

WORLD MENTAL HEALTH DAY 2020

Be Kind
To Yourself



Bath Mind encourages everyone
to consider their own mental health
by being kind to ourselves and to others
for World Mental Health Day...
and beyond!

Follow us on social media
for daily updates and advice



Mindful Moments

Think of three things that you are grateful for. Try this every day, wherever you are! You can write them down or just think in the here and now.

Take a look at our Wellbeing Activities for lots more to keep you busy through the coming months!
www.bathmind.org.uk/advice-and-support/wellbeing-activities/

Connect with your senses - one at a time:

- listen to a bird
- notice colours of leaves
- touch the bark of a tree
- smell the fresh air
- taste (take a picnic!)

Place your feet on the ground. Imagine you have roots like a tree, going deep into the earth, helping to keep you strong with a solid foundation.

Writing can be therapeutic and help you connect with others. Write a letter to someone you care out; compose a poem or verse.

Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.

Engage your senses and notice how sounds, smells, colours and textures change with the weather.

Take a notebook and pens, pencils/paints. Doodle, sketch, paint or draw! Try to focus on this alone, notice how you feel.

Appreciation for others can help you feel more positive about the people around you. Spend a moment thinking about someone who has been kind to you.

Sit quietly and notice your breath. Breathing in through your nose, and out through your mouth. Try to make the 'out' breath longer than the 'in' breath.

Stay in the moment - if you are walking, think about how your body feels, notice the sound of your footsteps, look around and appreciate what you see.

Find a quiet place to sit. As thoughts drift into your mind, acknowledge them and let them pass, do not dwell on them. Focus on your breath for a few minutes of calm.



Nature & Green Spaces for Wellbeing



Nature has many benefits for our mental and physical wellbeing.

Lifts
Mood

Reduces
Stress

Aids
Relaxation

Improves
Health

Improves
Sociability

Improves
Self-esteem

WALKING



Woods and forests are wonderful places to connect with nature. Take note of your surroundings. Walk mindfully, focussing on the here and now. Look at how the light enters through the trees; touch the bark and feel its texture; observe the wildlife; look at the different colours and textures around you. Listen to the wind rustling through the trees, birds singing. Become aware of your breath as you breathe the forest air; smell woodland flowers.

GARDENS & PARKS



Take time to enjoy your garden, if you have one. Sow seeds and watch plants grow. Arrange to meet a friend for a walk and a picnic in a nearby park or garden. Enjoy everything from beautiful floral displays, to daisies and dandelions in the grass. Keep an eye open for animals - there are often squirrels; spot different types of birds; watch butterflies. Try taking your shoes off to connect with the earth; feel the ground under your feet, wiggle your toes in the soft grass.

SUNSHINE & FRESH AIR



Sunshine and fresh air are good for mind and body. Feel the warmth of the sun and notice how this makes you feel. Keep your home aired by opening the windows. Focus on your breath, and feel yourself relaxing.

BRING OUTDOORS IN



Those unable to leave home, can still find ways to enjoy nature. Grow a plant in a garden or a window box. Open the windows, let light and fresh air in. Treat yourself to some flowers. Put pictures and photographs of nature on the walls.

You can find lots of activities and more ways to enjoy nature here:
Bath Mind's Wellbeing Activities

SHARE WITH US!

SEND US YOUR
MINDFUL MOMENT
IDEAS...

How do you take time
out to live

‘in the moment’,
relax, reflect and recharge?

LET US KNOW!

jodiehoskin@
bathmind.org.uk

Breathing to reduce Stress



This calming breathing technique for stress, anxiety and panic, takes just a few minutes and can be done anywhere.

Make yourself comfortable. If you're sitting, place your arms on the chair arms; if you're standing or sitting, place both feet flat on the ground.

1

Let your breath flow as deep down into your belly as is comfortable, without forcing it.

2

Try breathing in through your nose, out through your mouth.

