

# ACTIVITY & WELLBEING PACK #2



# 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 to 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](mailto:alex.feather1@swyt.nhs.uk) or visit: [www.creativemindsuk.com](http://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](mailto:contact@s2r.org.uk) or visit: [www.s2r.org.uk](http://www.s2r.org.uk).



# DIY Bath Bombs

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## Make Your Own Stress Reducing Bath Bombs

Is there anything better than treating yourself to a luxurious bath to help regain your sense of equilibrium? With this recipe you can make your very own bath bomb blends and experiment with different aromatherapy oils. This recipe will make up to 12 bath bombs and we suggest that you use two bombs per bath for maximum effect.

### What You Will Need:

1/2 cup citric acid - 1 cup baking soda - 3/4 cup cornflour - 6 drops of food colouring  
1/4 cup organic cane sugar - A small spray bottle - A silicone ice cube tray - A sieve  
A mixing bowl - A metal spoon - Storage jar(s) - 10-15 drops of essential oils\*  
(lavender, bitter orange, chamomile, ylang ylang or frankincense are good for relaxation)

### Directions:

1. Stir together the citric acid, baking soda and cornflour.
2. Pass the mixture through a fine sieve into a mixing bowl and stir in the sugar.
3. Fill the spray bottle with water and add your food colouring to it.
4. Spritz your mixture lightly (it should become damp but not fizzy) until you can mould it with your hands.
5. Now add your essential oils one drop at a time until the strength of the scent is to your liking. You can use just one oil here or choose a blend of up to three.
6. Use a metal spoon or your hands to mix all your ingredients together until the food colouring is evenly distributed throughout. If the mixture should begin to dry out, just spritz it with water until it becomes mouldable again.
7. Spoon your finished mixture into the ice cube tray, pressing it in firmly.
8. Let them dry at room temperature overnight, then gently remove your bath bombs from the ice cube tray (the silicone will help you get them out without breaking).
9. Transfer your finished bath bombs into storage jars ready to use. Pack each type separately so the scents wont mix and don't forget to label your jars.

\*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.

## Why Are Goals Important?

Goals are part of every aspect of our lives and provide us with a sense of direction, motivation, and focus. When we set ourselves goals, we give ourselves something to aim for. Setting and achieving our goals boosts our self-esteem and wellbeing, but it is important to make sure that we only set ourselves goals that are possible to achieve.



## What are SMART Goals?

SMART is an acronym that stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**ime-bound and they help us to set reasonable and achievable targets.

So think about a goal that you have, or something that you'd like to do and then ask yourself the following questions to make sure that your goal is SMART:

### **SPECIFIC**

What is it that you want to do? Be very specific.

Do you want to learn a new song or start to go for a short walk every day?

### **MEASURABLE**

How will you know when your goal is complete? Can you measure it?  
For example, did you swim twice this week or walk for 15 minutes every day?

### **ATTAINABLE**

Is it something that you can do? Do not set yourself something unrealistic.  
For example, saying "I will never eat chocolate again" is unrealistic, so try saying something like "I will only eat chocolate three times a week" instead.

### **RELEVANT**

Is it a goal that you will reach? Is it going to improve your life or wellbeing?  
For example, wanting to do more exercise every week can improve your physical fitness and boost your overall wellbeing.

