S2R CREATE SPACE
Promoting Positive Mental Health

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH

S2R THE GREAT OUTDOORS PROJECT

Hello from S2R

This is the first of 6 Wellbeing Packs we'll be sending out to you between April - June. We know it can be difficult to connect with others, remain engaged and stay motivated in the unusual circumstances we are living in, so we wanted to send you a little something to keep you feeling connected, also getting creative is a great way to keep your mind occupied, and feeling calm and relaxed.

The Wellbeing packs are designed around the national Ways to Wellbeing initiative, these are recognised to keep you fit and healthy in different ways, each pack will have different tips and a creative activity for you to try.

Remember it's really important to follow current Government Guidelines to keep yourself and others safe. If you would like to chat with someone about your wellbeing or would like to know more about S2R please give us a call on 07933353487 (between 10am - 4pm).

Stay well and keep in touch *Support to Recovery*

Creative Minds | Community Learning Works Find your future | MINDFUL EMPLOYER

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Ways to Wellbeing

Keeping Connected, Hints and Tips to look after your well-being during isolation / social distancing

During this challenging time it is important that we find ways to stay connected to our family, friends, neighbours, work colleagues etc. We have put an activity sheet together for you to share with you some ideas – if you fill in the sheet each week you are doing something really good for your wellbeing and you can look back on what you have achieved, you can do this together with a friend and compare with each other. However, whilst it is important for our mental health and wellbeing that we stay connected to the people we care about, it is equally important that we stay connected to ourselves – we can easily fill our time looking after others and making sure everyone else has what they need whilst we forget about ourselves.

- Keep to a routine– it will structure your day and give you focus.
- Do one job a day, e.g. clean out a cupboard, tidy the garden.
- Try a different activity– we have included some in these packs for you to try.

Enjoy the moment

Try to make a little bit of time each day just for yourself, here's a few ideas you might like to try:

- Take 10 minutes out to really enjoy a cup of tea or coffee.
- Sit outside and listen to nature – birdsong, the wind in the trees, rain falling etc.
- Play some of your favourite music, enjoy the memories you associate the songs with.

If you have access to the internet there are some really good sites to help you practice some mindfulness and meditation – try www.mindful.org

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Gentle Breathing Exercise

Taking time to do some simple breathing exercises is a great way to help us feel calm and more able to cope with feelings of uneasiness, stress and anxiety.

Follow these simple steps to help you relax but energise your mind.

1) Find a quite spot – this could be inside your home or outside in a garden or safe outdoor space (making sure you are practicing social distancing from other people)

2) Make yourself comfortable, sit with a straight back and try gently lengthening your spine

3) Close your eyes and let your muscles relax, let your hands fall in you lap, and loosen your shoulders

4) Begin by bringing your attention to your breathing, don't try to change it, just take notice how it feels

5) Slowly start to count to 4 on your in breath – you should notice your tummy rise as the breath is drawn in

6) Hold this breath for a count of 2

7) Slowly breath out for a count of 4

8) Keep this gentle 4 - 2 - 4 breathing going for as long as you want, noticing how relaxed your body feels

9) When you are ready stop counting, allow your breathing to settle back, open your eyes, take a few moments to take in the world around you, notice how you feel, calm, relaxed and in control

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Connecting

Connecting with others improves our well being, because we are isolating we may miss our family and friends.

Some Facts:

30 times more likely to laugh when we are talking with others.
Social relationships and friendships help us to **be happy.**
Having **3 or 4 close** relationships increases our well-being.
Can increase our chance of living longer **by 50%**

	Suggested activity	My own Activity	My feelings after the activity
Day 1	Video call a friend or relative that you haven't seen in a while and have a catch up. Share hints and tips with each other		
Day 2	Join a Facebook group: there are plenty of craft and activity groups for indoor and outdoor activities.		
Day 3	Set up a group on WhatsApp or messenger to support each other and share ideas.		
Day 4	Join us at S2R on Facebook for daily hints and tips. @S2RCreateSpace		
Day 5	Connect with yourself, practice mindfulness – try www.mindful.org for some suggestions		

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Connecting

Some ideas to try if you don't have access to the internet:

	Suggested activity	My own Activity	My feelings after the activity
Day 1	Phone a friend or relative you haven't seen in a while and have a catch up. Set a plan to keep in touch, weekly etc		
Day 2	Text some friends to see how they are spending their time, share tips of how to keep occupied		
Day 3	Ring a friend and make a plan. Agree to watch a programme, film or read a book, set a time to call back and discuss it.		
Day 4	Send a greetings card or note to someone. Ask a friend or neighbour to post it. Write a `To Do `list and stick to it! A job a day keeps low mood at bay.		
Day 5	Connect to yourself, try some gentle exercises and listen to some soothing music, devise a weekly menu , try listening to new radio or TV programmes, share recipes with friends		

