

Resources helping young people (and parents) with their mental health during this anxious time of self-isolation & social distancing.

Some of these resources are suitable for little young people while some are suitable for older young people. If you have a little young person then parental guidance may be needed to check suitability of the resource before viewing/using!

Apps (free or only a small cost):

Headspace – a subscription service primarily but has some basic meditations for free.

Calm – Lots of meditations. Find information on a free one-month trial at the end of this pack.

#Selfcare – A super cute and interactive story/game based around selfcare.

Stop, Breathe & Think – A meditation app personalised around how you are feeling at the moment.

Shine – Articles and daily gratitude reminders, plus meditations and all things positive. Has an upgrade option for even more benefits.

Grid diary – A really quick and simple way of journaling based on a range of prompts. Great for self-care and checking in with ourselves.

Grateful – Another very simple journaling app where you are given one gratitude themed prompt for the day to reflect on.

Moodpath – A great little mood tracking app which gives you a report every 14 days regarding your mental health.

Daylio Journal – Another great mood tracking app. Displays things in a very visual way so you can easily see how your mood fluctuates.

Calm Harm – A great app full of lots of coping strategies and distraction methods to help with the impulses of self-harming.

Breathe: Calm aura and sleep – A calming app with a selection of breathing exercises.

Aloe Bud – a cute little self-care tracker for actions such as breathing, hydrating, moving etc.

Remente, Self-Improvement – A goal and mood tracking app, can upgrade to premium to follow specific plans.

Videos:

- Yoga for little young people: <https://www.youtube.com/user/CosmicKidsYoga>
- Yoga and meditation: <https://www.youtube.com/user/yogawithadriene/featured>
- Calm's breathe bubble: https://www.youtube.com/watch?v=iaQed_Xdyvw
- A great safe space visualisation: <https://www.youtube.com/watch?v=F5X5oVmTyOM>
- Breathing exercise: <https://www.youtube.com/watch?v=aXitOY0sLRY&t=74s>
- 4-7-8 Breathing: <https://www.youtube.com/watch?v=BKFgbEU1e4w> (Breath in for 4, hold for 7, breathe out for 8)



- We all have Mental Health: <https://www.youtube.com/watch?v=DxIDKZHW3-E>
- Describing our depression to an illustrator: https://www.youtube.com/watch?v=coSbBsTGs_A (You could use this as inspiration to draw one of your overwhelming feelings?)
- Breaking the stigma of Mental Health: <https://www.youtube.com/watch?v=49mfPFTZsHs> (What would you like other people to know about *your* mental health?)
- Why do we lose control of our emotions? <https://www.youtube.com/watch?v=3bKuoH8CkFc>

Ideas to do when you're bored, need some distraction, want to focus your mind or would like to feel calmer and more grounded:

Clear out your wardrobe.

Read a book.

Watch tv, a film or the latest series on Netflix.

Do a puzzle; sudoku, crossword, wordsearch etc.

Play a card game.

Make a photo album.

Start a blog.

Make an obstacle course in the house or garden; challenge family, siblings or pets to complete it.

Do some baking or cooking.

Design and make your own board game.

Learn how to knit (or learn another skill or hobby).

Make a new up-beat playlist on Spotify and have a dance party.

Do some exercise.

Learn a new language. (You could use the Duolingo app)

Sit in the garden and spend some time in nature.

Play board games.

Find an online group that you could be part of. (E.g I'm part of an online house plant group because I'm cool!!)

Play an instrument.

Yoga.

Paint your feelings.

Open the windows and take some deep breaths.

Create a gratitude jar/box.



Build the tallest tower of something (legos, books, blocks etc.)

Face-time or ring friends and family.

Do some colouring.

Re-design your bedroom or move furniture around.

Check-in with yourself. How are you feeling right now?

Have a social media clean-up. Get rid of accounts and followers that aren't helpful or wanted.

Create a scavenger map around the house.

Create your own mood board or inspiration board from magazine cuttings and craft materials.

Draw a picture of something.

Have a relaxing bath.

Tense and relax your muscles.

Blow bubbles.

Make moon sand (All purpose/plain flour and baby oil)

Listen to music.

Meditate or practice mindfulness.

Write a letter; to yourself, to someone else...

Hug someone.

Do 10 star jumps!

Start a Journal.

Build/make something.

Build a fort with blankets and pillows.

Make paper airplanes.

Write your own book.

Create your own coping box: fill it with all the things that make you feel calm and happy.

Make Oobleck (cornflour and water)

Create inspiration boards on Pinterest.

Create an art gallery in the front room with your own unique art.

Start a new habit.



Signposting and crisis support:

If your life, or the life of someone you know, is in immediate danger then you need to ring 999

If you have a **safeguarding or welfare concern regarding a young person** then please ring MASH (the Multi-Agency Safeguarding Hub) on: **0345 155 1071**

If not in immediate danger, then please feel free to ring either the Samaritans or Childline (for those aged under 19) for some crisis advice and support.

Childline: A free, confidential service for anyone under the age of 19 to discuss anything that is worrying them.

<https://www.childline.org.uk/> Call: **0800 1111**

Samaritans: Support for people in times of need.

<https://www.samaritans.org/> Call: **116 123**

Mind: Advice and support to anyone experiencing a mental health illness.

<https://www.mind.org.uk/>

Young Minds: Information on mental health for children and young people, parents and professionals.

<https://youngminds.org.uk/>

Mental Health.org: Information and support for young people with mental health problems or learning disabilities.

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

NSPCC: Help, advice and information around child abuse and child cruelty.

<https://www.nspcc.org.uk/>

NHS: Information and advice for everything to do with your health.

<https://www.nhs.uk/>

Mental Health helplines: A list of mental health helplines and support groups.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>





#1 App for Meditation, Relaxation and Sleep



- ✓ Daily Calm: a brand new 10-minute meditation every day
- ✓ 100+ guided meditations covering anxiety, focus, gratitude and more
- ✓ 80+ Sleep Stories to settle the mind and relax the body
- ✓ Exclusive music tracks for focus, relaxation and sleep
- ✓ Calm Masterclasses featuring world-renowned mindfulness experts



Try 30 Days for Free

calm.com/calmhealthtrial