3

Breathe gently and regularly - some people find it helpful to count from 1 to 5 as you breathe in. You may not reach 5 at first.

4

After breathing in, without pausing or holding your breath, let your breath flow out gently - counting from 1 to 5 as you exhale.

Practise this for about 3-5 minutes; make it part of your daily self-care routine, if you can.

You can perform this exercise as often as needed. It can be done standing up, sitting down, or lying down. If you find this exercise difficult or believe it is making you anxious or panicky, stop for now. Try it again in a day or so and build up the time slowly and gradually.

You can find lots more resources, tips and activities on our website
www.bathmind.org.uk/advice-and-support/wellbeing-activities/

A Mindful Walk in Nature



What Can You See?

Empty rectangular box for drawing or writing observations of what is seen during a mindful walk in nature.

What Can You Hear?

Empty rectangular box for drawing or writing observations of what is heard during a mindful walk in nature.

What Can You Smell?

Empty rectangular box for drawing or writing observations of what is smelled during a mindful walk in nature.

What Can You Touch?

Empty rectangular box for drawing or writing observations of what is touched during a mindful walk in nature.

Be Creative

Stop and draw things which you see. Perhaps a leaf, a flower or a tree. Take paints and spend a day painting. Hang your paintings at home to take nature with you.

Make a Nature Journal. Record things you see, hear and smell. Note how you may feel different when in nature. Collect and identify dried leaves to stick in your journal.

Take a piece of paper and a crayon or pencil. Hold the paper over a tree and make a rubbing of the bark. Look at the different textures.

You can find lots of activities and more ways to enjoy nature here:
Bath Mind's Wellbeing Activities

“What you have done far exceeds my expectations. It was not until I contacted Bath Mind that there was the offer of some practical help.”



During Covid-19 our phone lines have supported over 2000 people in B&NES.

WE NEED YOUR HELP to continue our vital crisis support services.

PLEASE DONATE NOW

www.bathmind.org.uk/fundraising/donate/



“I set up a challenge to climb Mount Everest over the month of May as dealing with mental health challenges can feel like having a mountain to climb.”

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BATH HALF 2021

www.bathmind.org.uk/fundraising/bath-half-2021/

Grow your own 'microgreens' – sunflower seeds

Grow these super nutritious greens from seed to plate in 2 weeks.

What you will need:

- A clean jar
- Sunflower seeds
- Water
- Small tray
- Tea towel or piece of cardboard
- Windowsill
- A little compost (or soil)

Step One:

Make sure you have a clean jar – you can even use a clean jam jar.

Step Two:

Half fill your jar with your sunflowers seeds.

Step Three:

Fill your jar, with the same amount of lukewarm tap water

Step Four:

Leave your seeds to soak overnight (6-8 hours is enough)

Step Five:

Move your sprouting seeds onto a tray of compost (or soil) about 2-3cm deep and cover with a damp tea towel / damp piece of cardboard (or more compost or soil).

Step Six:

Seeds will begin to sprout within a week. Just remove the towel / cardboard if you used it, and make sure soil and seeds don't dry out.

Step Seven:

When first leaves are about 10cm tall (after about two weeks from sowing), you can cut them off at the base and use as salad, in a stir fry or even in a sandwich! Make sure you remove the seed cases first.

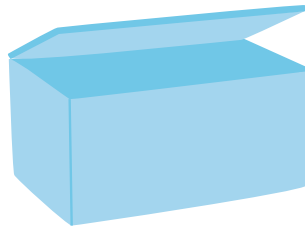


Self-Soothe Box

If you're feeling anxious or stressed, or if your mood needs a lift, a self-soothe box can be really helpful.

Make a box of things, which you can turn to.

These are just a few ideas for things you may like to put in your box, but adapt this to suit your needs and depending on what you may have available.



Bath

Touch

Something to touch can provide distraction for your hands. Playdough, plasticine, stress ball, elastic bands/hair bands, blue tack are all good ideas for things you could include. You could add special stones like rose quartz or a shell or pebble from a trip to a favourite place.