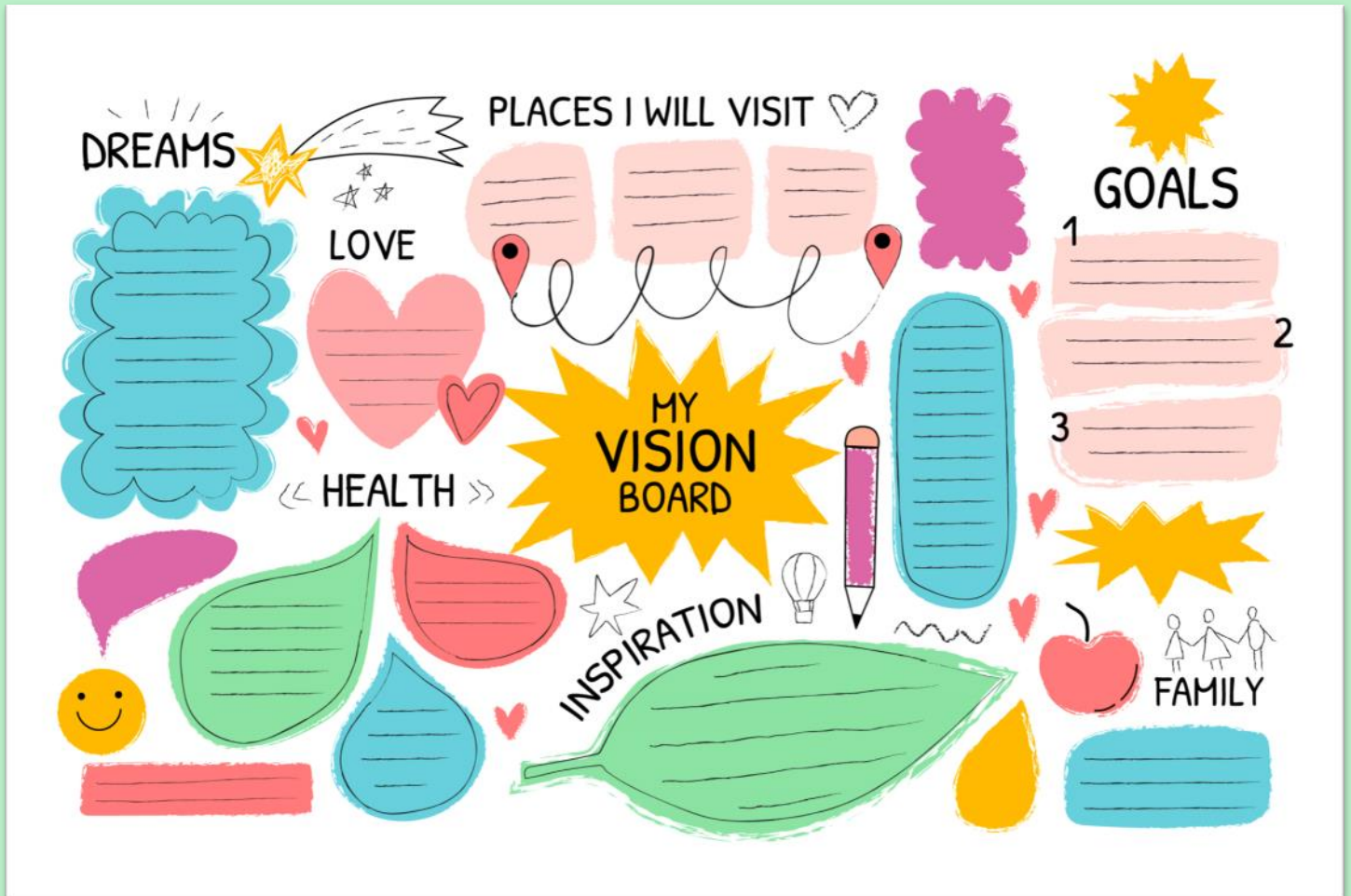
### **TIME-BOUND**

Does your goal have a set timescale? Does it have a certain timeframe?  
For example, I will swim twice a week or I will learn a new recipe for Friday night.

**The key to achieving your goals is making them realistic and attainable!**

## What is a Vision Board?

A vision board is a collage of images and words that represent your dreams and goals. Sometimes also known as an inspiration board, they can include anything from photos and pictures from newspapers or magazines, to poems and positive affirmations. Anything that you find positive or inspiring can be included in your vision board.



## What Are Vision Boards Used For?

Vision boards are a great way to help you identify things that are important to you, understand what you'd like your future to hold, organise your thoughts, plan some short-term and long-term goals and then set your dreams into motion.

You could create a vision board for any life goal - from improving your health and wellbeing to getting a new qualification or finding love to moving out into your own place. Imagining a positive future will help to boost your mood, increase your wellbeing and help you to focus on your goals which will all increase your chances of success.

