



Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



S2R

WELLBEING PACK 6



Registered Charity 1122199 | Limited Charity 6418312

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**CREATE
SPACE**

Promoting Positive Mental Health

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**THE GREAT
OUTDOORS
PROJECT**

Hello from S2R

This is the last 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 these unusual circumstances we are living in, so we wanted to send you a little something to keep you feeling connected and to let you know we are thinking about **YOU!** Getting creative is a great way to keep your mind occupied, your mood uplifted 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 creative activities for you to try.

The theme for this Pack is: Reflection, the 5 Ways to Wellbeing.

Remember it's really important to follow current Government Guidelines to keep yourself and others safe, please continue to social distance.

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 07933 358 800 (between 10am - 4pm).



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Ways to Wellbeing

Pack 6 – Reflection

Over the previous 5 Wellbeing Packs we have looked at the 5 Ways to Wellbeing which are: Connect, Keep Learning, Be Active, Give Back & Take Notice. Pack 6 will help us to reflect on what we have learned so far plus we will also look at gratitude & self-awareness.

Some Facts:

It has been shown through research that practising gratitude promotes holistic health for body and mind.

Self-awareness is the ability to see yourself clearly and objectively through the practice of reflection, evidence shows that self-awareness helps us to understand and manage our thoughts and emotions and can improve our relationships and our overall well being.

There is a list below but feel free to set your own targets, try to see how you feel after each activity and make a note of how it affects your wellbeing.

Date	Suggested activity	My own activity	My feelings after the activity
Day 1	Reflect on your feelings, in the previous packs you will have been noting how you feel after each activity. Look back and take note of the things that made you feel good. Keeping a journal or scrapbook is a great way to practice self-reflection and here's an interesting article about it https://www.thecounsellorscafe.co.uk/single-post/2016/12/02/Journaling-for-Wellbeing		
Day 2	Breathe. Take time every day to sit and focus on your breathing – just relax and breathe in and breathe out and notice your body and yourself. Listen to a body- scan meditation if you have time, try this one https://www.mindful.org/beginners-body-scan-meditation/		
Day 3	Write down two things that you are thankful for today. You might feel thankful for the sunshine, or that you are able to have a nice breakfast. Focussing on the things we are thankful for helps us to keep a positive frame of mind.		
Day 4	Take some time each day to notice how you are feeling emotionally. It is ok if you are happy or sad, grumpy or joyful - just notice your feelings and accept them without judgement.		
Day 5	Be mindful - You don't have to meditate to be mindful – you can drink a cup of tea mindfully or go for a mindful walk. It is all about being really in the present moment so really enjoying that meal, really noticing the taste of your tea or how the sun feels on your face.		



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Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD

Date	Suggested activity	My own activity	My feelings after the activity
Day 1	Looking back on the previous 5 Wellbeing Packs think about which theme you related to most. Make sure you build in time to do the things you enjoy but also try to do some activities from each of the 5 Ways to Wellbeing which will help you bring positive balance to your physical and mental health.		
Day 2	Noticing the beauty around us and really appreciating it can help our well-being, it is about taking notice but also links to mindfulness which is about enjoying the present moment. Sit and enjoy your view, watch nature programmes, put some of your holiday photos on display.		
Day 3	Use all your senses - listen to the rain on the window, or water running in a stream on a walk. Pick up a pine cone and feel it's texture or run your hand through the long grass and smell the flowers. Make it a habit to take time to appreciate the natural world.		
Day 4	Think about your environment. What colours and textures do you surround yourself with. Do you have a favourite blanket, lovely cup or mug, an aromatherapy candle? Using things that stimulate our senses can help us alter our feelings, for example a certain smell can help us to feel calm or wearing a certain colour can help us to feel more cheerful and clearing away clutter can be very satisfying.		
Day 5	Art of any kind is a great way to help us reflect on what is happening for us. Art is not about getting it right, rather it is about having fun and expressing yourself – you might like to dance, sing, sketch, craft, do creative writing. Find the things that work for you and make sure you make time to do them.		

