

Top Tips for Wellbeing: **BEING ACTIVE**

The programme aims to empower young people to have a say in local decision making and to increase awareness of mental health among young people and the reach of mental health services.



*Even a little bit of activity
is better than nothing*



*Camden
Champions*



Fitzrovia Youth in Action



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Camden



Reg.Charity No. 1136697

PHYSICAL HEALTH

Combats health conditions and diseases like:

1. Up to 35% lower risk of coronary heart disease and stroke.
2. Up to 50% lower risk of type 2 diabetes
3. Up to 20% lower risk of breast cancer
4. Up to 68% lower risk of hip fracture
5. Controlled weight
6. Better quality of life

MENTAL HEALTH AND WELLBEING

1. Being active works like an antidepressant
2. Improved concentration & motivation.
3. Higher self-esteem
4. Better sleep
5. More positive energy
6. Exercise can be fun & a social activity

TOP TIPS FOR EVERYDAY

Instead of going up the escalator or lift, try the stairs

Go for a walk alone or with friends
- in a park or along the canals

5 minute rave! Dance as fast as you can to your favorite song

Jog for five minutes, then ten minutes and build up

Cycle instead of getting the bus or train

Bedroom Workout: Do 10 sit ups, 10 press ups, 10 squats, lift water bottles.

Try something new like swimming, rock climbing, reggae aerobics, zumba, boxing, fencing, tennis, dance, circus skills, trampolining...





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Top Tips for Wellbeing:

BEING

CREATIVE

Creative Health

1. Decreases stress and anxiety
2. Helps depression or low mood.
3. Like Yoga for the brain: Studies show better focus and concentration, even decreasing chances of developing conditions like alzheimers
4. Can be a way to socialise with people who have similar interests

Start Small

1. You don't need to create a perfect piece of art, just have fun and relax
2. All new skills take a little time and patience - no pressure needed

Try it...

1. Sketch, doodle or paint
2. Play an instrument
3. Write a poem, short story or journal
4. Sing your favourite song
5. Visit a museum or gallery
6. See live music or theatre
7. Watch a film
8. Practise origami
9. Do a youtube makeup tutorial
10. Dance in your room
11. Read a book
12. Get crafty
13. Learn freestyle sports tricks
14. Make something for someone
15. Join a club or do a class; dance, music, drama, media, photography, art, fashion, woodwork, game design...





Top Tips For Wellbeing:

BEING HEALTHY



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Healthy Body, Healthy Mind

Tips and Tricks

Eating Regularly

1. Eating slow energy releasing food will help keep your sugar levels steady.
2. Eating a healthy breakfast can help you concentrate and give you strength.

Stay Hydrated

1. It is recommended to drink 6-8 glasses of water a day.
2. Low sugar and non-caffeinated drinks all count too!

Eat your 5 a day!

1. Vegetables and fruit keep us physically and mentally healthy.
2. As a general rule, one portion is about a handful, small bowl or a small glass.

Manage your caffeine

1. Caffeine will give you a quick burst of energy, but then may make you feel anxious and depressed or disturb your sleep.
2. Try switching to decaffeinated versions.

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Top Tips For Wellbeing: Being Outdoors



What are the benefits of being outdoors?

Mental Benefits

1. Flowers can improve anxiety, through an improved mood.
2. Plants increase brain performance and encourage creativity.
3. Planting can help improve self-confidence and self-esteem.

Physical Benefits

1. Helps to stay active and energetic. It can also help those with arthritis pain.
2. Plants help us to breathe more easily as they improve air quality by trapping and capturing pollutants.
3. Some plants can help reduce blood pressure.

Suggestions on what you can do:

1. Take a walk in more green spaces, such as local parks.
2. Try to study or do work outdoors, if not put plants in your room/study space or office.
3. Be mindful in nature. Listen to the sounds or you can listen to your music and take a moment to take it in.
4. Take up an outdoor hobby such as Gardening or sports.
5. Be creative and draw, paint or write about nature - the the creative juices flowing!

Top Tips For Wellbeing:

PARENT EDITION



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HOW TO SUPPORT YOUR CHILD

Act on Warning Signs

- Look out for a change in things like sleeping or eating habits.
- Communicate with your child if you have seen these signs. Maybe via text if they don't want to speak face to face
- Keep going, even if it feels like you're not getting through to them.
- Contact your GP or school about the warning signs if things don't improve.

Be Part of the Solution

- Get interested in what your child is doing or try something new with them.
- Open up conversations about what they're involved in.
- Ask them what they think will help
- Keep an eye on pressure points.

Be an Anchor

- Being an anchor will be reassuring if things are changing.
- Maintain hobbies and routines.
- Be a sense of hope by encouraging them.

Look After Yourself

- Recognise when you're finding things hard.
- Talk to family and friends about how things are or seek support from a GP yourself
- Don't blame yourself, it is not your fault.
- Recharge your batteries and relax.