## Where Do I Start?

If you feel like getting crafty, your vision board could be a collage of inspiring pictures you've found in magazines. But if you don't fancy that, you could also create a digital vision board on your smartphone using a free app like Pinterest ([www.pinterest.co.uk](http://www.pinterest.co.uk)) or a free online program like Canva ([www.canva.com/create/vision-boards](http://www.canva.com/create/vision-boards)). Once you're finished, you could display your vision board on the wall, or set it as a background on your devices.

What do you do when your head feels too “full” and you really need a break?  
How can you get your breath back when life feels fraught?

Here is a useful exercise to try, that is free, accessible, and simple...

Grounding is a self-soothing skill to use when you are having a bad day or dealing with stress, anxiety or overwhelming feelings. It brings your focus back to your physical surroundings, helping your mind feel less “trapped” by unwanted feelings or thoughts.

You can use this technique anywhere, but being outside can really improve our wellbeing, so why not head outside and find somewhere to sit...

Perhaps on the doorstep, or on a bench in a local park? Anywhere that you can have a bit of space and some quiet time to yourself.

**First of all, take a deep breath and notice what’s going on around you...**

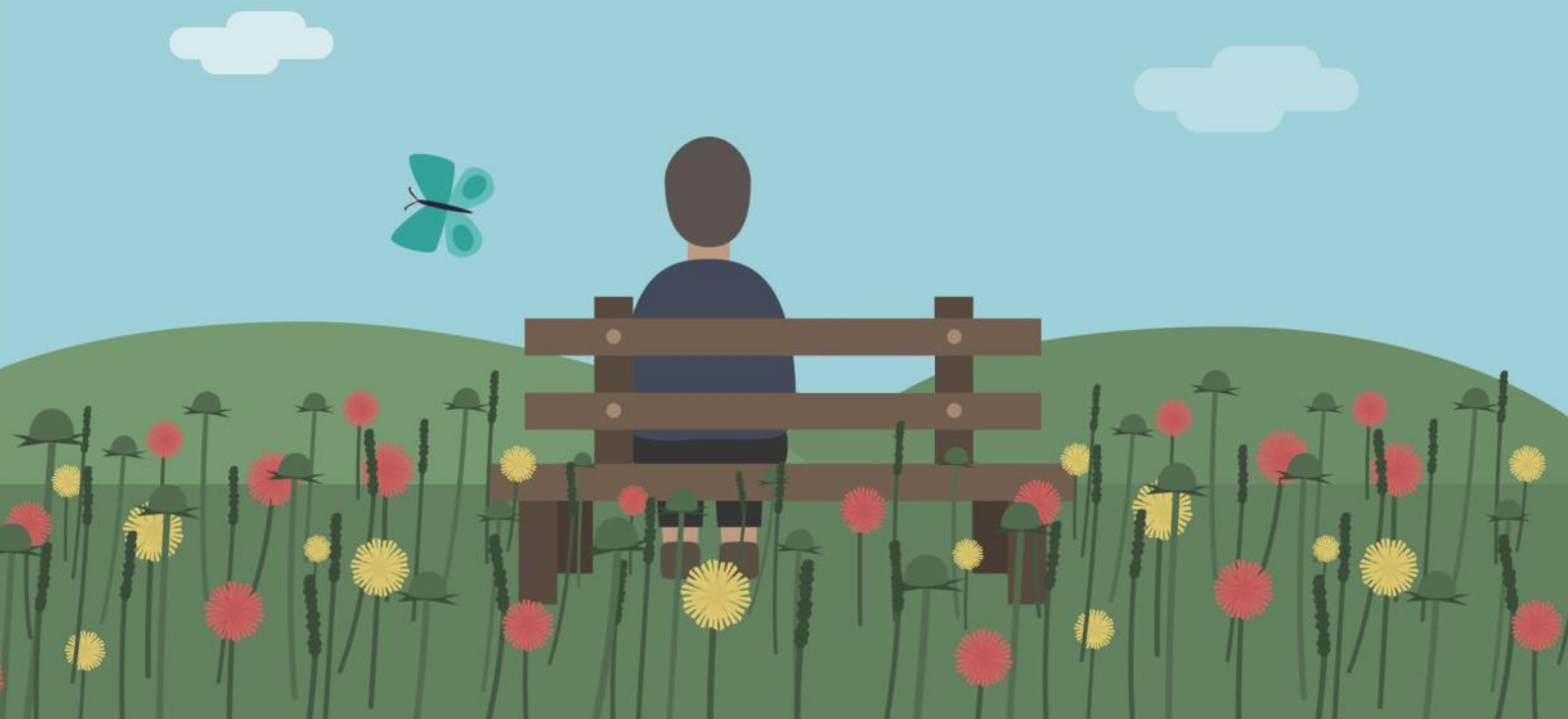
When you think about it, it’s quite rare that we actually pay full attention to our surroundings; we are often too caught up doing other things.