Please turn over →

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M	I	N	D	F	U	L	N	E	S	S	X	T	U	Z	L	N
Z	K	N	D	B	A	L	A	N	C	E	G	D	B	D	Q	T
C	A	R	E	C	I	D	F	T	G	A	I	E	K	L	P	X
M	N	O	K	O	K	Q	F	J	J	Q	V	E	O	P	D	W
B	M	V	X	H	E	A	L	T	H	Y	E	A	T	I	N	G
E	M	E	D	I	T	A	T	I	O	N	E	G	F	B	D	K
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A	N	A	T	U	R	E	G	N	U	C	O	N	N	E	C	T
W	V	H	L	N	S	P	U	Z	N	X	T	L	Q	R	S	V

Wellbeing Wordsearch

- o Create
- o Share
- o Happy
- o Wellness
- o Fun
- o Balance
- o Laugh
- o Give
- o Connect
- o Meditation
- o Mindfulness
- o Care
- o Nature
- o Outdoors
- o Healthy Eating
- o Better Sleep
- o Active
- o Wellbeing

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Nature Challenge

Nature can be great for our mental health and wellbeing, now more than ever we need to try to experience it more. In each pack we'll be sharing ideas for small actions and tasks for you to try at home, in the garden or out and about where possible.

NATURE CHALLENGE 1

Why not spend a little time in nature this week looking more closely at the foliage and leaves around you? If you can't go outside, can you see any plant-life / trees through your window? We've enclosed a Woodland Trust 'Leaf iDial' to help you identify what you're looking at. The birds are busy building and feathering their nests, listen to them chirruping of an evening. If you would like more info about our feathered friends visit: www.rspb.org.uk

NATURE CHALLENGE 2

Have you ever cloud-spotted before?

It's a fun and calming activity that you can do from anywhere with a view of the sky. Try watching clouds through the window, standing in the garden, sitting or laying down, focusing on nothing else but those fluffy clouds! See what images they show, how these change and merge into other pictures.

We would love to see your cloud pictures, you can send in a photo to contact@s2r.org.uk or text a picture to 07541095455.

Remember to follow Government Guidelines at all times and especially if you are outside your home.

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How to Make Essential Oil Antibacterial Hand Gel (Alcohol Free)

This recipe only takes a few ingredients and a little time to make. It is alcohol free too! Lavender and tea tree essential oils are the stars in this homemade hand sanitizer gel. Both are well known for their antibacterial properties. A perfectly natural way to destroy unwanted bacteria.

***IT IS RECOMMENDED THAT YOU ALSO FOLLOW THE GOVERNMENT ADVICE ON REGULAR HAND WASHING ***

https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/

INGREDIANTS:

- 100ml Aloe Vera Gel
- 24 drops of Tea Tree Essential Oil
- 24 drops of Lavender/Extract Essential Oil – or a 50/50 mixture
- 100ml Glass or PET Plastic Bottle Pump Bottle

DIRECTIONS:

1. Using a funnel, add all ingredients into bottle, shake to blend together.
2. Label your hand gel.
3. Be sure to shake well before using.

It is best to making a fresh bottle of this alcohol-free hand cleanser every few weeks.
There are no preservatives in this recipe and aloe vera gel is a water-based ingredient.
Use regularly to keep your hands and immediate environment bacteria free.

Woodland Trust Nature detectives

Be a real Nature Detective
Identify trees by looking at their leaves

Leaf iDial

Bottom piece

Cut around the dotted lines, then push a split pin through the centre to attach the top piece to the bottom piece.

Use this iDial throughout spring, summer and autumn.

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!

woodlandtrust.org.uk/naturedetectives | 0330 333 5301 | naturedetectives@woodlandtrust.org.uk

Search for 'nature detectives' | #NatureDetectives

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WOODLAND TRUST

Woodland Trust Nature detectives

Woodland Trust Nature detectives

Be a real Nature Detective
Identify trees by looking at their leaves

Leaf iDial

Top piece

Top tips for top spotters!

Look at how leaves change through spring, summer and autumn.

Cut around the dotted lines, then push a split pin through the centre to attach the top piece to the bottom piece.

Fab facts!

The ash tree was known as the 'Tree of Life' in Norse mythology, and it was very important.

Holly is an evergreen, which means its leaves stay green all year round.

Use this iDial throughout spring, summer and autumn.

Feel free to copy and share this for personal and educational use –
and don't forget there are loads more brilliant activities to download on our website!

