



Feeling ready for Summer?

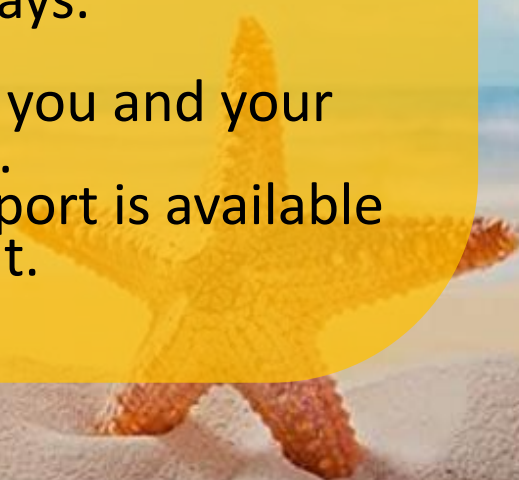
Does Summer make you think of holidays, days out with your friends, splashing in the pool and ice creams?

For some Summer is a happy time, but for others it can be a time that highlights loneliness, pressure and anxiety.

During this time, it's important to practice self-care and look after your health and wellbeing.

This booklet is filled with tips, coping strategies, contact information and some fun activities to complete, which can help you to look after yourself during the Summer holidays.

Remember, it's ok to put you and your needs first.
You are not alone, and support is available if you need it.



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Summer survival tips



Coping strategies – identify potentially difficult situations and ways to cope with these



Communicate – stay in touch with friends and family that you can talk openly to



Maintain routine – try to sleep and wake at a consistent time. Have a shower and get dressed, even without plans for the day



Making plans – make some plans each day even if it's a walk, meeting friends etc. This can support a sense of achievement



It's ok to say yes or no – not every event or social situation will be right for you. Prioritise your needs and go with your instincts



Limit social media – remember that what you see online doesn't always show the true picture



Be honest with your expectations – are they realistic and do your expectations differ from others?



Counteract the negatives – if you have a negative thought, can you think of a positive alternative to it?

Social Media

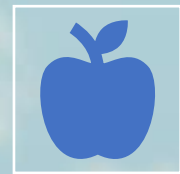
There's no denying that social media is fully incorporated into almost every part of our life. Here's some tips to not let social media overwhelm you during Summer:



Take a break – switch off if you need to, even if it's for a little bit each day



Post only what makes you happy – you have control over what you post and who sees it



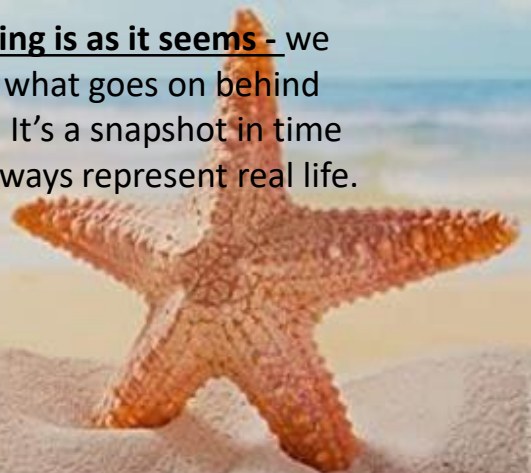
Remember that everyone's Summer is different – families all have different situations. Don't compare what you see online, to what you have.



Set a time limit - or set time of day to scroll, then switch off – build it into your day but don't let it consume you. Enjoy the break from school.



Not everything is as it seems - we don't know what goes on behind closed doors. It's a snapshot in time and doesn't always represent real life.



Practice self-care

- **Sleep** – switch off the alarm and rest. Have an early night if you need it. Introduce to a short meditation to help you switch off.
- **Exercise** – meet a friend, complete an online class, take the dog for a walk
- **Relax** – get some blankets, a hot chocolate and watch your favourite film or listen to a podcast
- **Take time out** – have some space for you
- **Body check in** – close your eyes and connect with your body. What do you feel and where do you feel it? Are your shoulders tight, stomach knotted, jaw clenched? Notice it, acknowledge it, then let it go
- **Mindfulness** – take some time to reflect on where you are and what you would like to be different? What can you change? Is there anything to let go of?
- **Routine** – can you create a comfortable routine that incorporates your needs?
- **Switch off your phone** – take some time away and connect with those around you. A little bit of breathing space can make a big difference
- **Write down** any thoughts, feelings or things you want to get off your chest