**Start to pay attention to five things that you can SEE around you...**

Can you see any trees? Are their leaves moving in the breeze?  
Really look at the colour, the intensity of the green, how it looks in the light...

Can you see a building? What sort of shape is it?  
Is it’s roof an interesting design? How many windows can you see?

By focussing in on things you would normally overlook,  
your brain is slowing down and moving its attention outside of itself.



### **Then take notice of four things you can TOUCH...**

Perhaps the stone of a wall you are sitting on. Is it smooth? Warm? Rough?  
Notice how it feels under your fingertips. Is there any moss or lichen?

You could touch the hem of the top you are wearing. How does the material feel?  
Really concentrate on your sense of touch to make these observations...  
once again training your mind to notice, and to slow down.

### **Next, focus on three things that you can HEAR...**

Can you hear birdsong? Listen carefully. Can you make out the voices of different birds  
coming from different directions? Can you hear sounds you haven't noticed before?

Starlings make trilling and buzzing noises. Blackbirds have a loud, happy song. Try this  
out at different times of the day and you might notice changes in the sounds you hear.

### **Now it's time to notice two things that you can SMELL...**

This might not always be pleasant to you, but that's ok... all you are doing  
is noticing, trying not to judge or have an opinion.

Can you smell freshly cut grass? Perhaps diesel fumes from a nearby bus?  
Or the smell of perfume from yourself or someone who has walked by?

### **Lastly, focus on one thing you can TASTE...**

For this you might like to bring a drink with you, or have a sweet in your pocket.  
Or perhaps you can taste toothpaste in your mouth? Really focus on the taste.  
Is it a rich taste? Is it complicated, or is it quite simple?

This technique becomes easier with practice and is an invisible tool you can  
always carry with you to help settle your mind and body if you feel overwhelmed.



## The Practice of Gratitude

Regularly practicing gratitude can have lots of benefits, from improving our mental health to boosting our relationships with others.

It can help us to notice those little wins - like the bus arriving on time, a stranger holding a door for you, or the sunlight streaming through your window when you wake up in the morning.

All of these small things will add up and create a sense of wellbeing over time that will strengthen your ability to notice the good in the world.

Studies have shown that regularly practising gratitude can improve our overall health and wellbeing. It can promote better physical health, better sleep, reduce stress levels, and even lower levels of inflammation in the body.

On an emotional level, gratitude can make us less materialistic, less likely to experience burnout, increase levels of happiness and optimism. This gives us greater resiliency when life throws us a curve ball or two.

To start practicing gratitude; when you're about to say "*thank you*", just stop for a moment and try to recognise and acknowledge what it is that you feel grateful for and how it makes you feel.





## How to Make a Gratitude Tree

*Use the tree outline below to help you create your very own Gratitude Tree.*

*You will need: Coloured paper - Scissors - A pen - Glue or double-sided tape*

Cut out some leaf shapes from your coloured paper (we've included some ideas below to get you started). Write down something you are grateful for on each leaf and notice how these feelings of love or appreciation are making you feel. Then stick your finished leaves onto the tree and use it to reflect on and practice gratitude throughout your day.



