

# Walking for Wellbeing

**Feeling stressed? Anxious? Not sleeping well? Got a friend in need who you could help?  
Read on for some top tips to get back on track!**

Increasing the amount of physical activity you do during this unusual period in our lives will have a positive effect on your mental health, reducing your feelings of stress and anxiety and improving the quality of your sleep. Overleaf are a number of suggestions for you to try, on your own or with family. Why not challenge yourself and a friend to do one activity a day and see if it makes a difference?

**The following organisations also have lots more information and ideas:**

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

**Need to speak to someone urgently?**

Call the Samaritans on 116123 ([www.samaritans.org](http://www.samaritans.org)) or Childline on 0800 1111 ([www.childline.org.uk](http://www.childline.org.uk))



[myjourneyhampshire.com/wellbeing](http://myjourneyhampshire.com/wellbeing)  
[myjourneysouthampton.com/wellbeing](http://myjourneysouthampton.com/wellbeing)



**SOUTHAMPTON**  
CITY COUNCIL



**Hampshire**  
County Council

**Have fun being active during lockdown: Feel good in body and mind ... and sleep well**

**Walk and talk with family**



**Find your inner self**



**Bend in new directions**



**Snap the Spring**



**Love your locality**



**Jog it out**



**Wash the dog**



**Make a splash**



**Go for a quiet bike ride**



**Bond with your siblings**



**Take your wheels for a walk**



**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.

