

ACTIVITY & WELLBEING PACK #1



Hello from Creative Minds

We have designed this pack in partnership with Support to Recovery (S2R).

This pack is here to help you build a personal resilience toolkit so you can feel better, more engaged in your community, more creative and more confident.

All the activities in this pack are themed around the Five Ways to Wellbeing, a nationally recognised initiative made up of five key areas that can help improve our mental health. There's something in here for everyone, so go on, take a look!

There are thrifty, crafty and creative activities for you to try. Routes to help you move your body, be a bit more active and feel confident doing so. Tips on how you can feel more connected to others and manage feelings of stress. Activities you can do both indoors and outdoors and ideas to help you to really relax and get better sleep. So keep on reading to find out more...

Take care and keep well,

Creative Minds & Support to Recovery (S2R)

Who We Are...

Creative Minds:

Creative Minds is an award winning charity hosted by the South West Yorkshire Partnership NHS Foundation Trust. We deliver creative approaches in health: arts, recreation, leisure, physical activity and sport. This is done through partnerships with local organisations, services and people.

If you would like to know more, contact Alex Feather on: 07827 232 698, email: alex.feather1@swyt.nhs.uk or visit: www.creativemindsuk.com.

Support to Recovery (S2R)

Support to Recovery is an independent mental health charity delivering wellbeing, nature-based and creative activities across Kirklees.

To find out more, email: contact@s2r.org.uk or visit: www.s2r.org.uk.



What are the Five Ways to Wellbeing?

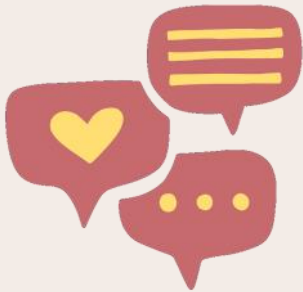
Independent research has shown that there are five simple things we can all do to help us build resilience, boost our wellbeing and lower the risk of developing mental health problems. These simple actions are known as the *Five Ways to Wellbeing*.

The Five Ways to Wellbeing are:

CONNECT, **BE ACTIVE**, **KEEP LEARNING**, **GIVE** and **TAKE NOTICE**

Regularly practicing them can be beneficial for everyone, because when we feel good about ourselves, it becomes easier to improve our physical and mental health.

The Five Ways to Wellbeing in Action...



CONNECT

Good social relationships and feelings of being close to and valued by other people can promote happiness and wellbeing. To help you feel more connected to others, why not try turning off the TV or putting down your phone and playing a game or having a conversation instead?

BE ACTIVE

Regular exercise not only improves our physical health, it can also decrease stress and lower rates of anxiety and depression. If you'd like to start being more active, try taking the stairs more or heading out for a walk for at least 15 minutes every day.



KEEP LEARNING

Learning new things keeps our minds active, improves our self-esteem and gives us a sense of achievement. Learning doesn't just mean qualifications either, it can be as simple as learning a new skill, trying out a new recipe or having a new experience.

GIVE

Carrying out acts of kindness and giving to others can increase our happiness, life satisfaction and general sense of wellbeing. This might be giving someone a gift, doing some volunteering work or simply taking the time to really listen to someone in need.



TAKE NOTICE

Living in the moment, being grateful and appreciating our surroundings helps us to feel happier and more content. So take a moment, be mindful, look at the clouds in the sky, listen to the wind in the trees or watch the steam rise from a fresh cup of tea.

