



Activity workbook & toolkit

For adults mental health & emotional wellbeing

Who are OUR Generation?

OUR Generation is an EU PEACE IV funded project that provides a unique opportunity for communities, across Northern Ireland and the Border Regions of Ireland, to work together to halt the intergenerational impact of trauma and to build emotional resilience and peace for generations to come. The Project is match-funded by the Executive Office in Northern Ireland and the Department of Rural and Community Development in Ireland.

A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).



Rialtas na hÉireann
Government of Ireland

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Top Ten Stress Busting Tips

1. Learn to manage your time more effectively

We waste a lot of time doing unimportant tasks, especially when stressed, so prioritise your day and do the important jobs first. The unimportant ones can wait, and often they will disappear completely leaving you time to do other things. Also, do not put off the unpleasant tasks – avoidance causes a great deal of stress. Give unpleasant tasks a high priority and do them first.

2. Adopt a healthy lifestyle

If we eat a healthy diet, exercise regularly and ensure we get adequate sleep and rest our body is better able to cope with stress should it occur. If this is not the case, then this may be a warning sign so don't ignore it. Engaging in some form of physical activity may help you by working off the biochemical and physical changes that occur within your body due to stress. Relaxation also helps your body return to its normal healthy state. Good relaxation techniques include breathing exercises, massage and a variety of complimentary therapies.

3. Know your limitations and do not take on too much

We can cause ourselves a great deal of stress because we do not want to let people down. We then end up doing more than we should. Learn to delegate effectively and be assertive so that you can say 'No' without upsetting or offending.

4. Find out what causes you stress

Take time to discover what is worrying you and try to change your thoughts and behaviour to reduce it. A stress assessment can help you to fully understand the causes, the implications to your health and how to manage, cope and make necessary changes.

5. Avoid unnecessary conflict

Do not be too argumentative. Is it really worth the stress? Look for win - win situations. Look for a resolution to a dispute where both parties can achieve a positive outcome. Find out what the real cause of the problem is and deal with it.

6. Accept the things you cannot change

Changing a difficult situation is not always possible. If this proves to be the case, recognise and accept things as they are and concentrate on all that you do have control over. Managing change effectively is essential or else performance will be reduced.

7. Take time out to relax and recharge your batteries

You will perform more effectively during work if you regularly take a short 10 / 15 minute break, easily making up the time you used relaxing. Alongside this, at least one annual break of at least 10-14 continuous days is recommended.

8. Find time to meet friends

Friends can ease work troubles and help us see things in a different way. The activities we engage in with friends help us relax and we will often have a good laugh. It boosts the immune system that is often depleted during stress.

9. Try to see things differently, develop a positive thinking style

If something is concerning you, try to see it differently. Talk over your problem with somebody before it gets out of proportion. Often, talking to a friend/colleague/family member will help you see things from a different and less stressful perspective. You may also need to consider professional help in order to achieve the desired outcome and prevent ill health and / or burnout.

10. Avoid alcohol, nicotine and caffeine as coping mechanisms

Long term, these faulty coping mechanisms will just add to the problem. For example, caffeine and nicotine are stimulants – too much and the body reacts to this with the stress response increasing or even causing anxiety symptoms. Alcohol is a depressant!

A – Z of self-care

Choose a wellbeing strategy for each letter of the alphabet

A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	

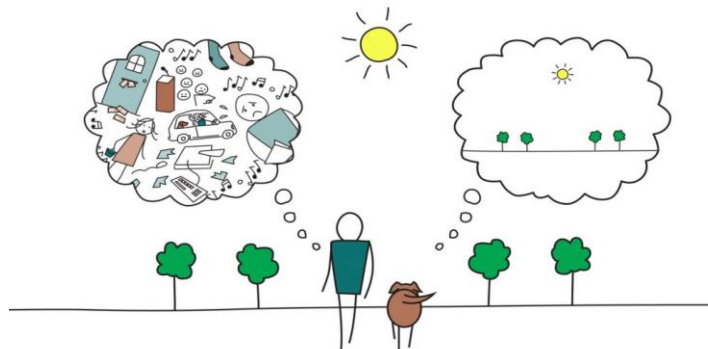
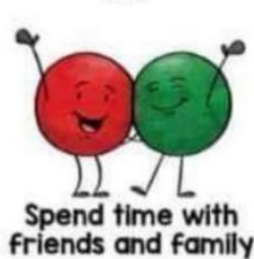
Things you can do



Uplifting Activities



Connect with Others



Mind Full, or Mindful?