Take Time to Relax

BATH SALTS

Have you used bath salts before? Did you know it really is as simple as adding a bit of salt to your bath?

Minerals from salt are absorbed through the skin, so when you use them in a bath, your body soaks up their nutrients. The salt will also exfoliate your skin making it feel fresh and smooth. Try adding a cup of mineral salts to your next bath (Dead Sea Salt; Epsom Salt; or Himalayan Pink Salt).

If you're having a bath before bed, and you have access to Lavender Essential Oil, you could also add a couple of drops to your bath for a lovely aroma that will help you feel relaxed and ready to sleep.



HONEY-SUGAR LIP SCRUB

1. Mix one teaspoon of honey with two teaspoons of sugar
2. Massage the mixture into your lips and leave for 10 minutes or so
3. Wash off with warm water

Sugar is an effective natural exfoliant. When mixed with honey, it becomes a great moisturising lip scrub.



LEMON HAND SCRUB

Slowly mix together:

- $\frac{2}{3}$ cup of sugar
- $\frac{1}{4}$ cup coconut oil or olive oil (fractionated coconut oil is best or use standard coconut oil that has been melted to a liquid state in the microwave.
- 15 drops of lemon essential oil or 1 tablespoon of fresh lemon juice.



Your final consistency should be semi-dry like sand that is just a little damp. You will need to make adjustments at this point to get the right texture. This should be nice and creamy and not too dry but yet not runny. So continue to add more sugar and or more lemon juice/ oil until it looks like a thick hand cream.

Apply to your hands, rub them together like you're washing them, do this for a couple of minutes and then wash the mixture off with warm water.

Have a go!

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The Practice of Gratitude



What am I
grateful for today?

Gratitude is much more than saying thank you for a material possession or a personal circumstance. Gratitude is a deep appreciation for all the different facts that make up our life experiences.

When we practice gratitude, we go beyond focusing on what we don't have (a sense of lack) and instead we acknowledge all that we do have (a sense of abundance) including elements that we often take for granted.

It has been shown through research that practising gratitude promotes holistic health for body and mind.

On a physical level, practising gratitude supports the immune system, keeps our heart healthy, enables us to sleep better, promotes feel-good hormones, reduces stress hormones, combats low mood and depression.

On an emotional level, evoking gratitude helps to re-wire the thought process through the creation of neurological pathways, which if exercised frequently, results in a more optimistic, positive centred perspective on our lives.

On a spiritual level, practising gratitude, helps us to uncover a deep sense of personal support, unconditional love and connection that the world around us offers. It also opens up a sense of fullness and completeness that concentrating in the present moment brings.

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Here is a simple Gratitude meditation exercise for you to try

1. Firstly, find a quiet and peaceful space, free from interruptions for the next 10 minutes or so, and make sure you have a pen and paper nearby.
2. Find a comfy chair, or a space on the floor, either lay flat or propped against the wall with cushions (if you're really adventurous you can sit in a crossed legged position).
3. Let your spine be as straight as possible yet aligned with the natural curve of your back. Close your eyes and rest completely in your chosen position, letting all of the tension in your body melt away.
4. Relax the feet, knees, hips, belly, spine, shoulders, chest, elbows, hands and neck, now concentrate on your forehead, eyes, ears, nose and mouth.
5. Now visualise a person, a pet, or a place e.g. a beautiful garden, a nearby beauty spot, or an item you hold dear that you are deeply grateful for in your life.
6. Notice how this is making you feel, it could be a feeling of love, warmth tenderness or appreciation, let this emotion flow around your body and the space around you.
7. Now bring your attention to your breath, breath in and out through your nose consciously thinking about the person or things that make us grateful.
8. Now connect these feeling to yourself, be grateful for your heartbeat, your breath, now extending this to the world around us, the food we eat, water we drink, the sun that keeps us warm.
9. Taking a few more breaths let these grateful thoughts run, calm you and feel the gentle glow of gratitude.
10. In your own time, slowly, gently, opening your eyes, when ready write down things in your life that you are grateful for, not forgetting the small but important everyday things that we often take for granted.