Microbreaks

S2R
**CREATE
SPACE**

Promoting Positive Mental Health



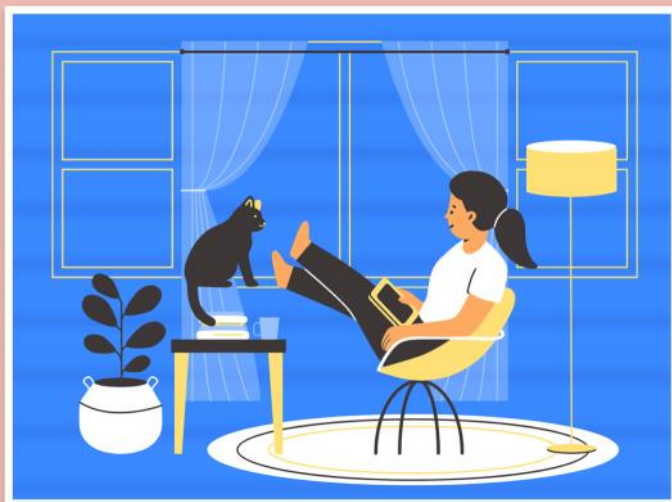
What is a Microbreak?

Microbreaks are short intervals of time or small breaks that can help increase your energy levels, decrease stress and relieve muscle tension. Microbreaks encourage us to decompress and can last anywhere from a few seconds to several minutes.

A microbreak could be as simple as standing up and having a stretch, grabbing a cup of tea or coffee from the kitchen or having a chat with a friend or neighbour.

Here are some other ways that you could take a microbreak:

- Try a gentle breathing exercise*
- Get up and move your body
- Have a healthy snack
- Watch a short video
- Go out for a breath of fresh air
- Have a glass of water or juice
- Listen to your favourite song
- Look out of your window



What are the Benefits of Microbreaks?

Microbreaks have been shown to reduce stress, improve concentration, keep energy levels up, have a calming effect and take strain off of certain parts of the body. They also encourage us to **STOPP** - **S**top, **T**ake a breath, **O**bserve, **P**ull back, and **P**ractise.

*Try Some Square Breathing Exercises...

Square breathing is a gentle breathing exercise that can help you to reduce stress and calm your body and mind.

Begin by slowly exhaling out all of your breath. Then, gently inhale through your nose for a slow count of 4. Hold the full breath for a count of 4, then slowly exhale again through your mouth for a count of 4. Once your lungs are empty, pause and hold again for the count of 4. Repeat this exercise five times and see how you feel.

Breathing exercises can sometimes be difficult or triggering, so only do what you are able to and stop if you feel dizzy or need a time out at any time.

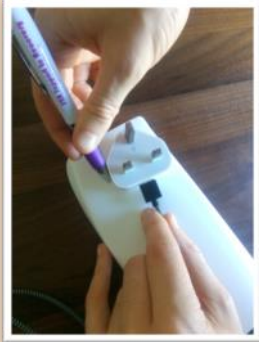


Are you always tripping over your phone wire? Or trying to stop your pets from chewing the delicate cables? Would you like to charge your phone more easily? Then have a go at making this handy phone holder and make your charging easier!



What You Will Need:

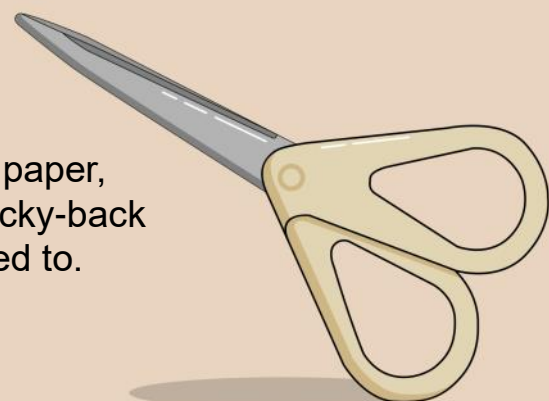
An empty plastic bottle - Scissors - A pen - Things to decorate it with (optional)



Instructions:

1. Save and wash out an old bottle that is big enough to fit your phone inside it. Shampoo, body lotion or talcum powder bottles that are wide, tall and thin will work well for this.
 2. Peel the label off the front but leave the back one on for the moment.
 3. Make a cut halfway up the front of the bottle.
 4. Then cut up the sides and around the top of the label at the back, leaving enough room for your phone and the charging plug inside the bottle.
 5. Tidy up any rough edges and then peel off the label on the back.
 6. Place your charger plug near the top of the bottle and when you're happy with the placement, draw around it. Then cut out the shape of the plug so your charger fits snugly through the gap.
 7. You can also make a curve or cut out down the front or middle of the bottle if you want to be able to see any notifications on your phone screen.
- Ta-dah! There you have a new DIY phone holder which is both practical and environmentally friendly.

