

20+ WAYS TO FEEL BETTER IN AN HOUR MAX!



POSITIVE EMOTION: Experiencing happiness, smiling, laughing and seeing the good in our situation increases our resilience.

- Create a collage of all of your favourite feel-good photos of your most treasured memories
- Make a playlist of 5-10 songs which remind you of good times from the past and play them /sing/dance to them
- Have a long bath-include bubbles, candles, anything which makes it feel luxurious!
- Write a list of all of the things which you have felt grateful for in the last year or create a gratitude jar <https://www.habitsforwellbeing.com/gratitude-jar-habits-wellbeing/>
- Try this 'Relaxing Beach' guided relaxation for instant calm <https://www.youtube.com/watch?v=KrxqWcw3i0Y&t=227s>

ENGAGEMENT: Taking time out to do the things you're good at, which absorb your attention and give you a sense of flow.

- Revisit an old hobby or interest you haven't tried for a long time. How does it feel to reconnect with this?
- Take the VIA Character Strengths Survey and find out your five signature strengths which you should use as much as possible in life-you will need an adult at home to sign you up <https://www.viacharacter.org/survey/account/register#youth>
- Go to the Anna Freud 'On My Mind' site and discover a range of self-care strategies which suit your skills and interests <https://www.annafreud.org/on-my-mind/self-care/>
- Learn more about 'Flow' and how to find your focus with this video clip <https://www.youtube.com/watch?v=eqZCqelBPG0>

RELATIONSHIPS: Creating authentic, energising and supportive relationships.

- Go on a walk/run with someone in your household and take a selfie of you together
- Write a letter or card to an elderly resident living in Laurel Lodge care home <https://www.blackswan.co.uk/home/laurel-lodge/>
- Call a friend and ask them how they really are and truly listen. Remind them that you are always here to listen without judgment.

- Write a letter or card to someone who you really appreciate having in your life. Explain which qualities you admire in them and then give them the letter.
- Find the funny with a friend and text your favourite jokes/funny videos back and forth to each other.

MEANING: Having a sense of being connected to something bigger than ourselves

- Create a beliefs board featuring all of the key beliefs you hold about how to live a good life true to your own values. What things could you do to put these beliefs into action in your everyday life?
- Rent 'Embrace' on Amazon https://www.amazon.co.uk/Embrace-Taryn-Brumfitt/dp/B01NBY9WYY/ref=sr_1_2?dchild=1&keywords=embrace&qid=1612476217&sr=8-2 and instantly start feeling gratitude towards your body rather than feeling negatively towards it
- Watch The Headspace Guide to Meditation on Netflix and discover how to completely relax your body and mind <https://www.netflix.com/title/81280926>
- Rent 'Happy' on Amazon Prime and reflect on what you think is the key to a happy and fulfilled life <https://www.amazon.com/Happy-Dalai-Lama/dp/B007BECHEK>
- Use your voice for good. Choose a case to research and take action to protect human rights for vulnerable people all across the globe <https://www.amnesty.org.uk/actions>

ACCOMPLISHMENTS: Working towards our own self-development and building confidence and grit through meeting our goals

- Create a '20 things to do before I'm 20' list. Think of places you want to go, new hobbies you want to try as well as anything else you'd like to achieve post-lockdown. Stick it up somewhere prominent to remind you everyday.
- Ditch the negative self-talk. Read this article <https://greatist.com/happiness/positive-self-talk#additional-support> and then write a list of negative things you say to yourself on one side of the page, and then translate it into a more positive thing you can replace this thought with.
- Write a list of 10 things you are proud to have achieved this year-ask a friend or family member what makes them proud of you.
- Make an exercise diary for the next 7 days with what you want to achieve on each day from this activity. Use the hour to complete your first activity.
- Learn how to get better at the things you care about with this inspiring Ted Talk. https://www.ted.com/talks/eduardo_briceno_how_to_get_better_at_the_things_you_care_about?language=en