This is your personal gratitude list, a reminder of the positive aspects of your life, it can be added to, as the more you practice this meditation the more you will enhance your life.

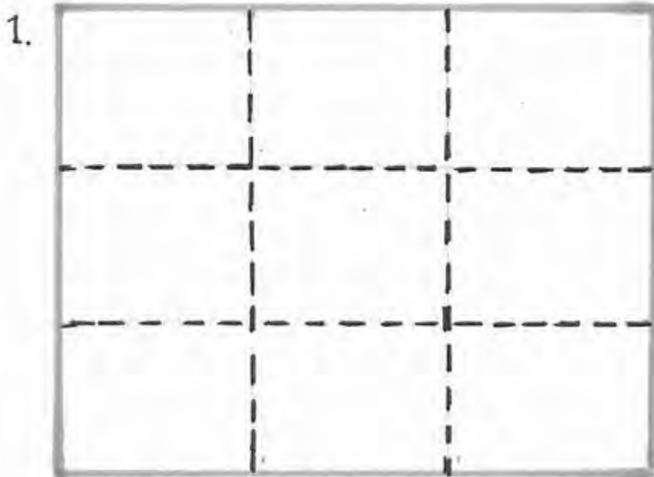
Nature Drawing with Audrey

**Drawing & Painting tips and tricks
to help you make the most effective landscape compositions!**

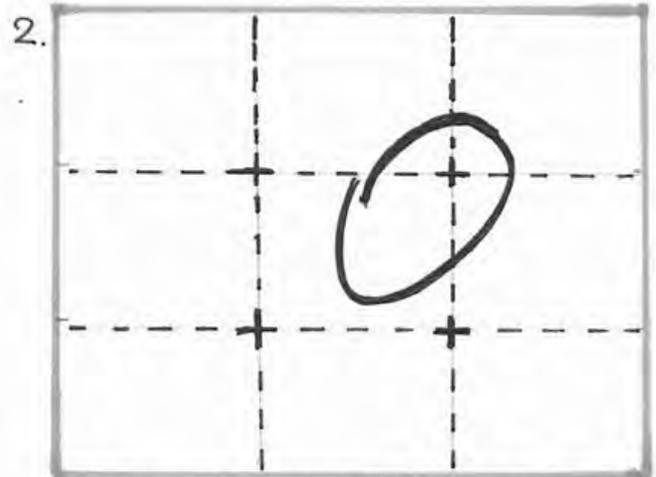
What is Composition?

Composition is an element of artwork which allows artists to direct the viewers' eye and have an effect on the emotional feel of their work. More specifically it is how we arrange visual elements in a work of art that directs the viewers' eye through the painting, or a specific place, typically a main element or centre piece.

This makes the work of art engaging, interesting, and more appealing to the viewer. Without realizing it your being led through the painting and your eye is not flitting from left, to right and up, down. The drawing becomes more harmonious and you can focus on enjoying it instead of fighting against it. How? 8 simple rules:



One-third rule



Center of interest / focus point

1. One third rule: Imaginary lines dividing the paper into thirds.

This not only helps to get the proportions right but also the composition.