You could also personalise and decorate your phone holder with coloured paper, paint or patterned sticky-back vinyl film if you wanted to.



What is Holistic Wellbeing?

Holistic wellbeing is the idea that a person's wellbeing should be studied as a whole, not just as a sum of its parts. This means that all aspects of a person - their mind, body, spirit and life - are all linked. True wellness should focus on all of these aspects, not just on one. It is important to understand that wellbeing and positive mental health isn't determined by one category in our lives, it should be approached in a holistic way.

Physical Wellbeing

Regular exercise not only helps us to maintain our physical wellbeing, it also reduces tiredness and physical stress as well as releasing chemicals in our bodies that can improve our overall mood. For example, adding some low-intensity exercise like walking or swimming into your weekly routine could have a positive impact on your mood.



Social Wellbeing

Humans need to feel a sense of acceptance and belonging. If this emotional need isn't met, it can have a big impact on our wellbeing. Our ability to relate to others allows us to look beyond ourselves, create a sense of community and forge these important connections. For example, a regular phone call with someone you care about or joining in with a community group could help to promote a positive change in your wellbeing.



Environmental Wellbeing

Having respect for and an awareness of our surroundings helps us to feel comfortable in the space we are in. It is important to recognise the quality of our environments and to surround ourselves with people, places and things that we find positive and inspiring. For example, some people might notice a wellbeing boost after spending time outdoors.



Economic Wellbeing

Money and finances can play a huge role in our overall wellbeing and can cause us a lot of stress and uncertainty. So looking at our relationship with money and finding ways to manage it better can be helpful. For example, budgeting for certain events or buying smaller treats less often are both things that will improve our economic wellbeing. For local financial help and support, visit: www.bit.ly/3QNMAF4 or www.bit.ly/3F0NSXz.



Psychological Wellbeing

Our psychological health is just as important as our physical health. By understanding what we want or need, we can identify new challenges and open ourselves up to new ideas and experiences. When we understand ourselves better, we are more confident, have deeper interactions with others and feel more at ease. Things that could help us to nurture our psychological wellbeing include mindfulness practices and doing activities that make us feel good or foster a sense of achievement.

What You Will Need:

A clean bowl or foot spa - A jar or container - A spoon - A set of scales
A towel - 2 litres of warm water - 300g of salts - 30 drops of essential oils* in total

Salts to Use in Your Foot Spa:

Dead Sea Salt is highly therapeutic and rich in minerals which is good for arthritis or muscle pain, reducing tension and beneficial for skin conditions like eczema.

Epsom Salts are high in magnesium and sulphate and can help to ease pain, relax muscles, reduce swelling and inflammation, exfoliate the skin and reduce tension.

Himalayan Salt has a high mineral content and is highly restorative making it great for skin conditions, easing pain, reducing inflammation and lowering blood pressure.

Essential Oils to Use in Your Foot Spa:

Rosemary alleviates rheumatic aches and pains and is also a mild stimulant.

Eucalyptus has powerful antiviral properties which make it a good disinfectant and help to relieve aches and pains in sore and tired muscles.

Tea Tree has powerful antiseptic properties and is an ideal disinfectant for use with athletes' foot and fungal infections or on insect bites and blisters.

Lemon has revitalizing properties and helps to stimulate circulation.

Lavender has very soothing capabilities and is great for healing wounds.

Peppermint increases circulation, helps refresh and purify the skin and is also helpful for promoting cell growth.



Where to Find Your Ingredients:

To get the full benefit of this foot spa, you need to use a salt with a high mineral content, but this doesn't have to be expensive. Asda sell a 1kg bag of Epsom Salts for £2.25, which is enough for 3 spas. The essential oils listed here cost around £2 per bottle and are widely available online or at places like The Range or Wilko.

