



Practice Relaxation Techniques

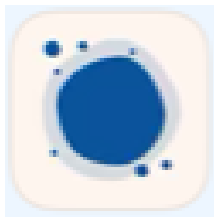
There are a multitude of apps and YouTube clips available to keep your Mental and Physical Fitness optimum on both App Store and Google Play. Share with your family and friends if you find any interesting ones.

Apps:



PEAK – Brain Training

Free Download and Sign Up – includes a new activity each day to improve focus, grammar and maths skills, brain processing speed and memory skills. There are many more that you can discover on your app store!



Meditation App

Free download and Sign Up – includes meditation guidance, help with sleeping, relaxation sounds, reducing stress and focus tips.



The Gutenberg Project

This app is free to download and contains thousands of classic books – for free! You don't even need to sign up! Remember, reading keeps your brain active and can transport you to another world. They are 'classics' for a reason – because they are so good! Have a look through the top rated to see if there's one you like the look of.

YouTube:

YOGA: Mental Fitness and Flexibility/Core Strength

[10 minute beginners yoga](#)

[15 minute yoga workout](#)

[10 minute yoga full body stretch](#)

Learn a New Skill

There are many different videos on YouTube that teach you to draw a variety of things. Why not try typing in "How to Draw for Beginners", "How to Draw a Landscape"? Or click on the link below to get you started.

[Learn to Draw](#)

If drawing doesn't inspire you, how about learning to sing or dance? There are also so many other skills that you could learn. Have a look on YouTube to see if there are any starter videos – now's a better time as any!

[Voice Lessons for Beginners](#)

[5 Easy Dance steps](#)

Breathing Techniques

This is a chance for you to step out of the daily grind and to allow time to be present with yourself; that is, being present with yourself, and with whatever arises in your mind and body. Take a minute to observe your breathing. Breathe in and out as you normally would: notice the time between each inhalation and exhalation; notice your lungs expanding. When your mind wanders, gently bring your attention back to your breath.

Some websites to help you with your breathing technique:

[NHS Breathing Technique](#)

[Box Breathing Technique](#)

[10 Breathing Techniques](#)

Where can I turn for help?

There are so many places that are here to help. 'Kooth' is also a great service where you can talk to a trained councillor via text message, for worries big or small.

Childline

What kind of support?

General Support for under 19 year olds.

How to find them?

www.childline.org.uk

Sign up online for 1-2-1 online chat with a counsellor
Helpline 080000 11 11 (24/7)



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Papyrus UK

What kind of support?

Hopeline for those dealing with suicidal thoughts

How to find them?

Call 0800 068 41 41, Text 07786209697

Email pat@papyrus-uk.org

Availability: 10am-10pm weekdays, 2pm-10pm weekends and bank holidays



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Mind

What kind of support?

General support for mental health.

How to find them?

www.mind.org.uk/information-support/

- Urgent help tool
- Online chat (9am-6pm Mon-Fri, except bank holidays)



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One You

What kind of support?

Support for building an action plan to make better choices and improve wellbeing.

How to find them?

www.nhs.uk/oneyou/for-your-mind/action-plan/



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Moodjuice

What kind of support?

Support for thinking about emotional problems and trying to overcome these.

How to find them?

www.moodjuice.scot.nhs.uk



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Moodzone by NHS

What kind of support?

General support for mental health and wellbeing.

How to find them?

www.nhs.uk/Conditions/stress-anxiety-depression/



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UK Safer Internet Centre

What kind of support?

Advice on how to get the most out of the Internet whilst staying safe online.

How to find them?

www.saferinternet.org.uk/advice-centre/young-people



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