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Search for 'nature detectives' | @NatureDetectives

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Woodland Trust Nature detectives

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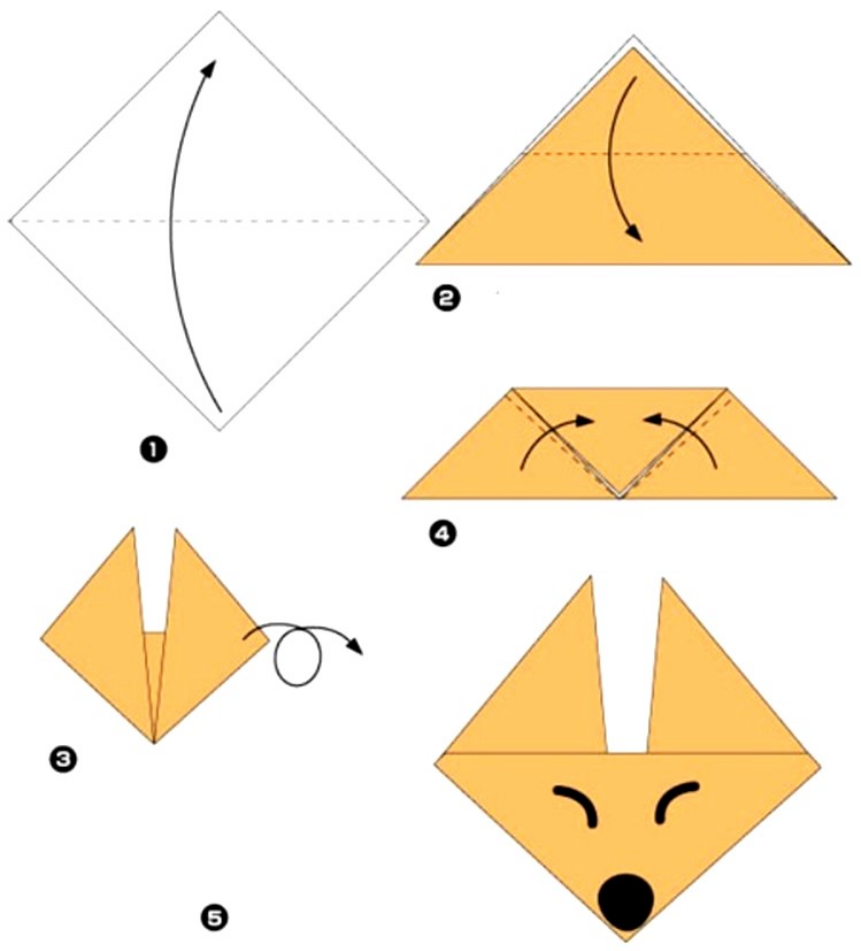
Craft Challenge



This weeks craft challenge is Origami!

We've included a selection of square coloured and patterned papers in this pack for you use.

Why don't you have a go at making these origami animals?

ORIGAMI FOX FACE

1. Start with a square sheet of paper. Fold in half on the diagonal to make a triangle.

2. Fold the top down to meet the bottom edge.

3 & 4. Fold the right edge to meet the center, then fold the left edge to meet the center.