If you don't have any essential oils, you could also try picking your own fragrant herbs or adding tangy strips of citrus peel to the water of your foot spa.

Directions:

In your jar or container, mix together the salt and essential oils (if you'd like to store it to use later, keep the jar at room temperature, with a lid on and out of direct sunlight until you're ready to use it).

Carefully pour the warm (bath temperature) water into your clean foot spa or bowl.

Add a few spoonfuls of your salts and give the water a gentle stir. You could also add in some dried lavender flowers for some extra relaxation.

Place your feet into the spa and then rest and relax for at least 20 minutes. Then, when you're ready, dry your feet on a clean towel.

*Always read the safety instructions and never use undiluted essential oils directly on your skin. You should always seek medical advice or speak to your GP if you have any concerns.



Add a little colour to your day with a Colour Walk...

It's free and easy exercise that doesn't feel like exercise at all! Doing this regularly could make you more inclined to walk more often, for longer and you may see a route you've walked 100 times before in a different way.

What benefits might you get from walking?

Improved sleep - Strengthened muscles - Improved cardiovascular health
Reduced stress - A boosted immune system - Improved moods

Going on a colour walk might also leave you feeling better than you did before you went out because different colours can have different effects on our moods.

For instance, yellow is said to be the happiest colour and green can help you to think more positively. Go on, give it a go, see what works for you...

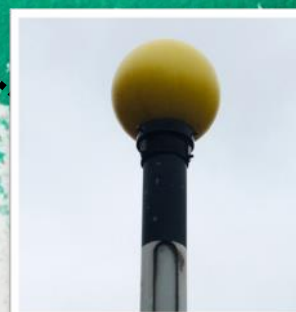
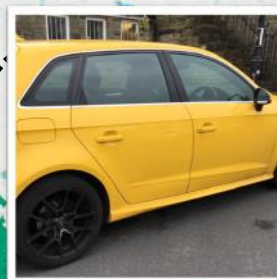
Let's go on a Colour Walk...

Step out of your door and start walking. Keep walking until you spot a colour that appeals to you or catches your eye. Once something has your attention, take a picture of it, make a note of it, or simply stop and admire it. Think about how that particular colour or object makes you feel and if it reminds you of anything.

Continue walking and wander wherever your feet might take you until you see that same colour again. Take another picture. Continue walking and allow your chosen colour to help you decide where to walk until you feel ready to go home.

You will find that while you're busy searching for your chosen colour, you haven't really realised how far, or for how long you've been walking.

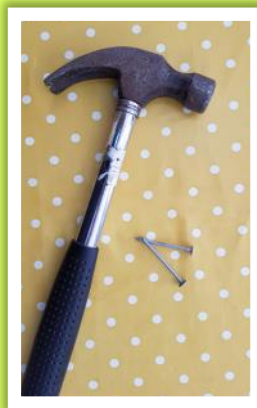
If you enjoyed your colour walk, you could walk your way through all the colours of the rainbow, or challenge yourself to find a certain number of coloured objects before heading home. You'll soon feel the benefits of exercising, getting outside for some fresh air, and taking a bit more notice of the world around you.



Bug hotels can benefit lots of different types of animals and insects such as: ladybirds, bees, woodlice, spiders, centipedes, frogs and hedgehogs.

What You Will Need:

A large plant pot, wooden box or wooden pallet - Some dried wood - Straw or hay
Pinecones - Some dry hollow sticks or stems - Clean corrugated cardboard or tubes
(just make sure that there is no plastic, wax, labels or food on the cardboard)
Dry leaves - Stones or bricks - A hammer and nails - Wire and/or a hanging hook



Directions:

Decide on a suitable location for your bug hotel. This could be a quiet corner of your garden, on a fence or in a hedge. Then use your cardboard and natural materials to fill up your hotel, making sure it is packed quite tightly so that nothing will fall out. Your bug hotel could be as simple as an old plant pot like ours, or you could make it look more like a house by adding a roof using tiles or old planks of wood and decorating the outside.

