad movie tracks, Phoebe Bridger or Radiohead if you need a good cry



Try Rap (clean!) to liven you up



Run, knit, read, dance, skateboard, play cards!



Get comfy, and listen to an audiobook...



Or clear a space to feel calm...