5. Turn the paper over and draw on your fox face. Done!

Please turn over

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ORIGAMI SWAN

1. Start with a square sheet of paper. Fold in half on the diagonal to make a triangle. Unfold.

2. Fold the left and right edges of the paper to meet the central crease.

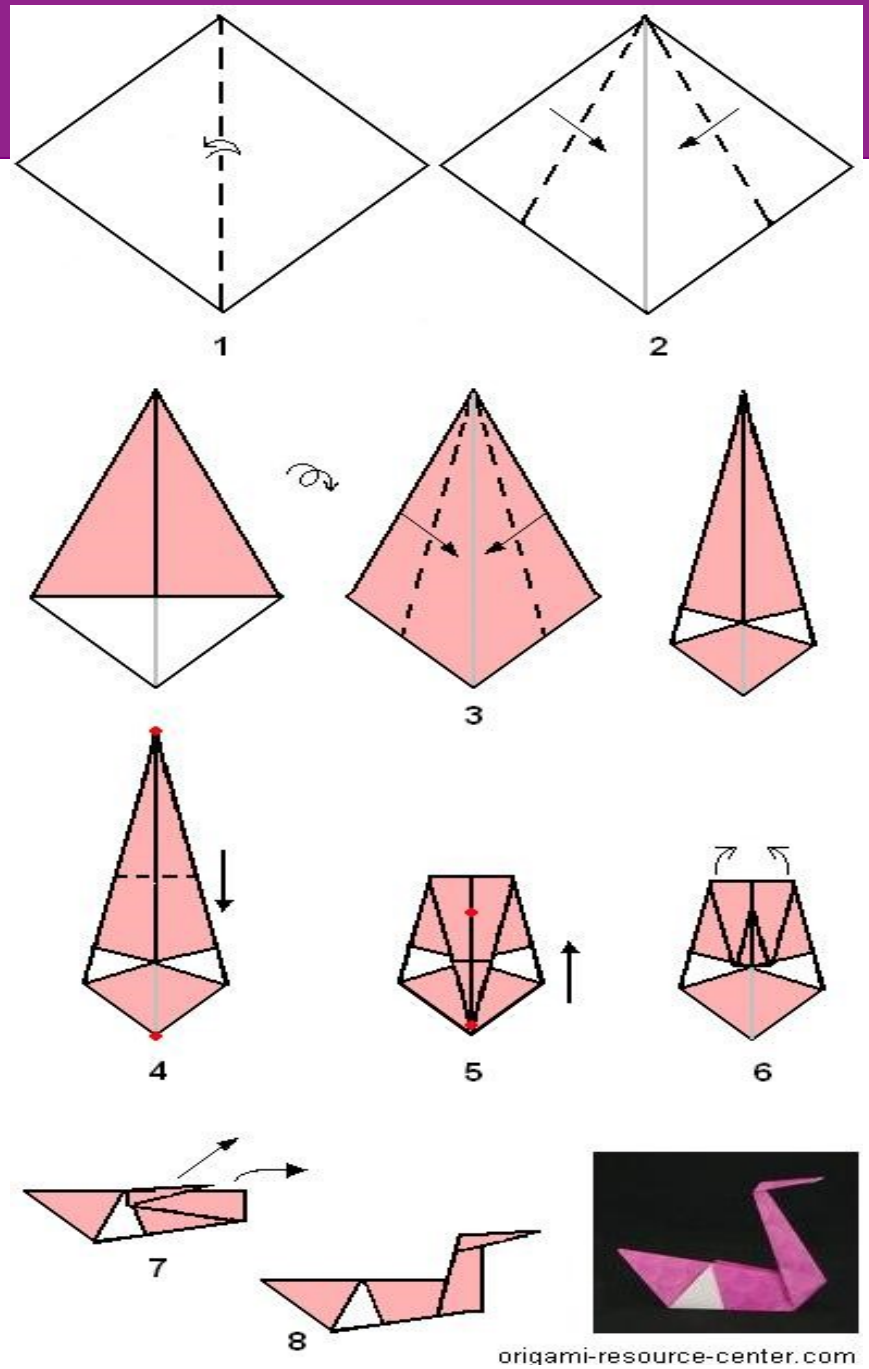
3. Turn the paper over and repeat: fold the left and right edges to meet the central crease.

4. Fold the model in half so the sharp point meets the corner on the opposite side (align the red dots).

5. Fold the sharp point back again about a third of the way; exact distance not important.

6. Fold the model in half vertically (mountain fold to create left and right side of swan). Rotate quarter turn.

7. Gently pull the neck and head of the origami swan away from the body. Done!



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We hope you find this pack useful and enjoyable.

If you are comfortable using the internet - check out our website and social media pages for more wellbeing tips, nature-based and creative activities:

Website: www.s2r.org.uk **Facebook: @S2R Create Space**

Twitter: @CreateSpaceS2R **Instagram: @S2RCreateSpace**

S2R is a Mental Health & Wellbeing Charity delivering Wellbeing, Nature-based and Creative activities across Kirklees communities.

If you would like to support S2R by making a donation, you can do so online by visiting the 'Support Us' page of our website here: www.s2r.org.uk/supportus

Or by post, addressing cheques to: **Support to Recovery**, **5 - 7 Brook Street, Huddersfield HD1 1EB**

Thank you

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Support

Kirklees Better Outcomes Partnership (Emergency Advice): 07562252940 (8am - 8pm)

Kirklees Gateway to Care – social services: 01484 414933 (24 hours a day)

Pennine Domestic Abuse Partnership: 0800 0527 222 (24 hour helpline)

Well-bean Cafe: Huddersfield 07741 900395 / **Dewsbury** 07867 028 755

Community Response Helpline: 01484 226 919 (8am - 6pm weekdays)

Support to Recovery (S2R): 07933353487 (10am - 4pm weekdays)

SPA Single Point of Access: 01924 284 555

Folly Hall: 01484 343 100

Take care and stay safe

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What do you think?

Please tell us what you think of this Wellbeing Pack: all feedback is appreciated, and if there is anything you would like us to include in future packs - do let us know - all ideas will be considered.

You can contact **S2R** on **07933353487**
contact@s2r.org.uk