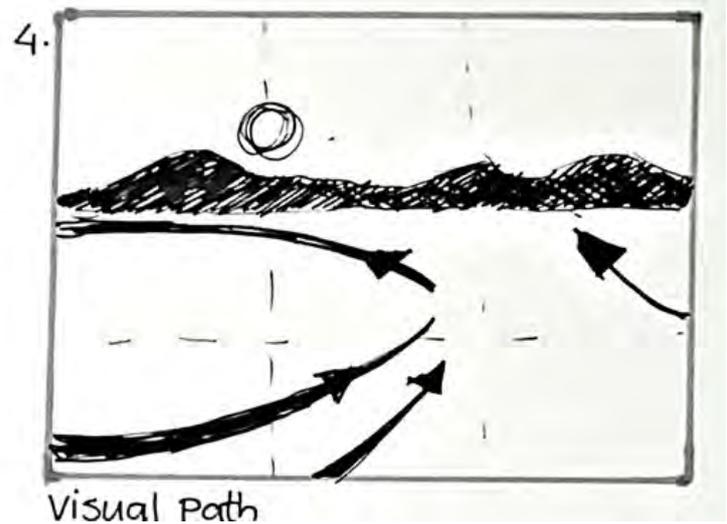
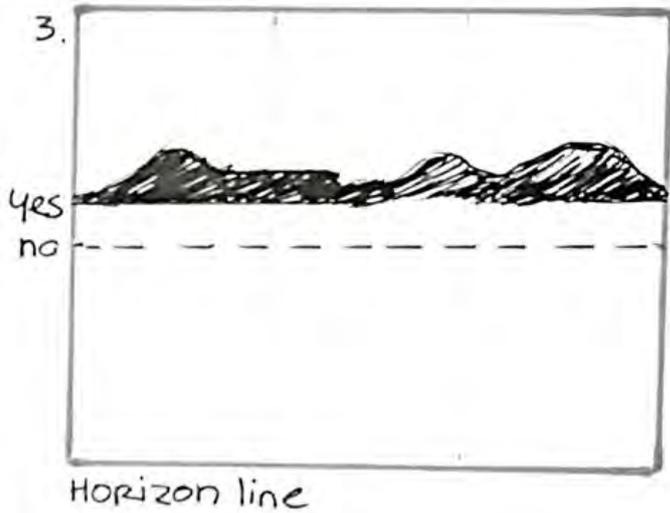
When you first start drawing, these lines are really helpful to draw in before you start your sketch. Even just a little mark on the edge of your paper will help.

2. Centre of interest/ focus point: These are the junctions of the one third lines.

These are the spots you want put your 'prize pony', it's where the viewer will focus on.

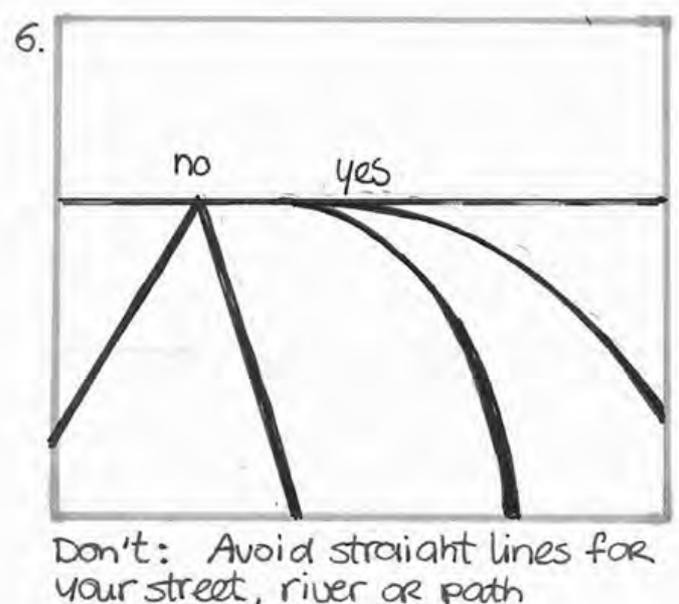
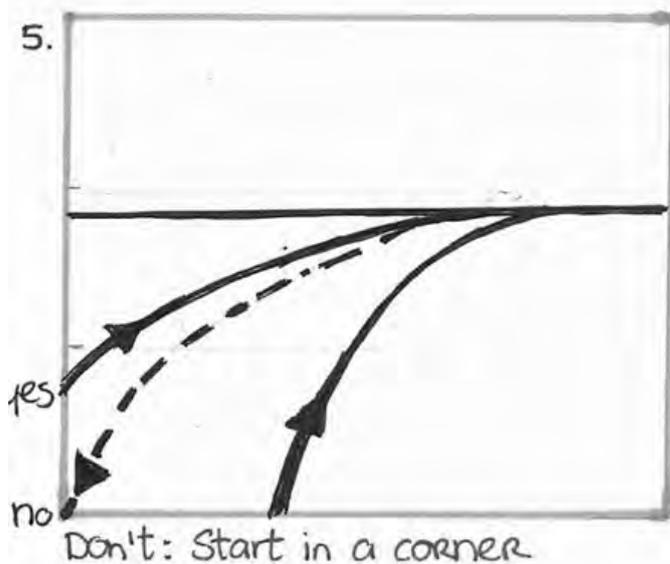
Pick one and wherever it is located, it should have one or both of the following; the strongest contrast or colour, and the most texture.

