Walking for Wellbeing

Are you or your children feeling worried or not sleeping as well as usual?
Read on for some top tips to get back on track!

Increasing the amount of physical activity you do at home and when out once a day during this unusual period in our lives will have a positive effect on your mental health, reducing feelings of stress and anxiety and improving the quality of your sleep. Overleaf are some suggestions for you to try, on your own or with family. Challenge your family to do one activity each a day and feel the difference. See our special "Lockdown" version of our **Walktober activities** sheet too with lots of energetic and creative ideas for you to adapt.

The following organisations also have lots more information and ideas:

Motivation on YouTube Watch one of the following short films: We All Have Mental Health The Anna Freud Centre for Children 5 Tips To Staying Mentally Healthy Caregiver Asia	**Mindfulness Apps** Search out **Dr Julie Smith**, Psychologist on **Tiktok** and become empowered to manage your own mental health. Other mindfulness apps include: **Pzizz** **Calm** **Headspace** **Smiling Mind** **Think Ninja**	**Nodding off to Sleep** Having problems sleeping? Try using the Sleep Council's **Nodcasts** or keeping a **Sleep Diary** https://sleepcouncil.org.uk/advice-support/sleep-tools/
Mellow Yellow Look out the **Young Minds** website www.youngminds.org.uk There are lots of great ideas to improve your mental health including Beano jokes and uplifting playlists on the #HelloYellow page	**Keep calm and carry on** Try the following webpages for more sources of information during the Coronavirus outbreak: www.nhs.uk/oneyou/every-mind-matters/ www.sportengland.org/news/how-stay-active-while-youre-home www.hants.gov.uk/socialcareandhealth/publichealth/hampshirehealthineducation/keystages/primary www.southampton.gov.uk/coronavirus-covid19/supporting-you/	**Bullet that Journal** Visit https://bulletjournal.com/ for how to create a bullet journal to record your exercise, feelings, goals and more. There are lots of other ideas and illustrations online for you to search out too.

Need to speak to someone **urgently**?

Call the Samaritans on 116123 (www.samaritans.org) or Childline on 0800 1111 (www.childline.org.uk)

myjourney

myjourneyhampshire.com/wellbeing

myjourneysouthampton.com/wellbeing

SOUTHAMPTON CITY COUNCIL

Hampshire County Council

Have fun being active during your once a day activity time: Feel good in body and mind … and sleep well

Walk and talk with family



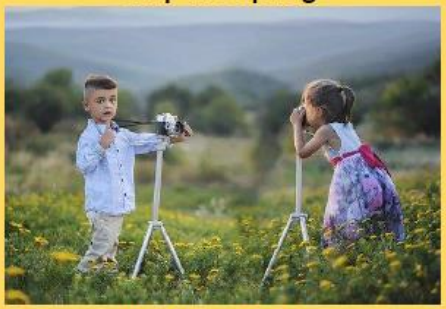
Find your inner self



Look from a new perspective



Snap the Spring



Love your locality



Take your wellies for a walk



Wash the dog



Make a splash



Learn some new tricks



Whizz your wheels



Journey to Adventureland



And then rest …



Please follow the up-to-date Government advice on social distancing when exercising outside or doing any of these activities with your family. Please don't meet with friends until the Government gives you permission to do so.

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