Installing Your Bug Hotel:

Install your bug hotel in your chosen location. You may need some wire and a hammer and nails, or if you don't have those things you could use an existing hook or tree branch. Just make sure that the bug hotel is nice and secure and won't fall off. Then sit back, admire your handywork and wait for the bugs to find their new home!



Have your favourite boots started letting in water?
Have you got an empty toy box that's no longer used?
Has your favourite biscuit tin gone a bit too rusty?

Don't throw them away!

Get creative and turn them into unique plant pots, saving money and preventing more rubbish going to landfill at the same time.

What Sort of Things Can I Use?

As long as it looks like it could contain at least 10cm of soil, then pretty much anything goes...

You could use old boots, a toaster, a wheelbarrow, a bucket, a sink... Use your imagination! Just bear in mind that whatever you choose needs to have some drainage holes created in the base before it is planted up.

You Will Need:

Some old household objects - A drill or something with a sharp point
Some stones, pebbles or gravel and some garden grit
Some compost or soil from your garden - Plants, bulbs or seeds

Directions:

Step 1: Create some drainage holes. If your chosen object has holes in its base already, then great. If it doesn't, then carefully use a drill or something sharp like a metal kitchen skewer to carefully create 4 to 6 small holes in the base of your object. Make sure you're using something soft underneath your object to do this.

Step 2: Put a few stones (for larger containers), pebbles or some gravel (for smaller containers) into your object, loosely covering the drainage holes.



Step 3: Fill your object with compost or soil. Depending on the plants you're using, you may want to mix some grit in the compost too. If you've bought a new plant then have a look at the label to see how much drainage it needs. If you're using a plant from your garden then just use some of the soil that surrounds it.

Step 4: Plant up your object. This is your chance to get creative! You might want some seasonal colour by planting annuals. Perhaps a mix of foliage like ivy and your favourite flowers? In the autumn, you could plant some daffodils and crocus ready for spring. Take inspiration from other gardens, books or online. Just keep in mind that all plants in the same container need to like the same conditions, for example, all shade thriving plants. This will also influence where you place your container as the plants in it need the best conditions to help them grow.

Step 5: Admire your handywork! Keep your new planters looking their best by watering them every few days, especially if it hasn't rained. Cut the dead heads off any flowers that are past their best and watch out for frost over winter. Top up or change the compost every couple of years or so and if your plants outgrow their container, then find a new, larger object to upcycle and replant them in that.



The process of upcycling means to take something old and recycling or reusing it to create something new.

Upcycling is good for the environment as it reuses materials we already have, reduces landfill waste, saves us money and gives old items a new lease of life.

Pretty much any item of furniture can be upcycled with a bit of imagination and some leftover paint. If you don't have any paint, DIY stores will often mix up small tester pots of paint that would cover a large sized chest of drawers for less than £5.

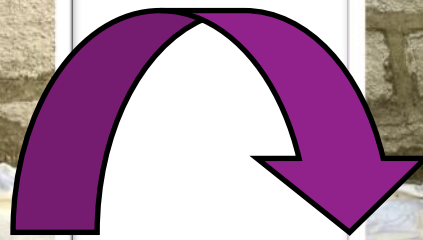
Furniture, mirrors, vases... all sorts of things can be re-loved and the best part is, if you don't like the results, you can always just paint over it again!

What You Will Need:

An object to paint - A paintbrush - Some paint - A screwdriver
A dustsheet or plastic bag - Some cleaning materials



Took just
one hour!



We chose to upcycle this cabinet which was bought second-hand from a charity shop for £5 and painted grey. Giving it a different coat of paint will mean that it has been re-loved three times which is both cost-effective and environmentally friendly.



Instructions:

1. Choose the object you would like to upcycle and find a good place to paint it in. We chose a small cabinet that was looking a bit tired and took it outside so the paint would dry faster in the sun.