## Walking is a Great Wellbeing Tool...

From helping to reduce the symptoms of depression and anxiety, to slowing down age-related cognitive decline, taking part in regular physical activity is a great way to keep your body healthier and boost mental wellbeing.

Walking is easy to do, and the best part is that it's FREE! You don't need lots of equipment or expensive memberships for your local gym to be able to get outside and go for a gentle walk.

If you don't know where to start there are lots of places you could try... A nearby library might have a section on local walks, or you could ask your family, friends or neighbours if they know of any nice places to go for a walk near to where you live.

There are also lots of walking resources available online or via apps you can download on your phone.

Plotaroute ([www.plotaroute.com](http://www.plotaroute.com)) is a free online route planning app you can download to your smartphone. It allows users to share their walking routes and using it is as easy as typing in the name of your town and having a look at all the routes plotted in your area.

Kirklees Council also have database of local walks that can be filtered by distance and location at [www.kirklees.gov.uk](http://www.kirklees.gov.uk).

You might be surprised at all the secret spots you never knew were all around you. It could be a peaceful spot under a tree, or a pretty stretch of river bank. Perhaps even a quiet side street hidden behind a busy road. Wherever it is, finding these places can bring us a sense of peace and tranquillity in the hectic times we can find ourselves living in today.

There's always somewhere new to walk and something new to learn. Once you've found your new favourite walking routes, you could research the types of local wildlife you might encounter and where to spot them. Or you could find out about the edible plants and wildflowers growing in your local area - there are some great resources from the Woodland Trust at [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk).

**So try it out and go for a wander today!**



# Mindful Walking

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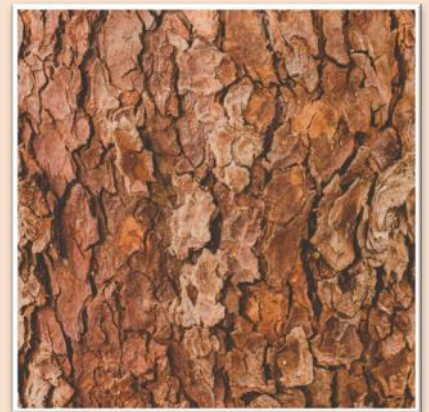
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Mindfulness is about being aware of your surroundings and focusing your attention onto something in the present moment. Even when we are walking we can sometimes be on autopilot, simply thinking about getting from A to B and not being aware of the journey or our surroundings.

There are lots of simple activities you could do outdoors to practice mindfulness and help bring your attention back to the present moment.

Next time you're out walking, look around and really notice all the different things you can see as you are going along. Take a moment to appreciate the natural world all around you. If something like an interesting shaped cloud, a colourful leaf or the patterns and textures on the bark of a tree catches your eye, you could stop to take a photograph on your phone, do a drawing or a sketch, or take a rubbing from a tree.



## How to Create a Bark Rubbing...

Taking rubbings from the bark of different trees is a great way to practice mindfulness and create some unique natural art at the same time. All you need is some paper and some wax crayons (packs of crayons are available online and from supermarkets or places like Wilko for around £1 for 12 and £2 for 24 assorted colours).

To create a bark rubbing, place your paper onto a tree and hold it in place with the hand you don't write with. Then take a wax crayon and move it in big strokes across the paper. Press firmly to get darker lines and more gently for softer lines - don't worry about being neat! Use a few different colours if you would like to add some more layers to your art.

If you don't fancy drawing then you could try listening to bird calls instead and use the internet to try and identify them. You'll find lots of information about how and why birds sing online at: [www.rspb.org.uk/birds-and-wildlife/bird-songs](http://www.rspb.org.uk/birds-and-wildlife/bird-songs).



## Growing Food From Food Scraps

With food prices are on the rise, finding ways to make things stretch further is important. Growing food from scraps is good for the environment, can help to save money and is also a really fun and rewarding activity. You don't need outdoor space to start growing either, lots of fruit and veg varieties only need a pot of water and a warm windowsill to start regrowing.