Nature Drawing with Audrey



3. Horizon line, place it somewhere above or below the middle point, never midway.

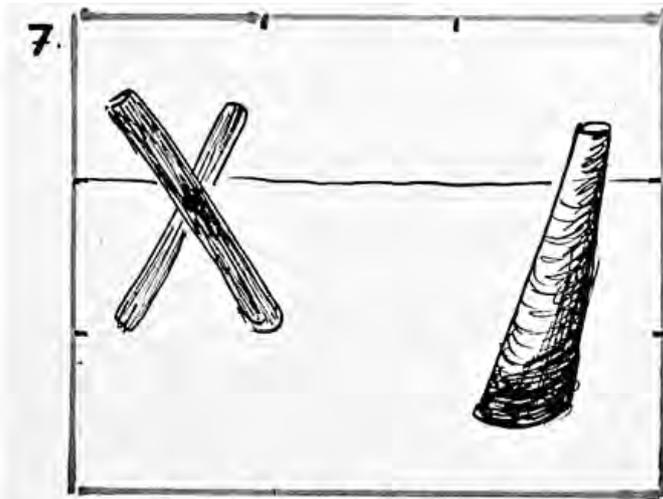
4. Visual path: Use design elements to create a visual path to the centre of interest.



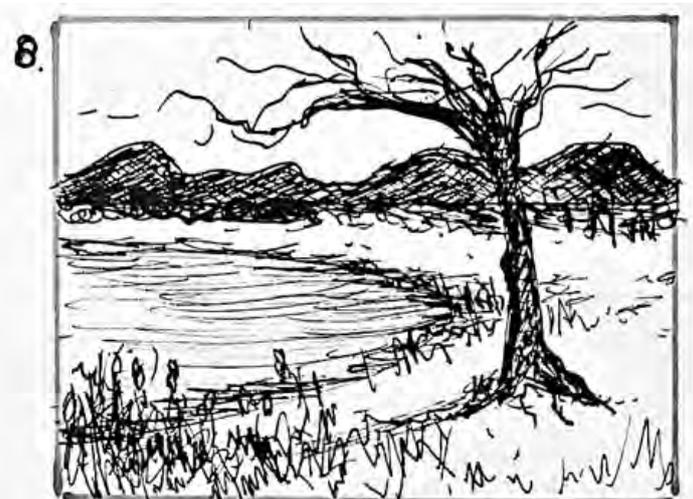
5. Don't: start your visual path in a corner. This acts like an arrow and all the viewer will look at is that corner. You want them to walk through your drawing, not stop at the corner.

6. Avoid straight lines for your street, river, paths. Try and make them a bit more interesting and visually give them more depth by curving it at the horizon, so it hasn't got an abrupt end. I can go on and tell you the earth isn't flat etc. But I think you get the picture!

Nature Drawing with Audrey



Don't: Avoid having vertical objects leaning outward or having obvious 'X' shapes.



Variation in lines: Have some kind of horizontal, vertical and or diagonal element.

7. Avoid having vertical objects leaning outwards or have obvious 'x' shapes.

8. Variation in lines; have some kind of horizontal, vertical and or diagonal elements.



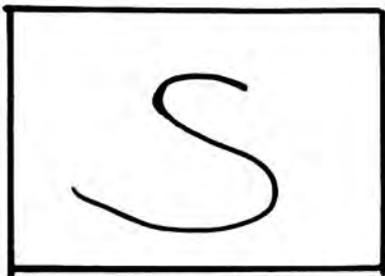
Nature Drawing with Audrey

Different composition types:

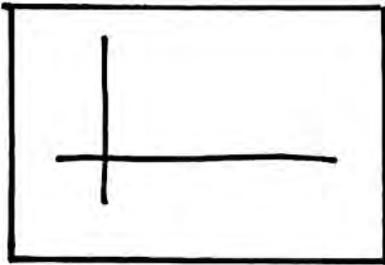
You will see the 8 different composition types below:

'S', or compound curve, Cross, Triangle, 'O', or circular, Radiating lines, Diagonal, Balanced scales, Steelyard.

