

January 2023

Keeping Well In Winter

Going back to School can be a difficult time for many young people, particularly in winter when the days are shorter and the weather is colder and wetter.

You may find that you've been finding it difficult to sleep, getting irritable with people faster than usual, being less social, struggling to focus, eating more, feeling tired and low on energy with less motivation, negative thinking and feeling low/sad.

These feelings are common, and we can do things to help yourselves to feel better.

Self-Care Ideas

Spend evenings doing positive things such as: painting, sewing, baking/cooking, bubble baths, podcasts, reading, quality time with family, connecting with friends, meditation, exercise, planning your following day, journaling, music.

Helpful Apps



headspace



Want support now?

The Mix - www.themix.org.uk: Free information and support for under 25s in the UK.

Call: 0808 8080 4994 or [chat](#) to a trained supporter online (4pm-11pm, every day)

Samaritans - www.samaritans.org: A 24-hour service offering confidential emotional support to anyone who is in crisis. Call: 116 123 (24 hours a day, every day) or Email: jo@samaritans.org

Young Minds - www.youngminds.org.uk: Information for young people about emotions and mental health. Text: 85258 (24 hours a day, every day)



Whats on offer?

31st January - Keeping Well Workshop

24th February - Exam Stress Workshop

3rd March - Sleep Hygiene/Low Mood Workshop

Want to know more? Please email:

Ealing.mhst@nhs.net

Helpful Tips



Switch off devices 1-2 hours before bed to unwind and create a ritual including calming activities (e.g. reading, bubble bath, meditation, journaling).

Limit social media usage such as Instagram and TikTok. Avoid endless scrolling!

Make an effort to maintain the healthy relationships in your life. Get creative if you can't always meet in person.