

Bolton

Together



BRIGHT HORIZONS

A Winter Wellness Journey Toward Your Future



Designed for young people aged 11 to 16

Welcome

As winter sets in, life can feel a little tougher. The days are shorter, the weather's colder, and sometimes it's easy to feel a bit more alone. For many young people, winter can bring a mix of emotions—from holiday excitement to feeling overwhelmed or even isolated.

We know this season can be challenging, and we created this workbook to support you through it all.

Inside, you'll find curated tools and ideas recommended by our providers to boost your mood, take care of your wellbeing, and build resilience for whatever winter brings. Remember, it's okay to take things one day at a time, and you're not alone. We hope this guide can be a small but meaningful part of your journey this season.

All the best

The ThriveHub Team



Navigating The Holidays

Communicating your needs effectively during the holidays, especially when you're stuck at home, can make a big difference in how you feel. Here are some tips for navigating this:

1. **Know What You Need:** Identify your needs before expressing them.
2. **Be Honest But Respectful:** Approach conversations with honesty and respect.
3. **Use "I" Statements:** Focus on your feelings to avoid blaming others.
4. **Pick The Right Time:** Choose calm moments to communicate important needs.
5. **Set Boundaries Calmly:** Clearly express your need for space without rejection.
6. **Offer Alternatives:** Suggest other options if you need a break from activities.
7. **Be Empathetic:** Understand that others may have their own stresses.
8. **Use Technology:** Connect with friends virtually if you feel isolated.
9. **Check In With Yourself:** Regularly assess your feelings and communicate changes.

Reflecting

The holidays can be chaotic and busy, but it's important to take time for yourself.

Consider this a mini-retreat: find a cosy spot to relax, bring a journal or art supplies, and reflect on your emotional health.

Acknowledge your feelings and think about what made you happy or what challenges you faced over the past year.

Prioritising your well-being will help you feel refreshed and balanced, reminding you that self-care is essential for being your best self.

Questions to Ask Yourself:



1. How do I feel today? Can I pinpoint what emotion I am feeling right now?
2. What thoughts have been on my mind lately?
3. What activities and hobbies make me happy and am I making time for them?



I Am Not Alone

Being creative and expressing yourself is super important for your mental health. It helps you deal with your feelings and chill out when you're stressed. Doing creative stuff lets you let out all those bottled-up emotions, makes you feel accomplished, and helps you understand yourself better. Writing this poem gives you a chance to explore what's going on in your head and heart.

I might feel tired, I might feel sad, I might feel lonely, but I'm not alone,

I might feel anxious, I might feel anger, I might feel overwhelmed, but I'm not alone.

I might be bullied, I might feel hurt, whatever I am, I'm not alone.

*Who can I turn to when things get hard?
What can I do when I feel so sad?*

*Can you hear me? Can you see me? Can you feel my pain and my sorrow?
Will you be there when things get too much?*

I'm not alone, I'm not alone, I refuse to be alone, I'm not alone.

*Wait a minute I still have hope. I do have faith, I won't give up.
Wait a minute, things could get better.*

I have -----

I have -----

I have -----

I will get better, I know I will.



Recharging

Check out:

<https://cambspborochildrenshealth.nhs.uk/sleep/healthy-sleep-routines/sleep-routines-for-young-people-and-teenagers/>

Taking time to recharge during the school holidays is vital to maintain mental and physical balance amid pressures. Just as phones need charging, our minds require rest for strength. Engaging in sleep, hobbies, nature, or breaks from screens enhances mental health, focus, and positivity. Self-care fosters resilience and grounding, aiding in handling life's challenges.

Check to see if you've done any of the following today:

Listened to music?

Practiced deep breathing?

Reduced my screentime?

Drank enough water?

Been active?



Mindfulness Walks

Being outside can change your mood. A mindfulness walk is a way to take a break from the hustle and bustle of the holidays. During this walk, you'll focus on what's around you - the sounds of nature, the feel of the breeze, or the colours of the trees. This helps you clear your mind, reduce stress, and just be in the moment.

It's a chance to hit the re-set button for your brain, making it easier to tackle whatever comes next.

So, lace up your shoes and enjoy some fresh air.