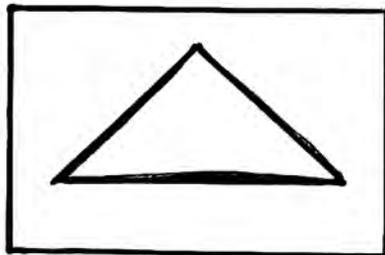
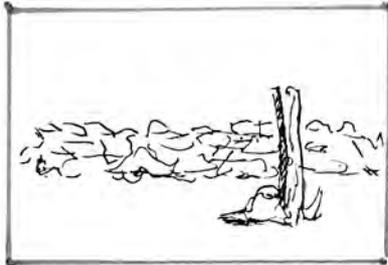
Understanding and identifying the different types will help you get the composition right on your own drawing. It makes it more clear why something works or why it doesn't. Everyone has their own style and preference, look through some of your own photo's or favourite paintings and see where your mind takes you: this is perfect!!!! What is calming for you may be chaotic for someone else.



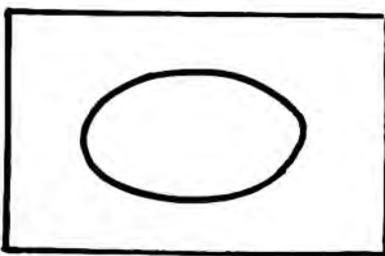
'S' or compound curve



CROSS



Triangle



'O' or circular



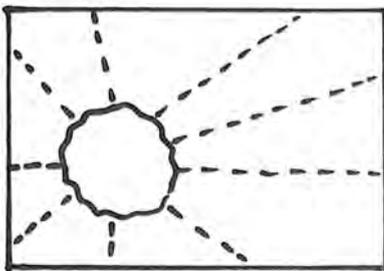
Nature Drawing with Audrey

When you combine the rules and the composition types, it becomes so much clearer why some paintings work better than others.

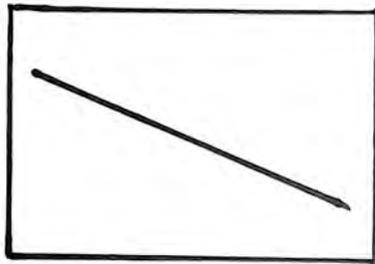
You can highlight or move elements to suite your composition better.

Move a stone, tree or grass to fit better and make the eye go towards what you find important.

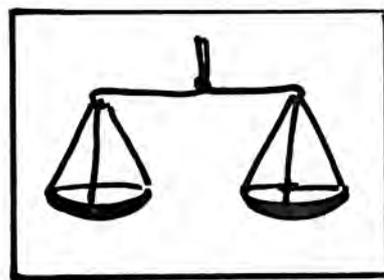
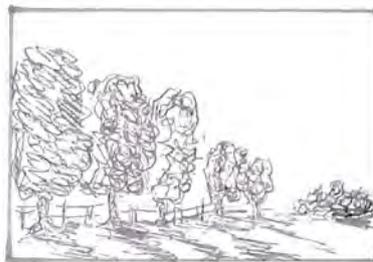
Sky, clouds and sun beams can play a great part in your composition. Just move, make bigger or even invent some.