Smell

Smells can be calming and relaxing, as well as invoking memories. You may like a certain perfume or a lavender bag, or you may have another comforting, familiar smell you'd like to include.

Memories

Find something which reminds you of good times - it could be a photograph, a picture, a souvenir from a place you visited, or perhaps a card or message you received from someone.

Messages

Write some messages to yourself - remind yourself of your talents and skills, your positive traits or write messages of positivity to reassure you. Perhaps you have achievable goals or targets you can remind yourself of. You could also include messages you have received from family or friends which made you feel good. A diary so you can start a journal, a pen and paper to write a letter to someone, maybe a piece of poetry or a positive quote.

Activities

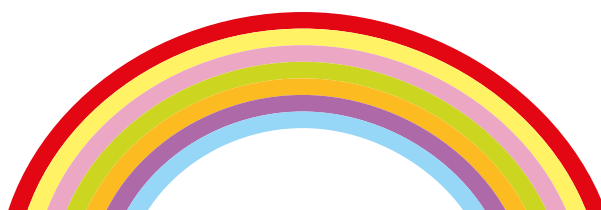
Maybe include an activity you enjoy. This could be knitting needles and wool, a small sewing project, a book to read, colouring or art materials, a card game, a jigsaw puzzle or a wordsearch / sudoku / crossword type puzzle.

Taste

You may have a favourite sweet treat; perhaps you could include one of these in your self-soothe box.

Sounds

If you have favourite music or sounds, you could make a note of these so you can remember what they are and then find them when you'd like to listen to them. Perhaps a favourite meditation you like to listen to, relaxing music or music which makes you feel good. White noise or a link to remind you of an app you particularly enjoy, a contact number for someone you enjoy speaking to.



Create a simple apple bird feeder

Ap'peal' to our feathered friends and create a low cost apple feeder for the garden or balcony

What you will need:

- An apple
- A corer
- Sunflower seeds
- Three relatively thin sticks
- String

Step One:

Carefully remove the core from the apple, preferably by using an apple corer. Try and keep your cutting straight to help balance the feeder.

Step Two:

Push the sunflower seeds into the skin of the top half of the apple - these are for the birds to eat.



Step



Three:

Next, make perches for the visiting birds by pushing one stick into either side of the apple, near the bottom.

Step Four:

Tie the string around the last stick and thread it through the core of the apple. As before – try and keep the string straight to help balance your feeder.

Step Five:

Once you have made your apple bird feeder, tie it onto the branch of a sturdy tree or onto a hook in the garden or another 'green' space.

Step Six:

Enjoy watching the birds nibble on their sunflower apple combination!



PRACTICAL TOOLS, ADVICE & SUPPORT FOR BUSINESSES & EMPLOYERS

Led by our experts: Arabella Tesilian - Accredited Workplace Mediator & Trainer · Pip Galland - Employment & HR Solicitor

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unprecedented times.

Contact
Hannah Roper
[hannahroper@
bathmind.org.uk](mailto:hannahroper@bathmind.org.uk)

If you, or someone you know, are experiencing mental health difficulties, please get in touch. Never be ashamed of how you are feeling. Talking to someone is a vital first step.