Things to do over Summer

Cooking

Watch a sunset

Camp outside

Bake

Dog walk

Journal

Paint a picture

Learn a new skill

Get creative

Explore a new place

Take photos

Reflect on yourself

Watch a film

Dance

Enter a competition

Meditate

Make a smoothie

Join a new club

Read a book

Listen to new music

Go to the beach

Have a BBQ

Pamper yourself

Play frisbee



Mindfulness

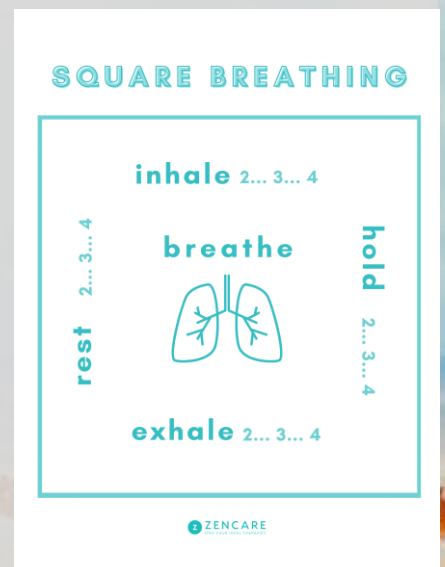
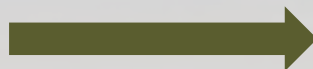
Mindfulness can help us to become more aware of our surroundings, thoughts and feelings, and can help us to cope with difficult aspects of daily life.

Below are two examples:

Senses – look around you and notice:

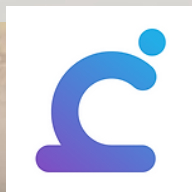
- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Square breathing



Support contacts over Summer

- 85258 (text SHOUT) or giveusashout.org
- Kooth.com
- Childline 0800 1111
- Centre 33.org.uk
- Young Minds Crisis Messenger – Text YM to 85258
- Samaritans – 116 123 or 08457 90 90 90
- If you are in a crisis please call NHS 111, option 2
- Useful apps: Safespot, Calm Harm, Cove, Clear Fear

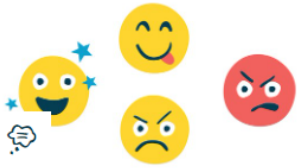







Childline Support

Childline offer a wealth of support including games, mood journals or just needing someone to talk to.

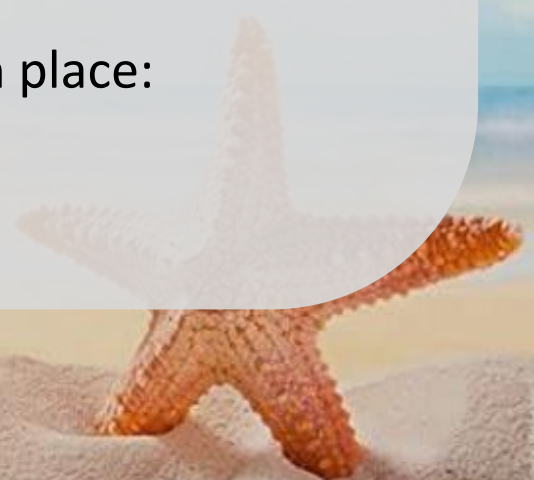
All of this can be found via the link below:

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/>

 <p>Mood journal</p> <p>Keep track of how you're feeling and why, it's a great way to let your feelings out.</p>	 <p>Get support</p> <p>We're here for you on the phone or online. Or try getting support from other young people on our message boards.</p>	 <p>Art box</p> <p>Sometimes it helps to get your feelings down into words or art.</p>
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 <p>Trivia Quiz</p> <p>Test your general knowledge with our fun game.</p>	 <p>Balloon</p> <p>Play our game and feel your worries float away.</p>	 <p>Pong</p> <p>Need a distraction? Take time out with our virtual ping pong game.</p>
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Crisis plan

- What is a crisis to me:
 - What can trigger a crisis:
 - What symptoms do I feel:
 - Who can I contact:
 - Where is a safe place to go:
 - What comforts me:
 - Coping strategies I can put in place:
- 
- A starfish is visible in the bottom right corner of the page, resting on a sandy beach. The background of the entire page is a soft-focus image of a beach with a blue sky and ocean waves.

Preparing for the next step

After summer you're likely to be starting something new – a new school year, going to college or sixth form, or even adding a new job in alongside studies.

When thinking of change it's normal to feel anxious – the fear of the unknown can leave us feeling like we aren't in control of ourselves and things around us.

Yet with every ending comes a new beginning, new opportunities and new experiences.

Here are some ways to help with that next step:

- Speak to a trusted adult in or out of school
- Talk to friends – hear their thoughts and plans
- Speak to a counsellor
- Visits websites such as Childline for guidance
- <https://www.childline.org.uk/info-advice/school-college-and-work/life-issues-planning/your-future/>

Word search

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|------------|-----------|------------|------------|
| Swimming | Sand | Flip Flops | Hot Dog |
| Hamburgers | Sunshine | Outside | Pool |
| Sun Lotion | No School | Icecream | Sunny |
| Warm | Fun | Vacation | Sunglasses |
| Sun | Water | Sandles | Beach |