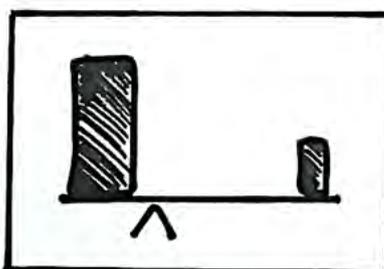
Radiating Lines



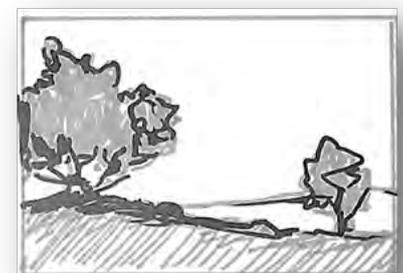
Diagonal



Balanced Scales



Steelyard



Nature Drawing with Audrey

S or compound curve



Radiating lines



Cross



Diagonal



Triangle



Balanced Scale



'O' or circular



Steelyard



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June is an important month for celebrating
and raising awareness:



It's important, especially under these difficult circumstances, that we take time to celebrate and show gratitude to people who voluntarily share their skills, experience and time to support others.

To find out more about volunteering in Kirklees, contact: **Volunteering Kirklees**
[07776 588 691](tel:07776588691) / [07776 588 699](tel:07776588699) / volunteer@tslkirklees.org.uk
www.volunteeringkirklees.org.uk

From everyone at S2R we'd like to thank all our wonderful volunteers for the support they've provided over the last 12 months.



Carers Week™

8 - 14 June 2020

carersweek.org

"New figures released for Carers Week show an estimated 4.5 million people in the UK have become unpaid carers as a result of the Covid-19 pandemic. This is on top of the 9.1 million unpaid carers who were already caring before the outbreak, bringing the total to 13.6 million. Typically, they will have been supporting loved ones from afar, helping with food shopping, collecting medicine, managing finances and providing reassurance and emotional support during the pandemic. Some will have taken on intense caring roles, helping with tasks such as personal care, moving around the home, administering medication and preparing meals." - www.carersweek.org

It is likely that many people in your community have caring responsibilities. If you know anyone in a caring role who needs support please ask them to contact:
Carers Count [03000120231](tel:03000120231) / info@carerscount.org.uk / carerscount.org.uk

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Learning Disability Week

15th - 21st June 2020

The theme of the week is the importance of friendships during lockdown. Due to the Covid-19 pandemic, we have all been living in lockdown. This means that many people with a learning disability are feeling isolated, as they have been unable to see their friends and families.

We know that people with a learning disability already experience high levels of loneliness and social isolation and that this will only have been made worse by the lockdown.

mencap
presents



If you are concerned about someone with a Learning Disability or want to find out about support in Kirklees, you can contact Gateway to care: 01484 414933 or Cloverleaf: 01924 454875

<https://www.youtube.com/watch?v=sfc35ll21xo&feature=youtu.be>

15th - 19th June 2020

LONELINESS

Understanding loneliness one conversation at a time

LONELINESS AWARENESS WEEK

**MEN'S
HEALTH
WEEK**

2020



Men's health matters to us and looking after all elements of our wellbeing is important, especially during these challenging times. To find out more, visit www.s2r.org.uk we have links to local services, or visit the Men's Health Forum website: they share up to date research, information and advice on men's health.

www.menshealthforum.org.uk

15th - 21st June 2020 is also Men's Health Week & Loneliness Awareness Week!

We all feel lonely from time to time. During the lockdown period this has been something that has affected more people than ever. Feelings of loneliness are personal, it is also a normal reaction to what has been happening during the Covid-19 Pandemic. One common description of loneliness is the feeling we get when our need for rewarding social contact and relationships is not met. Being separated from family, friends, social or community contacts has been especially difficult.

Loneliness is not a mental health condition but it is linked to poor emotional and physical health. So it's really important that when you feel lonely you reach out to other people and share how you're feeling. Our Wellbeing Packs have provided support and encouragement to reach out and connect with others: by phone, email, video call, WhatsApp or any other method that works for you.

For more information visit www.mind.org.uk or www.s2r.org.uk we can also help signpost you to local support services.