## What Are The Best Foods to Use?

Vegetables with roots that can be grown from scraps include:  
Spring onions - Celery - Garlic - Ginger - Romaine lettuce  
Leeks - Carrots - Sweet potato

Fruit and vegetables with seeds that can be grown from scraps include:  
Tomatoes - Peppers (be careful handling chilli pepper seeds) - Melon  
Cucumber - Apple - Citrus fruits - Pumpkin - Cherry

Basically, if a fruit or vegetable has seeds or the base of a root, then give it a go, have fun and experiment!

## What You Will Need:

- Some fruit or vegetables with visible seeds or root stumps*
- Pots or containers for soil or water*
- A screwdriver (or something similar) to create drainage holes*
- Some compost*
- A kitchen knife*
- Some wooden skewers or cocktail sticks*



### **For Fruit and Veg With Seeds:**

If your scraps have seeds in, then pick out the larger, plumper ones. Take your container (this could be something like a yoghurt pot or an egg box) and put a drainage hole in the bottom. Add some compost and a little water so the soil is moist but not wet. Plant at least two seeds in the pot and cover them with a light layer of compost. Place the pot on a warm indoor windowsill away from extreme temperatures. Gently water it every other day and wait for it to throw up some shoots!

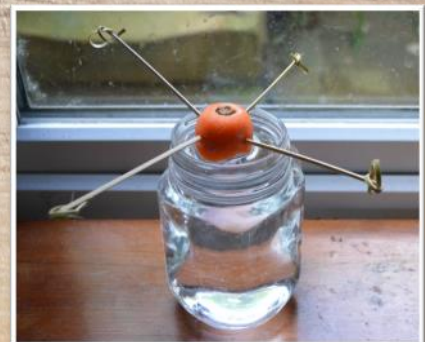
### **For Fruit and Veg With Roots:**

If your scraps have roots, then look for ones that are a bit past their best or have started sprouting. Take the stump of the vegetable (usually the bit you would throw away) and gently push a cocktail stick through the centre of the flesh. Then do the same again on the other side of the stump so that the cocktail sticks cross over in the middle.

Balance the cocktail sticks over the rim of a container of water so that the base of the scrap is sitting in the water. Place the container on a warm but not too hot windowsill. Change the water every other day and wait for your food scrap to begin to develop roots!

Once your scraps have started to grow, do some research and find out how to care for your plant, how to repot it, and how to transfer it into the garden. You could try your local library, ask a keen gardener, or search the internet.

Don't forget to enjoy eating the fruits of your labour too!



Over time, we often develop unhelpful thinking habits and negative thoughts that regularly occur and impact our self-esteem and how we feel about our environments. Using affirmations can be a good tool to help combat this.

Repeating positive statements every day can boost our mood, challenge negative thoughts and help us to develop new attitudes to ourselves and our situations.

Positive affirmations are individual, so have a think about what might be important to remind yourself of. Here are a few examples might help:

*I love and accept myself for who I am - I am creative and self-reliant*

*I choose to be happy - I am flexible and adapt to challenges*

Why not make your affirmation into a scrabble magnet to help you remember it?