Check out some of these walks in Bolton:

- Rivington Park
- Turton Reservoir
- Entwistle and Wayoh Reservoirs
- Westhoughton Common
- Horwich Moor



Self Care

www.annafreud.org/resources/children-and-young-peoples-wellbeing/self-care/

We often get caught up in the busyness of the season, but a self-care day is all about relaxing and charging. Think of it as your time to indulge in things that make you feel good; whether it's baking some treats, chilling with a face mask, or diving into a favourite book.

It's a great way to boost your mood, show yourself some love, and remind you that it's okay to take time for yourself.

Get ready to pamper yourself and enjoy some well-deserved downtime!

In need of some self-care ideas?

Try some of these -

- A nice long talk with a friend.
- A shower or bath.
- A cosy night in with a book.
- Eating something nutritious.
- Getting outside in nature.





Finding The Time

Prioritising mental health is essential in our busy lives.

Self-care reduces stress, enhances focus, and improves overall well-being.

Taking small breaks for mindfulness or relaxation can recharge your mind, increasing effectiveness and resilience against daily challenges.

If you have . . .

5 Minutes

- Make a drink and enjoy it undistracted.
- Write a to-do list.
- Doodle on a scrap piece of paper.

10 Minutes

- Practice deep breathing.
- Stretch your body.
- Do a quick tidy-up.
- Listen to your favourite song.

30 Minutes

- Listen to your favourite podcast.
- Have a nap.
- Complete some exercise.

1 Hour

- Watch an episode of your favourite TV show.
- Go for a coffee with a friend.
- Cook or bake something tasty.

Sleep Routines

Creating a sleep routine is super important. Here's how to get started:

1. Try to go to bed and wake up at the same time every day, even on weekends. Your body likes a routine!
2. About an hour before bed, start to chill out. Put away your devices, dim the lights, and do something relaxing like reading or listening to music.
3. Make your bedroom a cosy environment. Keep it dark, cool, and quiet.
4. The blue light from screens can mess with your sleep. Try to avoid phones, tablets, and computers at least an hour before bedtime.
5. Avoid heavy meals, caffeine, and sugary snacks close to bedtime. Instead, consider a light snack if you're hungry.
6. Regular exercise can help you sleep better, but try not to work out too close to bedtime. Aim for earlier in the day.
7. If you're feeling overwhelmed, take a few minutes to meditate, journal, or do some deep breathing exercises before bed.



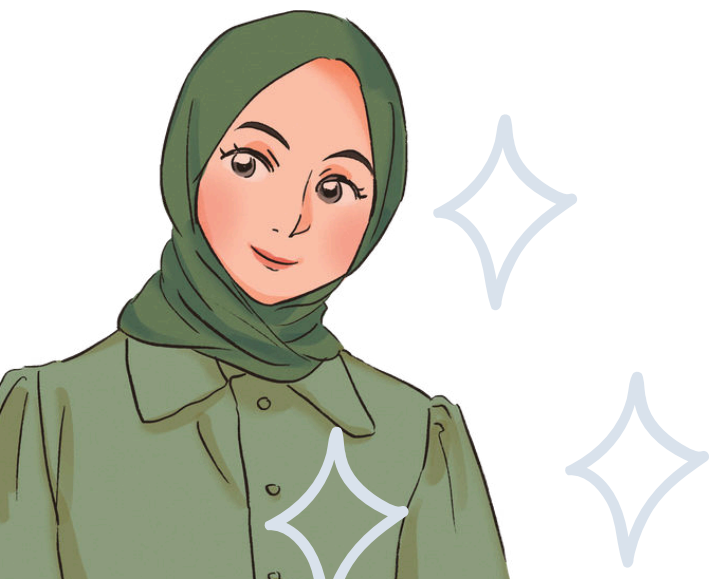
By following these tips, you can create a sleep routine that helps you feel more refreshed and ready to tackle each day!

Mindful Colouring

Colouring is a simple yet powerful way to relax and focus. It's not about creating a perfect masterpiece, but about letting go of stress and being present in the moment.

As you colour, pay attention to the colours, the feel of the pencil in your hand, and the patterns forming on the page. This can help clear your mind, boost your creativity, and improve your mood.

So, whether you're adding shades to an intricate design or filling in a simple doodle, let each stroke be a way to centre yourself and find calm in a busy world.





