



Winter

Wellbeing

Pack



Norfolk County Council

Welcome



2020 has been a challenging year for all of us. We wanted to create a Winter Wellbeing Pack to help you relax and take time for you during the festive holiday. Enclosed we have come up with some soothing and creative activities for you to explore. We hope you enjoy them. We send warm wishes to you all, however you spend this time of year.

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Transition Coaches

Participation & Transition Strategy Team



New Year, Wonderful You

You know what the best thing about the New Year is? Setting New Year's resolutions, goals and intentions for yourself.

When you're picking your goals for the year, **be realistic**. Make them **specific** and **measurable** so you can easily track them. Break down the goal and figure out **how** and **when** you will achieve it.

You have an **entire year** to accomplish it. Not everything has to happen in January. This is just a good time of year to reflect.

You don't have to change your whole life to be successful with your resolutions.

Here are a few tips to help you stick to your goals:



Write them down. *This is an easy and simple trick to keep yourself focused. If something is just floating in your head, chances are, you will forget about it.*

Commit for at least a month. *Start small. Work on one of your resolutions for just a month. It is said that it takes 21 days to break or make a habit. That's only 3 weeks, It'll be a walk in the park.*

Be consistent. *Consistency is key.*

Keep working at your goals little-by-little and you will get there. Some can be reached quickly, like starting your health journey, but others, like saving money to buy something, can take time.

Don't be hard on yourself and don't beat yourself up if you didn't work on your resolution one day. Tomorrow is always a new day to start fresh.

Lastly, a reminder: You are already brilliant as you are, any resolutions you make are just value-added to your already shiny brilliance.



New Year, Wonderful You

Why not start a journal to track your new habits in, like this one used to track water intake.



Image credit @alexandoodles

Drinking more water is a great resolution to start with, as there are many health benefits that come with being well-hydrated.

You do more amazing things than you think. Why not write down one positive memory a day (big or small) on a post-it note or in a journal and look back over it at the end of the week, month, or year.

GROUNDING

is when you take some time to
pause in your day for *YOU*

Take a deep breath. What
can you smell? Does the
smell invoke any

Close your eyes and see if
you can identify five sounds
around you. Can you hear
someone walking past?
Wildlife? Cars on the road?
The radio? Music? Or the
murmurs of conversation in
another room?

memories?

Hold up the palm of your
hand and with a finger
from your other hand trace
a number eight on your
palm. Or get a small bit of
hand cream and slowly
massage it into your skin.

Stand up and look out the
window. What can you see?
What colours are on the
trees? What's the weather
like?



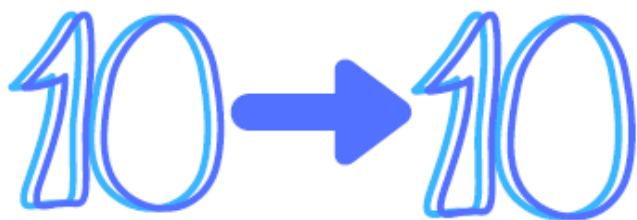
Put a piece of fruit in
your mouth. What
does it taste like?
What does it feel like?
Soft? Crunchy? Sweet
or sour?

BREATHING

some techniques to help you
calm down. It's important to
look after *YOU*



Breathe in, hold your breath
for 5 seconds and slowly release



Count down slowly from
ten to one
focusing on each number



Breathe in through your nose
and out through your mouth

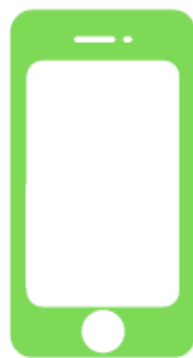
Try to remember during high anxiety or
a panic attack: this will pass. You are *SAFE*

RELAXING

some techniques to help you rest in the right way. It's important to look after *YOU*



Try and have a set bedtime routine and go to bed around the same time every night. 8 - 9 hours on a school or college night is ideal



Try to help your focus by using your phone less. At night don't have your phone in your bedroom. Use an alarm clock to wake up (not the alarm on your phone)



Explore nature and go for short walk in your local area



If you want to minimise distraction on your phone, move things like social media apps and games away from your home screen