2. Give your object a quick clean and place it on a dustsheet or plastic bag to prevent any paint splashes. If your item has handles that you would like to keep, carefully use a screwdriver to remove them and put them to one side. We decided to paint the handle on our cabinet so we left it on, but you could also replace old handles with new ones if you wanted to.

3. Give your object a coat of paint. Don't worry that it isn't looking perfect at this stage, that will come later. Concentrate on painting your object by moving your brush both up and down and side to side to make sure it is entirely covered in a good layer of paint. If your object has cupboards or drawers in it then don't forget to paint the top and sides of the open drawer or cupboard too. Then leave your object to dry for a little while.

4. Once your first coat of paint is dry to the touch then it's time to apply a second coat. This time, only move the brush vertically up and down to ensure that you get a nice smooth paint finish. Now you should start to see your object looking less patchy and more like the finished article. Once the whole thing has had a second coat of paint, leave it to dry again.

5. Your object should now be looking almost finished. If there are any areas of paint that still look a bit patchy just go over them again. At this point you could also add another colour to your object if you felt confident to. Don't forget that you can always paint over it again if you don't like it! We chose a vibrant teal for the inside of our cabinet and applied the paint just like before.

6. Once you are happy with your newly upcycled object and the paint is fully dry then put it in place, add some personal touches and then stand back to admire your handywork!

Organisations Offering Support:

NHS Urgent Mental Health Helpline

Call: 0800 183 0558 (freephone)
Confidential help and support, available
Lines open 24 hours a day, 7 days a week.

The National Gambling Helpline

Call: 0808 802 0133 (freephone)
Lines open 24 hours a day, 7 days a week.

Single Point of Access (SPA) Mental Health Services

Call: 01924 316 830
Open from 8am - 8pm, Monday to Friday.

IAPT

Offering psychological therapies for people
experiencing stress, anxiety and depression.
Call: 01484 343700
Visit: www.kirkleesiapt.co.uk

Grief and Loss Support Service

Call: 0808 196 3833 (freephone)
Lines open from 8am - 8pm, 7 days a week.

Andy's Man Club

Visit: www.andysmanclub.co.uk
Email: info@andysmanclub.co.uk
Free support groups available nationwide,
running every Monday night at 7pm.

Platform 1

Mental health and crisis support including
counselling services and support groups.
Call: 01484 421 143
Visit: www.platform-1.co.uk

The Well-bean (Crisis) Café

A safe space for people aged 18+ in crisis.
Telephone referrals daily - 6pm to midnight.
Friday - Monday: 07741 900 395
Tuesday - Thursday: 07867 028 755

Calderdale & Kirklees Recovery and Wellbeing College

Call: 07717 867 911
Visit: www.calderdalekirkleesrc.nhs.uk
Running workshops and courses which
promote wellbeing and good mental health.

Kirklees Wellness Service

Call: 01484 234 095
Visit: www.kirkleeswellnessservice.co.uk
Open to people over 16 in Kirklees.

Huddersfield Mission

Call: 01484 421 461
Free advice drop-in service available
Monday - Friday from 9.30am until 12.30pm.

Kirklees Gateway to Care

Adult social care and support services.
Call: 01484 414 93324

Pennine Domestic Abuse Partnership

24 hour helpline for domestic abuse support.
Call: 0800 052 7222 (freephone)

Grief and Loss Support Service

Call: 0808 1963833 (freephone)
Visit: www.griefandlosswyh.co.uk
Support available 8am - 8pm, 7 days a week.

Chart Kirklees

Call: 01484 353 333 (Huddersfield)
or 01924 438 383 (Dewsbury)
Visit: www.chartkirklees.co.uk
Providing services for individuals, families and
communities affected by substance misuse.

Kirklees Citizen's Advice

Call: 0808 278 7896 (freephone)
Available Monday - Friday, 9am until 4.30pm
for free, confidential and impartial advice.