Doodle on this page to help your creativity flow.



Holiday Baking

Treat yourself to an easy bake activity. It is fun to make with a friend or family member and also enjoyable to share. A good one is a microwave mug cake. There are plenty of ideas online and often they take less than 5 minutes. Here is one below:

Ingredients

20g/1¾oz unsalted butter/dairy-free spread

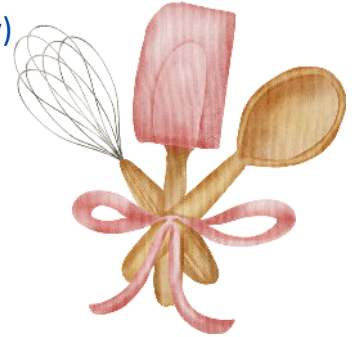
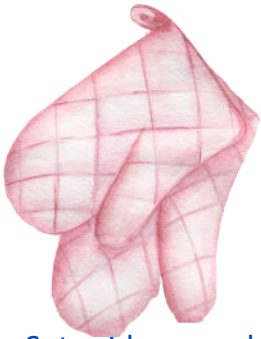
3 tbsp milk/dairy-free milk

¼ tsp vanilla extract (and you can add a tablespoon of cocoa powder if you want to make it chocolatey)

2 tbsp caster sugar/sugar

4 tbsp plain flour

¼ tsp baking powder



Method

Set aside a good-sized, microwaveable mug to bake the cake in. Add the butter and milk to another microwaveable mug and microwave on high in 10 second increments, swirling the contents after each blast, until the butter is melted.

Stir in the vanilla (and cocoa powder), followed by the sugar then the flour, baking powder. Beat in the dry ingredients with a fork until there is a fairly smooth mixture. Scrape the mixture into the clean mug.

Put the mug in the centre of the microwave and cook for 1 minute on high (for an 800W microwave). If the sponge is firm to the touch, it is ready. If not, continue microwaving for 10 seconds at a time until cooked.

Top with sprinkles, ice-cream, jam or whatever you have to hand.

New Year Intentions

As the new year approaches, reflecting on your intentions and values for 2025 can create a positive mindset.

Think about personal goals, areas for growth, and priorities like relationships and your emotional health.

Writing down your intentions and values can clarify your path and keep you motivated. Unlike strict resolutions, these act as a guiding compass for your journey in the new year. Whenever you need to, you can always come back to these to see if your actions and decisions are reflecting your intentions.

Embrace the possibilities that 2025 offers.

Here are some ideas to get you started:

TRUST
YOURSELF!

Be
COURAGEOUS

YES
you
CAN

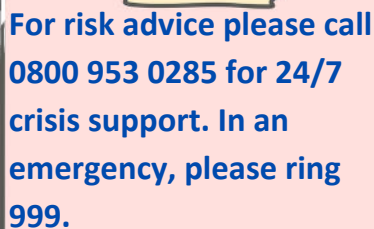
Be
Creative

Where To Reach Out To

If you're feeling overwhelmed, trapped, or weighed down by dark thoughts, **please know you're not alone**, and there are people who want to support you through this. Sometimes, feelings of hopelessness or thoughts of self-harm can feel all-consuming, but **reaching out for help** is a powerful step towards feeling better. Whether you **talk** to a friend, family member, or a trusted adult, opening up can ease some of the weight you're carrying.

There are also people you can reach out to who specialise in helping during times like these.

It may feel hard, but remember there's a whole network ready to support you, step by step, as you find your way through. You're not alone, and there is a path forward, even if it's hard to see right now.



For risk advice please call
0800 953 0285 for 24/7
crisis support. In an
emergency, please ring
999.

Contact organisations
for support, such as The
Samaritans on 116 123,
ChildLine on 0800 1111,
or text 'SHOUT' to
85258.

Bolton Together



Additional Resources

If you want more support on your journey, explore the resources below.

For Children and Young People:

- <https://bolton-together.org.uk/>
- <https://www.bekindtomymind.co.uk/>
- <https://www.kooth.com/>
- <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/>

For Parents and Carers:

- <https://bolton-together.org.uk/parent-peer-support-referral/>
- <https://www.qwell.io/>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>
- <https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/>