YOU ARE LIVING THROUGH HISTORY RIGHT NOW

TAKE A MOMENT TO FILL IN THESE PAGES FOR YOU (AND YOUR FAMILY) TO LOOK BACK ON. HERE ARE SOME OTHER IDEAS OF THINGS TO INCLUDE:

- SOME PHOTOS FROM THIS TIME
- LOCAL NEWSPAPER PAGES OR CLIPPING
- A JOURNAL OF YOUR DAYS
- SPECIAL MEMORIES

LAST DAY

THE DATE _____

PLACE A 4X6 PICTURE
HERE OF YOUR FIRST
DAY IN ISOLATION/
SOCIAL DISTANCING

FIRST DAY

THE DATE _____

PLACE A 4X6 PICTURE
HERE OF YOUR LAST
DAY IN ISOLATION/
SOCIAL DISTANCING

HOW I'M FEELING

WORDS TO DESCRIBE HOW I FEEL:



WHAT I HAVE LEARNED
MOST FROM THIS EXPERIENCE:

BIGGEST GOAL FOR LIFE
GOING FORWARD:

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER ARE:

1

2

3

MY COMMUNITY



THINGS I AM DOING TO HELP
FEEL CONNECTED WITH OTHERS:

MY HOME ADDRESS DURING THIS TIME:

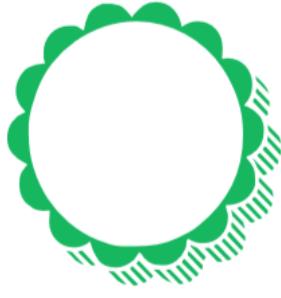
LIST OF ALL THE PEOPLE I
CAN'T WAIT TO SEE AGAIN:

WHAT CHANGES HAVE I SEEN IN MY
COMMUNITY? THE GOOD AND BAD...

THINGS TO REMEMBER....

WHAT HAS BEEN THE
BIGGEST CHANGE?

MY HOPE FOR THE FUTURE:



DAYS SPENT INSIDE

HOW YOU FELT:

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

THINGS I WILL NOT TAKE
FOR GRANTED AFTER THIS:

WHAT I AM MOST THANKFUL FOR?

WRITE ANYTHING HERE YOU HOPE YOU NEVER FORGET ABOUT THIS TIME:

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Support

Mental Health Help Line

0800 183 0558

Offering confidential help and support 24 hours a day. The helpline will provide a listening ear, emotional support and guidance to adults with new or existing mental health conditions. It will also provide information, advice and support to carers.

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)

07933 358 800 (10am - 4pm weekdays)

SPA mental health - Single Point of Access

01924 316 830 *Updated*

Folly Hall - Mental Health Service

01484 343 100

IAPT for people with low mood or anxiety

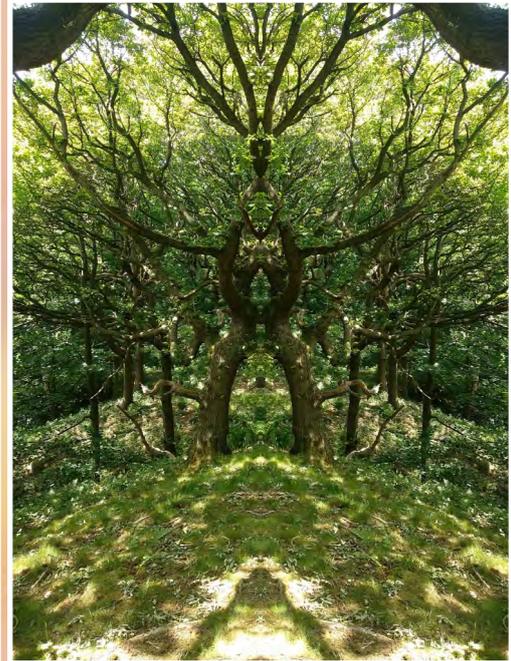
01484 343700

Take care and stay safe



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'Reflections' Photographs

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 **07933 353 487**
contact@s2r.org.uk

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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](https://www.facebook.com/S2RCreateSpace)

Twitter: [@CreateSpaceS2R](https://twitter.com/CreateSpaceS2R)

Instagram: [@S2RCreateSpace](https://www.instagram.com/S2RCreateSpace)

Remember to send in photos of activities you have been doing, it could be pictures of nature or a craft activity, we would love to see them and share with others.

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