



Where To Find Support When School Is Closed Over Christmas



www.kooth.com offers online confidential one-to-one support for young people, plus access to online self-help materials.



Childline is open 24 hours a day, 7 days a week. So you can talk to us any time. When you call us on **0800 1111** you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online. *They can provide help and support for people up to their 19th birthday*



For young people who identify as LGBTQ+ and/or are experiencing issues related to equality, diversity and identity. counselling@metrocharity.org.uk or call: 020 8305 5009



A safe, online community where people over the age of 16 support each other anonymously to improve mental health and wellbeing. The community is monitored 24/7 by trained counsellors and psychotherapists. www.togetherall.com



Alumina (previously SelfHarmUK) offers online support for young people (14-19), who self-harm or are worried they might. Visit www.selfharm.co.uk or Email helloalumina@youthscape.co.uk

For support in a crisis

NHS
South West London
CAMHS
Child and Adolescent
Mental Health Service

Crisis Line 0203 228 5980
For young people or parents/carers worried about a person's mental health.
Open: Monday to Friday 5pm – 11pm,
Saturday, Sunday, and Bank Holidays 9am – 11pm.

NHS
South West London
24-hour Mental Health Crisis Line
0800 028 8000

For support in an emergency

In an emergency, please call **111** or attend A&E. Only call 999 in the case of life-threatening emergencies.

THE MIX
Essential support for under 25s

Free,
confidential support for young people under 25.
Call: **0808 808 4994** (11am-11pm)

PAPYRUS

Papyrus HOPELINE for young people experiencing thoughts about suicide. 9am to midnight, every day.
Call: [0800 068 4141](tel:08000684141)
Text: [07860039967](tel:07860039967)

SAMARITANS
Call us free 24/7 on
116 123
samaritans.org

The school break can be difficult. There is a change in routine, you might be spending more time at home with your parents and siblings and less time with your friends. You might feel a bit stuck as to what to do. There might be pressure to feel a certain way during the festive period. You might be feeling low in mood or experiencing some anxiety.

These are some strategies that you can use during this time and all year round!

Distraction Techniques

You can use distraction techniques to change the focus of your attention from thinking about your body to thinking about the outside world.

Use your 5 senses

5 things you can see



4 things you can touch



3 things you can hear



2 things you can smell



1 thing you can taste



Colours

Find five things in the room that are yellow/ blue/ green etc.



Relaxation Strategies

You can use relaxation strategies to relax your body, feel calmer and more in control.

Deep Breathing

Deep breathing
using your hand.



Progressive Muscle Progression

Use this exercise to relax your entire body, one body part at time. Tense each body part, hold for 5 seconds, and then release, letting all the tension go.

Hands – clench your left fist, and then relax. Do the same with your right.

Arms – bend your elbows and tense your arm and bicep, then relax.

Neck – Press your head back and roll it from side to side slowly. Feel the tension moving then bring your head forward into a comfortable position.

Face – focus on your jaw and forehead. Lower your eyebrows into a frown and then raise them. After 5 seconds relax them and clench your jaw for 5 seconds. Notice the difference between tensing and relaxing.

Chest – take a deep breath and notice your chest rising. Hold it for a few seconds then relax.

Stomach – tense your stomach muscles as tight as you can and then relax.

Legs – straighten your legs and stretch out as far as possible. Bend your feet up towards your face. After 5 seconds on stretching, wiggle your toes and relax.

Positive Coping Statements

Positive statements encourage us and help us cope during distressing times. We can say these encouraging words to ourselves and be our own personal coach. We have all been through some difficult times, and we can use those experiences to encourage us through current difficulties. Examples of coping thoughts might be:

- | | |
|--|--|
| ★ Stop, and breathe, I can do this | ★ I don't need to rush, I can take things slowly |
| ★ I can learn from this and it will be easier next time | ★ I have survived before, I will survive now |
| ★ I can use my coping skills and get through this | ★ It's okay to feel this way, it's a normal reaction |
| ★ I can be anxious/angry/sad and still deal with this | ★ Right now, I am not in danger. Right now, I'm safe |
| ★ I have done this before, and I can do it again | ★ My thoughts are not helpful |
| ★ This feels bad, it's a normal body reaction – it will pass | ★ Thoughts are just thoughts |
| ★ These are just feelings; they will go away | ★ This won't last forever |
| ★ This is difficult and uncomfortable, but it's only temporary | ★ This will pass |
| ★ Short term pain for long term gain | ★ Keep calm and carry on |



