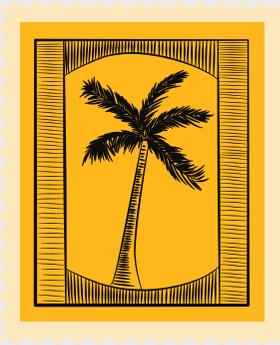




Cool



SUMMER WELLBEING JOURNAL



SCHOOL'S OUT

@DORSETMHST



Dorset HealthCare University
NHS Foundation Trust

- connect
- get active!
- take notice
- learn
- give



We know that the summer holidays should be a time when you are buzzing! But sometimes you might not be feeling your best...

This year feels even more strange - going outside and hanging with mates might not feel the same.

One thing that might help is having a bit of routine in your life and you can do this by planning in activities that you enjoy, or even doing a journal like this one. This will help boost your emotional wellbeing!

You can keep happy and healthy over the summer by following the five ways to wellbeing:





CONNECT

TALK & LISTEN, BE THERE, FEEL CONNECTED



Talk to someone over the phone instead of sending a text message.



Ask how someone's weekend was and really listen when they tell you.

Put five minutes aside to find out how someone really is.

GET ACTIVE

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

Do something simple like stretching, there are loads of videos on Youtube to try.



Organise your own sports day in your garden or local park and invite your friends: think egg and spoon race, tug of war, sack race! You could even make your own medals for the gold, silver and bronze prizes.



Make it your mission to go for a walk in a new area. Do your research before - there's loads of ideas on Google!

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TAKE NOTICE

REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

Start a new collection like coins, stamps or shells.



Have a 'clear the clutter' day in your bedroom: give what you no longer need or want to your local charity shop- check out Marie Kondo's website for tips on how to get started.

Take notice of how others around you are feeling and acting.

LEARN

EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF



Learn to bake a cake

Sign up for a class or free online courses:

How things work - an introduction to physics

Ancient Greeks

Learn to programme with Scratch

Learn about the 7 continents of the world (1 per week!)



G I V E



YOUR TIME, YOUR WORDS, YOUR PRESENCE

If it's safe to do so - give your time to someone like a local neighbour, this can be by helping them out in their garden or even just asking them how their day has been.

Sign up to volunteering events

Commit to making act of kindness once a week

Support someone you know with one of their usual day-to-day activities - maybe help a parent do the weekly shop.

And of course don't forget have loads of fun with your family & friends!





**FOLLOW US FOR MORE IDEAS ON
HOW TO BOOST YOUR WELLBEING
THIS SUMMER**



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