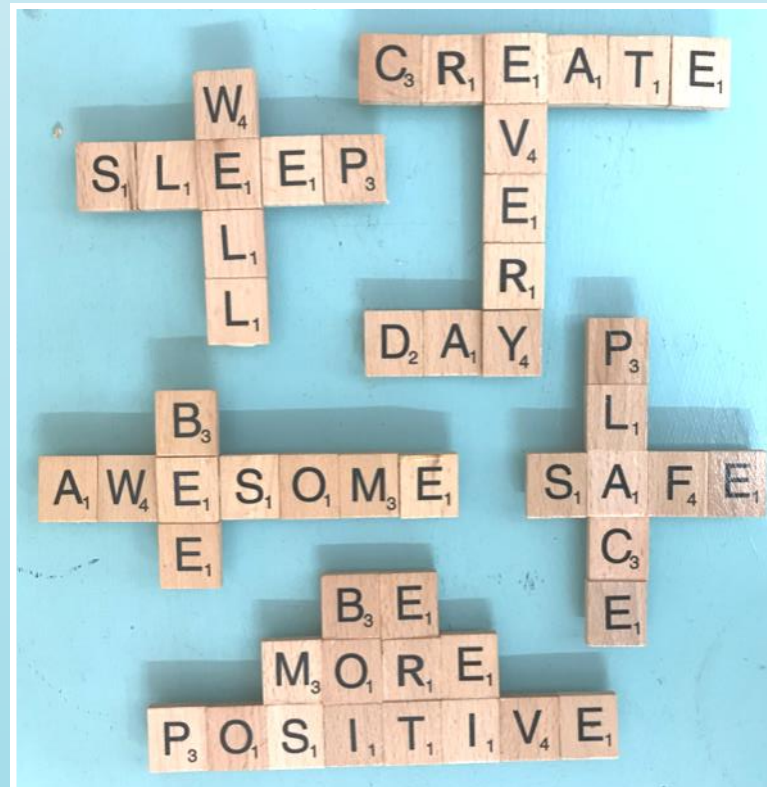
## What You Will Need:

- Wooden or plastic scrabble letters (100 to 200 letters will cost £2 - £5 online)
- Glue or double-sided tape
- Wooden lollipop sticks or strong cardboard
- Magnets (a pack of 100 is less than £5)
- A pair of scissors



## Directions:

1. Decide on your chosen phrase (ideally between 1 and 4 words) such as: 'love and acceptance', 'be confident' or 'create every day'. If you're a scrabble buff you may choose to arrange the letters like you would on a scrabble board, alternatively you can arrange them in rows one above the other.
2. When you're happy with the arrangement, apply a line of glue along a wooden lollipop stick and stick your letter arrangement on top, with the letters facing upwards so you can read your phrase at all times. If you're using glue, leave it to dry (check the packaging for guidance on drying times).
3. When the glue is dry, cut off any bits of lollipop stick that is left sticking out with your scissors. Then use glue or tape to stick a magnet onto the back. Pop your positive affirmation on your fridge or somewhere noticeable and repeat your affirmation to yourself every day (or as often as you can).



While we're making magnets, here's a handy how-to guide to turning a plain old fridge into a personalised work of art...

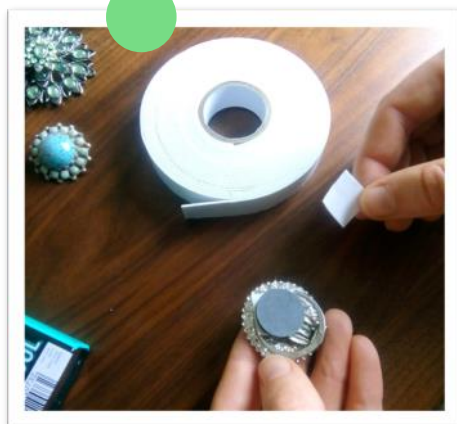


## What You Will Need:

- Old badges, brooches, or anything else you think would look good as a magnet
- Magnets (a pack of 100 is less than £5)
- Scissors
- Double-sided tape

## Directions:

1. Collect together all the items you would like to turn into fridge magnets. Pretty much anything goes as long as it's not too heavy. If something you love is broken or no longer fit for purpose, this is a great way to reuse and recycle it.



2. Start fixing the magnets to your items. We bought our magnets online for less than £5 but you could also find them at hardware and big homeware stores. If an item is metal, you might find the magnet sticks to it without the need for tape. If it isn't, cut off a small square of double-sided tape, peel off the backing paper and then use the tape to firmly stick the magnet to your item.



3. Use your imagination! We upcycled an old mint tin into a handy pen holder which could also be covered with paint, paper or patterned vinyl and decorated if you want a more personal look.

4. Once your magnets are all finished, then stand back and admire your newly decorated fridge. Don't forget to write yourself a couple of positive notes or affirmations to make you smile every time you pass by.

## 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](http://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](http://www.andysmanclub.co.uk)  
Email: [info@andysmanclub.co.uk](mailto: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](http://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](http://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](http://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](http://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](http://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.