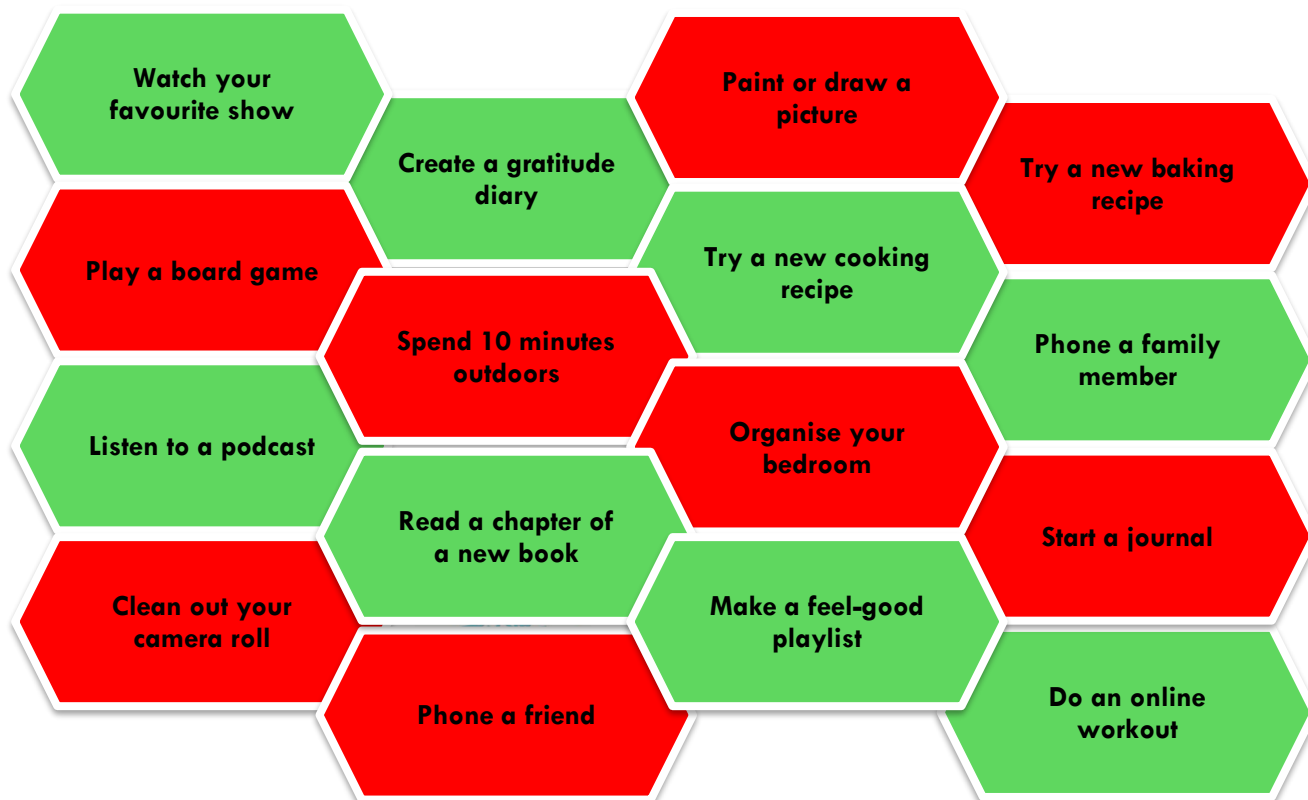
Top Tips to Stay Well

- ★ **Talk to someone!**
- ★ **Monitor your social media usage**
- ★ **Keeping a routine**
- ★ **Gaming (but not too much!)**



Activity Bingo

These activities take your full attention, you may 'lose yourself' in the activity and don't notice time passing. Some examples might be reading a book, watching a film, or playing a musical instrument. Have a think about which activities are for you.



Activity Ideas

The idea of staying home can often be fun and relaxing because there is no school to attend. On the other hand, staying home for a long time often leads to boredom – and this is common with everyone! It's good to relax but your mood will feel better if you spend time doing things that you enjoy with family or friends (where possible).

It is important that we keep ourselves busy with activities, especially creative ones. This is a time we can try hobbies that we may have stopped previously, or an opportunity to explore a new interest. The reason it's important to do these things is because activities take your full attention, where you 'lose yourself' in the activity and do not notice time passing. We call these 'Flow Activities'. Below is a list of ideas for you to explore whilst you are at home:

Create a 'Christmas Holiday List': You can use this as an opportunity to achieve something new! Is there anything you'd like to achieve over this time off school?

Goals	Steps
Learn how to cook something new	Check what ingredients there are at home Research recipes online Ask someone at home to help you and agree on a time to do this
Rearrange my bedroom	Put aside some time to do this, Ask someone at home to help you move furniture

★ **Create a self-soothe box:** If you are feeling anxious or panicky, a self-soothe box can enable you to make you feel more grounded and relaxed. You can include photos of happy memories, sentimental objects, favourite smells, positive affirmation cards. You can find inspiring ideas from YouTube!

★ **Read a book:** Fiction or non-fiction? Whatever you prefer!

★ **Exercise**

★ **Arts & Crafts**

★ **Cooking**



★ **Creating something to engage with others**

★ **Write something:** Do you have an interest in writing? Whether it's writing a blog, a diary, or the next novel, you could use the time to explore your inner J.K. Rowling to create a story.

★ **Socialise**



We have included a weekly planner and an activity log in this document, which you could use to help plan what you're going to do each day. You can also notice which things helped your mood improve (do more of these things!) and when your mood might have got lower (do less of this!).

Activity Planner:

Print or copy the diary below, and then fill in what you plan to do for the Christmas holidays (or you can use it whenever it could be helpful!)



It's important to do a balance of social activities, things that give you a sense of achievement and things that help you feel close to others, as well as some 'down time'.

Scheduling things into your week can be a helpful way of motivating yourself to actually do the activities you have planned.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							

20:00							
21:00							

You could also use this to help plan your routine in general. For example, when you will get up each day, eat lunch and any things you need to do.