Simple grounding technique

If you are feeling anxious, worried, overwhelmed or scared bring your attention back to the current moment with this simple grounding exercise. Notice the following around you:

5 things you can **SEE**

4 things you can **HEAR**

3 things you can **FEEL**

2 things you can **SMELL** (or recall your favourite smells)

1 thing you can **TASTE** (or recall your favourite taste)



<https://tinyurl.com/y3sha>



<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic>

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.



There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. Try to build these in to your daily life – think of them as your ‘five a day’ for emotional wellbeing.



Connect

Connect with the people around you, with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstones of your lifetest time in developing them. Building these connections will support and enrich you everyday.



Be active

Go for a walk or run, step outside, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy, one that suits your level of mobility and fitness.



Take notice

Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons. Savour the moment, whether you are on a bus or taxi, eating lunch or talking to friends, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Keep learning

Don't be afraid to try something new, rediscover an old hobby or interest or sign up for that course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.



Give

Do something nice for a friend, or a stranger, thank someone, smile, volunteer your time, or consider joining a community group. Look out, as well as in, seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

The 5 ways to wellbeing were developed by the New Economics Foundation

www.makinglifebettertogether.com

5 Ways to Wellbeing Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
							
							
							
							

How are you taking 5? Record your activity or strategy for each of the 5 ways each day. Remember 1 activity could cover several categories



ACTION CALENDAR - FOR FAMILIES



30 actions to help parents look after themselves and their families in challenging times. Please use and share

- 1 Go on a smile collecting mission, starting with a smile in the mirror
- 2 Choose one song each and arrange a family dance off
- 3 Send someone a message to show you really appreciate them
- 4 Take turns to notice 3 things around you that are beautiful
- 5 Be kind to yourself and others
- 6 Together, make a list of things you are grateful for
- 7 Think of a goal to work towards and do one thing to get started
- 8 Take a mindful walk together and notice what you see hear and smell
- 9 Play Musical Statues
- 10 Create a bedtime routine together to help with sleep
- 11 Bake cupcakes and decorate them as gifts for each other
- 12 Cross your arms and give yourself a hug
- 13 Take turns to share a happy memory
- 14 Find out about the values and traditions of another culture
- 15 Do something together to support a local charity
- 16 Create a collage of things that make you feel happy
- 17 Before bedtime, share what has gone well during the day
- 18 Introduce a family 'Daily Pause' to be calm together
- 19 Create a family wishes jar and take steps to make them happen
- 20 Learn a new skill together as a family
- 21 Create a kindness box to keep a record of kind actions
- 22 'Surpriserise' yourself. Find unexpected ways to move your body
- 23 Make a rainbow salad
- 24 Smile and say something positive every time you walk into a room
- 25 Create a poster highlighting everybody's strengths
- 26 Notice the shapes, colours and smells of a new family meal
- 27 Make a list of things that have helped you cope with difficult times
- 28 Tell someone you love how much they mean to you and why
- 29 Do something good for the environment
- 30 Hold an awards ceremony to celebrate acts of kindness



"A person's a person, no matter how small"
- Dr Seuss

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living at www.actionforhappiness.org/10-keys

Keep Calm · Stay Wise · Be Kind



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time



"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Personal & Family Support Organisations in Northern Ireland

Websites & Apps for Android & i-phone



www.amh.org.uk/services/resources-for-children-and-young-people



www.amh.org.uk/new-life-counselling



www.mindingyourhead



www.lifelinehelpline.info



www.zestni.org/services



www.samaritans.org



www.childline.org.uk



www.actionforchildren.org.uk



www.parentingni.org



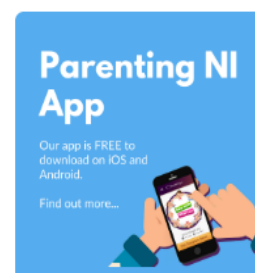
www.cypsp.org



www.womensaidni.org



www.man-ni.org



www.parentingni.org



**The Association
for Child and Adolescent
Mental Health**

www.acamh.org



<https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>

Help for home schooling

www.bbc.co.uk/bitesize/primary

www.home.oxfordowl.co.uk/

www.ccea.org.uk/learning-resources/home-learning

www.corbettmaths.com/

www.bbc.co.uk/news/education-55591821 - BBC 2 and CBeebies - lock down learning



COVID 19 Support for Parents



Welcome to the Parents' Hub

Whether your child is in primary or secondary education, there are so many ways you can get involved and support their learning at home, whatever your circumstances, interests or skill-set. Find lots of free resources to support learning here and find lots of tips from experts in our blogs here.

There is a lot of information being shared online at the moment to support parents with managing family and work life during the coronavirus pandemic. You can find a collection of some useful ones here.

www.parentkind.org.uk/About-Parentkind/Parentkind-NI



www.playboard.org/meeting-the-childcare-needs-of-families-throughout-covid-19



www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents



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Support for parents and pupils

Topics: [Pupils and parents](#), [Pupil health and wellbeing](#)

This page provides a list of resources that you may find useful as you assist your child with learning during the period of school closures due to Covid-19 (coronavirus) and will be updated over time. The Department is not responsible for the content of the resources linked on this page and a listing here does not necessarily constitute endorsement by the Department.

