

TIPS TO MAKE YOUR DAYS BRIGHTER THIS WINTER



My Wellbeing Checklist

- Am I getting enough sleep?
- Am I eating well?
- Am I drinking enough water?
- Am I connecting with friends?
- Am I moving my body enough?

A Few Ideas To Get You Started

- ☆ Make food together → ['Christmas For Kids Recipes'](#)
- ☆ Go outside in nature or for a walk → ['The Best Walks in Bristol'](#)
- ☆ Play a game together
- ☆ Do something creative → ['Top 10 Free Creative Ideas for Families'](#)
- ☆ Listen to music
- ☆ Watch a film
- ☆ Move - dance, play, run do yoga, play 'Statues'
- ☆ Grow a plant → ['Plants to Enhance Learning and Wellbeing'](#)
- ☆ Rest and sleep → ['Tips for Better Sleep'](#) | ['How to Relax'](#)
- ☆ Enjoy a bedtime story → ['How to Read a Bedtime Story'](#)
- ☆ Get some space → ['Safe and Peaceful Place Visualization Exercise'](#)
- ☆ Self-care menu → ['Self-Care, Anxiety and Depression Coping Strategies'](#)
- ☆ Wellbeing action plan → ['Wellbeing Action Plan'](#)

compiled & produced by



BOOSTING YOUR MOOD



Apps

- ☆ [Calm Harm](#)
- ☆ [Clear Fear](#)
- ☆ [Calm](#)
- ☆ [Headspace](#)
- ☆ [DistrACT](#)

Happiness Chemicals and How to Hack Them	
DOPAMINE THE REWARD CHEMICAL <ul style="list-style-type: none">• Completing a task• Doing self-care activities• Eating food• Celebrating little wins	OXYTOCIN THE LOVE HORMONE <ul style="list-style-type: none">• Playing with a dog• Playing with a baby• Holding hands• Hugging your family• Giving compliments
SEROTONIN THE MOOD STABILIZER <ul style="list-style-type: none">• Meditating• Running• Sun exposure• Walk in nature• Swimming• Cycling	ENDORPHIN THE PAIN KILLER <ul style="list-style-type: none">• Laughter• Essential oils• Watch a comedy• Dark Chocolate• Exercising

Managing Challenging Thoughts & Feelings

- ☆ ['How to Deal with Unhelpful Thoughts'](#)
- ☆ ['Reframing Thoughts - Take That Thought to Court'](#)

Christmas Resources

- ☆ ['Tis The Season To Be Lonely' zine](#)
- ☆ ['Looking After Your Mental Health Over the Holidays'](#)
- ☆ ['Childline: Christmas'](#)

Coronavirus & Mental Health

- ☆ ['Coronavirus and Mental Health'](#)
- ☆ ['Help With How I'm Feeling'](#)



Community Resources

- ☆ [Bristol Somali Resource Centre](#)
- ☆ [Barton Hill Activity Club](#)
- ☆ [Bristol Youth Concern](#)
- ☆ [Southmead Development Trust](#)
- ☆ [Southville Community Centre](#)
- ☆ [Hartcliffe & Witherwood Community Partnership](#)
- ☆ [Bristol Refugee Rights](#)
- ☆ [Muslim Youth Helpline](#)
- ☆ [Knowle West](#)

Alcohol & Other Drugs

- ☆ [Bristol Drugs Project: Contact Us](#)
- ☆ [Bristol Drugs Project: The Drop](#)
- ☆ [Bristol Drugs Project: Online Tools](#)

Support For Parents/Carers

- ☆ ['Parents Survival Guide'](#)
- ☆ ['Supporting Your Child During the Coronavirus Pandemic'](#)
- ☆ [Action For Children: 'Talk To Us'](#)
- ☆ ['Five Ways to Manage Your Wellbeing as a Parent During Lockdown'](#)
- ☆ ['Guide to Supporting Children Who Are Worried'](#)
- ☆ ['The Stress Bucket'](#)



If you're struggling...

- ☆ **Kooth**
An online counselling platform for young people aged 11-18, allowing you to talk to a trained counsellor via webchat. You can also take part in discussion boards and read articles written by other young people.
- ☆ **Childline | 0800 1111 (7:30am-3:30am)**
Helpline and webchat where you can talk about anything that's on your mind.
- ☆ **CAMHS Crisis Line | 0800 953 9599 (24/7/365)**
Immediate emotional and practical telephone support for young people aged 17 and under.
- ☆ **Papyrus HOPELINEUK | 0800 068 4141 (9am-midnight)**
Offering phone, text and email support for young people experiencing suicidal thoughts.
- ☆ **Samaritans | 116 123 (24/7/365)**
Listening support for anyone who is struggling to cope and wants someone to talk to.
- ☆ **Shout | Text 'SHOUT' to 85258 (24/7/365)**
Text support for young people in crisis.
- ☆ **Campaign Against Living Miserably | 0800 58 58 58 (5pm-midnight)**
Helpline and webchat providing information and support.
- ☆ **The Mix | 0808 808 4994 (3pm-midnight)**
Information and advice for young people up to the age of 25, including articles, discussion boards, and phone and webchat support.



creativyouthnetwork.org.uk



bdp.org.uk



otrbristol.org.uk

North Bristol

- ☆ <https://southmead.org/event/youth-sessions-at-the-ranch/2022-12-14>
The Ranch offer sessions at their adventure playground across different weekday evenings. A good chance for children to keep social over the christmas holidays!
- ☆ <https://southmead.org/gym>
The Greenway Centre Gym in Southmead offers concession rates for young people. Classes can also be accessed via move GB
- ☆ [Where are all the warm banks in the South West? These are the confirmed locations so far | ITV News West Country](#)
Warm Banks where people can go to spend time in the warm, talk to others in the community and learn some useful energy saving tips.
- ☆ [welcome | Bristol NW Foodbank \(bristolnorthwestfoodbank.org.uk\)](#)
North Bristol food banks.
- ☆ [Help For SEND Parents & Carers - Wednesday 18th January 2023 - The Mead BS10 - Southmead News & What's On](#)
Support in January for parents of children with SEND.
- ☆ [Lawrence Weston Farm Outdoor Activities](#)
Call Helen on 0117 9381128 or email Helen@lwfarm.org.uk to find out more.
- ☆ www.ebe.org.uk/welcomingspace
'What's on at Ebenezer Church' November/December, lots of weekly and one-off events



South Bristol

Community support

- ☆ <https://www.knowlewest.co.uk/welcomingspaces/>
Knowle West Welcoming Spaces
- ☆ [Hartcliffe and Withywood Community Partnership - Home | Facebook](#)
Hartcliffe and Withywood Community Partnership
- ☆ [BS3 Community – improving the lives of people living in BS3 and the surrounding area](#)
Improving the lives of people living in BS3 and the surrounding area
- ☆ [Oasis Hub South Bristol - Home | Facebook](#)
Oasis Hub South Bristol
- ☆ [Bristol-FOOD-Clubs-2022.pdf \(family-action.org.uk\)](#)
Bristol Food Clubs 2022
- ☆ [Welcome - South Bristol Children's Centres \(southbristolcc.org.uk\)](#)
South Bristol Children's Centres

Children & Youth Services

- ☆ [Youth Moves](#)
Youth clubs and 1:1 support around South Bristol
- ☆ [Community Youth Clubs - Young Bristol](#)
Youth Clubs South Bristol
- ☆ [Advice | Creative Youth Network](#)
- ☆ [Children and Young People - Bristol Drugs Project \(bdp.org.uk\)](#)

South Gloucestershire

- ☆ [Directory of Services for Children and Young People](#)
- ☆ [BBC Club Finder](#)
Join a sports club
- ☆ <http://www.integramusic.co.uk/>
Learn a musical instrument or join a music group
- ☆ <https://wearencs.com/>
Volunteer and help out in your community
- ☆ <https://find-information-for-adults-children-families.southglos.gov.uk/kb5/southglos/directory/advice.page?id=GvGHCpq5i7s>
Volunteer and help out in your community

East & Central Bristol

- ☆ [What we do — Barton Hill Activity Club](#)
Barton Hill Activity Club
- ☆ <https://eastsidecommunitytrust.org.uk/whats-on/>
East Side Community Trust
- ☆ <https://www.eastonccc.org.uk/calendar/2022/12/10/winter-fair>
Easton Community Children's Centre Winter Fair