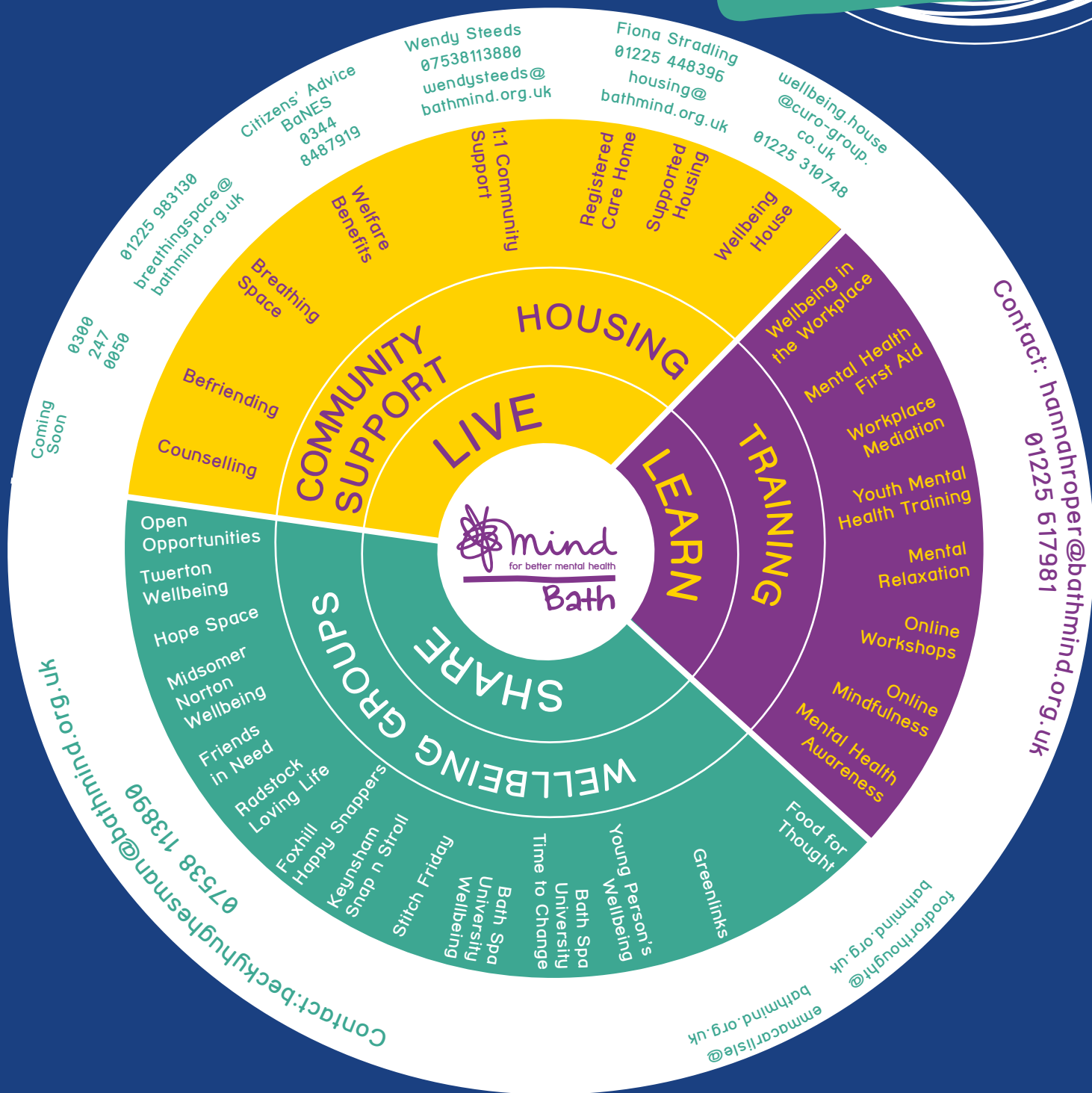
Compassionate Community Hub
9am-5pm
Monday to Friday
0300 247 0050



Breathing Space
5.30pm-11.30pm
Every day
01225 983130

Bath Mind is a local, independent charity. We rely entirely on donations and fundraising. Whilst we are affiliated to national Mind, we receive no direct funding from them.
Registered Charity No: 1069403 www.bathmind.org.uk

"I would urge anyone who is struggling to make that first step and reach out, I know it is the hardest part. It's okay not to be okay!"



We are here to promote and nurture everyone's mental health through the provision of information, activities, advice and support.

Bath Mind is a local, independent charity supporting the mental health and wellbeing needs of people throughout BaNES.

www.bathmind.org.uk

Charity Registration No: 1069403