Resources to help parents

As well as this page listing online resources for children, there are a number of organisations which are happy to provide help, advice and support.

Related articles

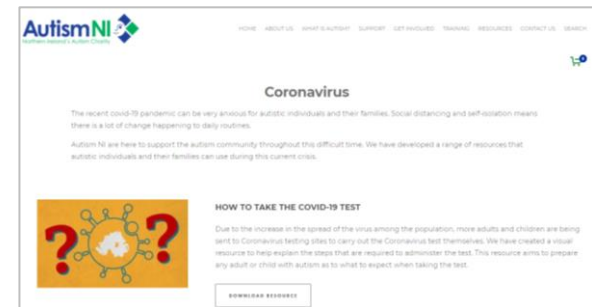
- Concussion guidance
- Counselling service in schools
- Dealing with a critical incident
- Dealing with bullying
- Derrytrasna Pastoral Care Award
- Drugs guidance
- iMatter programme
- Relationships and sexuality education
- Suicide Prevention Guidance

www.education-ni.gov.uk/articles/support-parents-and-pupils

Special Educational Needs & Learning Disability



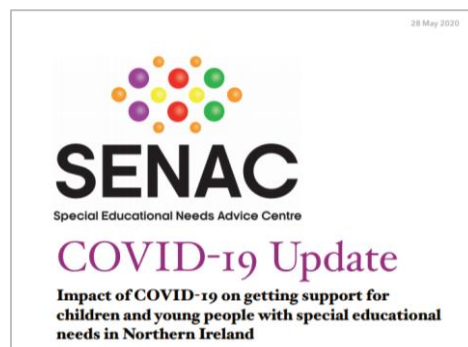
www.northernireland.mencap.org.uk/advice-and-support/coronavirus-covid-19



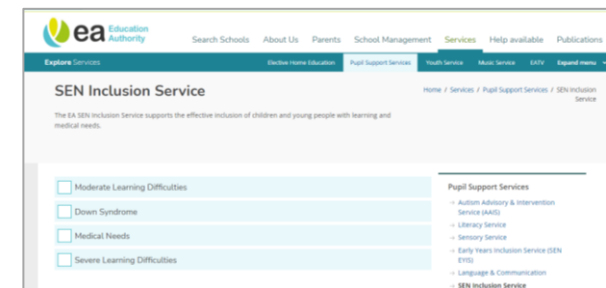
www.autismni.org/coronavirus



www.positive-futures.net

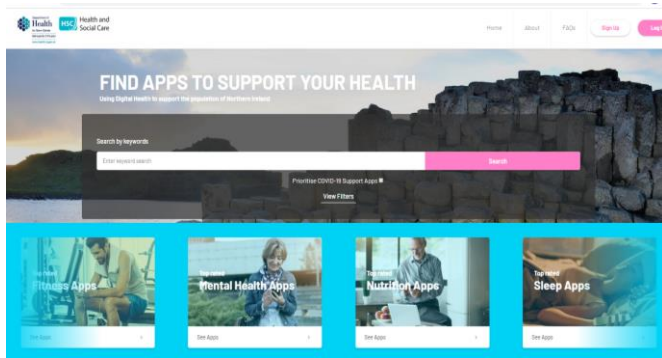


www.senac.co.uk



www.eani.org.uk/services/pupil-support-services/sen-inclusion-service

Resources Websites & Apps



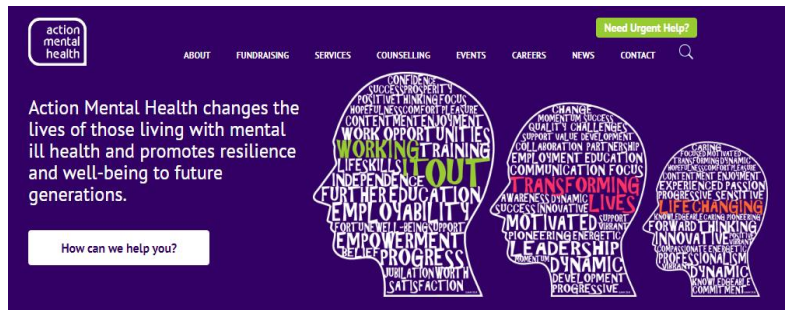
<https://apps4healthcareni.hscni.net>



Here2help
(App)



www.cypsp.hscni.net/ebpp



www.amh.org.uk
@amhNI



<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic>