

WELLBEING PACK 11

Welcome to the 11th edition of the Wellbeing Pack. The theme for this pack is Growth, which we'll be exploring in both nature and our own personal development.



In this pack we have a whole range of creative activities, tips for personal growth, as well as ways to connect with nature. We also have plenty of quizzing, including a special Easter Egg hunt with 10 eggs hidden throughout the pages of this pack.

We have had some great feedback from you previously about the Wellbeing Packs that we have been producing for the Bath & North East Somerset community. We would really love to continue the packs longer-term but we have now reached a point where our funding has come to an end and this could potentially be our final pack. I really do hope that you will support us by providing us with more feedback on why these packs have been so enjoyable and useful to you. This will be essential information in order for us to apply for any additional funding.

Your feedback matters - please fill-out the feedback form enclosed or contact Miles at 3SG on 07957320483

Bumblebees in the Bathscape



You may have noticed lots of bumblebees around at the moment. But did you know there are 24 species of bumblebee in the UK? Here we are featuring seven of the more common ones that can all be found in this area.

During April, you're likely to see the queen bees, having emerged from hibernation, looking for suitable nests.



**Buff-tailed
bumblebee**



Gail Hampshire

**White tailed
bumblebee**



Ljus Jordhumla

**Red tailed
bumblebee**



Mike Williams

**Common carder
bee**



Mike Williams

Garden bumblebee



Ljus Jordhumla

Tree bumblebee



Mike Williams

Early bumblebee



Mike Williams

Have a look in your garden, local park, road side, open space or window box and have a go at identifying which one you've seen, look at the different colours on their back.

You'll also find some oxeye daisy seeds in the pack; pollinators, like bees and butterflies, love flowers like this. For more information about Bathscape, contact Lucy Bartlett on 07816 641 745 or visit www.bathscape.co.uk

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Celebrations & Events

April 2021



1st April - April Fool's Day celebrated all over the world as a morning of jokes and tricks - but don't play a trick after noon! One famous prank was carried out by the BBC World Service in 1980, when they announced to listeners that not only was the iconic clock face going digital, but that the first people to get in touch could win the hands of the clock. Unfortunately, this did not go down as well as they'd hoped and the BBC was apologising for weeks after the joke was made. Some people just clearly didn't see the funny side or maybe it was poor comedy 'timing'.

2nd April - Good Friday a bank holiday in the UK, this Christian celebration commemorates the crucifixion of Jesus and his death at Calvary.

4th April - Easter Day is the Christian celebration of Christ's resurrection, adopted as a secular celebration with bunnies and chocolate eggs.

7th April - World Health Day couldn't be more relevant with its simple message: giving people access to healthcare without the prospect of financial hardship. This is regardless of where they're from. What matters to the World Health Organisation (WHO), the group behind the day, is that there's Health for All.

22nd April - Earth Day is a worldwide event to raise awareness of the environmental issues which face the whole of planet Earth. Over 1 billion people from around 192 countries take part in Earth Day activities around the world every year.

23rd April - St. George's Day marks the annual celebration of England's Patron Saint and is believed to be the date of his death.



Spring is Coming



A time of growth, changeability, transformation and nature.

Explore some top tips from multi-media artist Jill Carter who invites us to dig into our creative expression and see what grows from there!

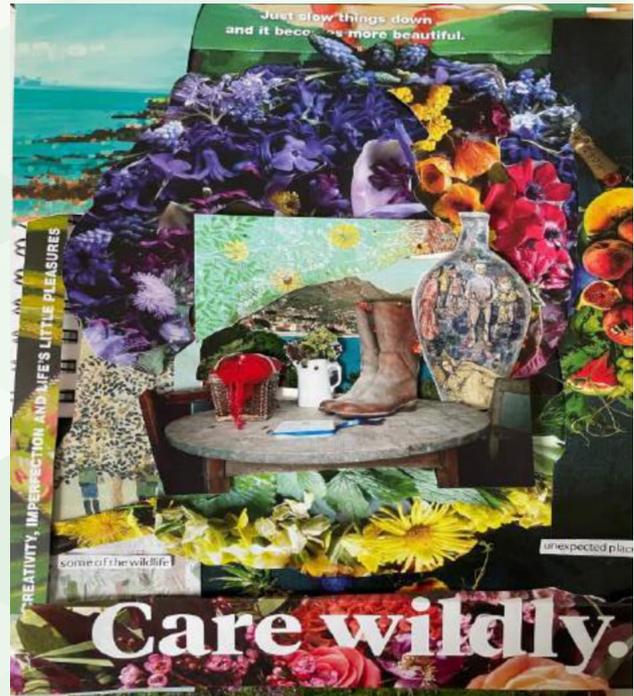
THE 10-MINUTE WELLBEING FIX

Have fun drawing your very own imaginary natural world. Add a few words that sum up the senses and mood. This is something you can do with family and friends on a giant piece of paper too!



DAYDREAM WITH DOODLE:

Enjoy doodling using pen/s, pencil, paper or notebook. Think of our amazing biodiversity - have fun with lines, spirals, squirls. leaf shapes, creatures, dangly bits, seeds, rain, clouds, sunshine, whatever patterns inspire you



ENJOY MAKING A MONTAGE:

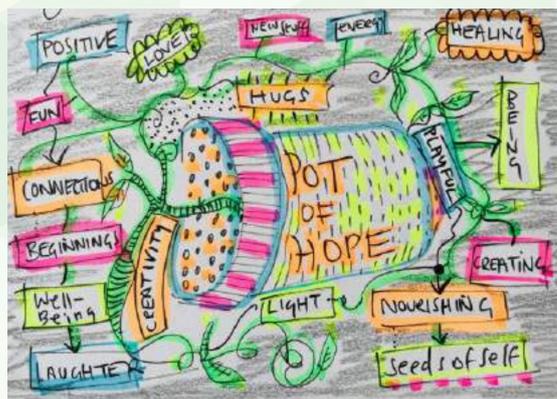
Collect imagery that reflects the season, the changing elements, nature, places and things you might care about! Layer cut outs of magazines, comics, old cards, photos & snippets of text. Cut out wildly, then arrange mindfully. No need to even glue if you don't want to, just place like a jigsaw. Photograph (if you can), then use image to refresh your screen saver, on your phone perhaps!

Sit down for ten minutes outdoors or gaze through a window, connect with nature, says Sir David Attenborough on his podcast *Call of the Wild*. "Extraordinary things can happen...don't move. Keep quiet. Wait. You will be very surprised if something interesting doesn't happen".



BREATHING SPACES:

Where would your place be? Can you visualize a space that is naturally calming, uplifting or healing? A waterfall, beach, mountain, woodland, or a mossy cave? Draw with the mood of the place; does it have flowers, plants, rocks, animals? What is the weather like - full of light, warm, calm? Just breathe and let the imagination grow!



CREATE YOUR OWN GARDEN OF COLOUR:

Enjoy using paints, watercolours, crayons or pencils and high lighter pens, to create a colourful flower-filled landscape. Perhaps add words to describe a sensory real or imagined walk, for instance, around a beautiful Monet inspired painterly garden. With all of these activities, you don't need to be good at drawing or writing.

SEEDS OF HOPE:

How about drawing a pot, or container, with seeds of well-being sprouting? See what develops. What could grow, for instance, light, laughter, hope, fun, warmth, positivity, support, new beginnings?

Be poetic. Why not? William Wordsworth was famous for it, the daffodil thing!



Celebrating Biodiversity



Kurt Jackson: Biodiversity

In spring 2021 the Victoria Art Gallery in Bath will launch a very special exhibition. It celebrates the biodiversity of our natural world. As we move into Spring and birds are nesting you may like to try drawing and painting a garden bird.

Join in and draw a Great Tit

You will need: paper, pencil paints.

- Draw a small oval for the head and an egg shaped body. These two shapes should overlap. Then you can rub out the lines which you don't want to see.
- Use the diagram to help you draw the details. Paint the head first but leave part of it white. Let each colour dry before you paint another one. You could draw the beak, eye and claws with a black pen.

Lots of small birds can be drawn using two oval shapes as a starting point.

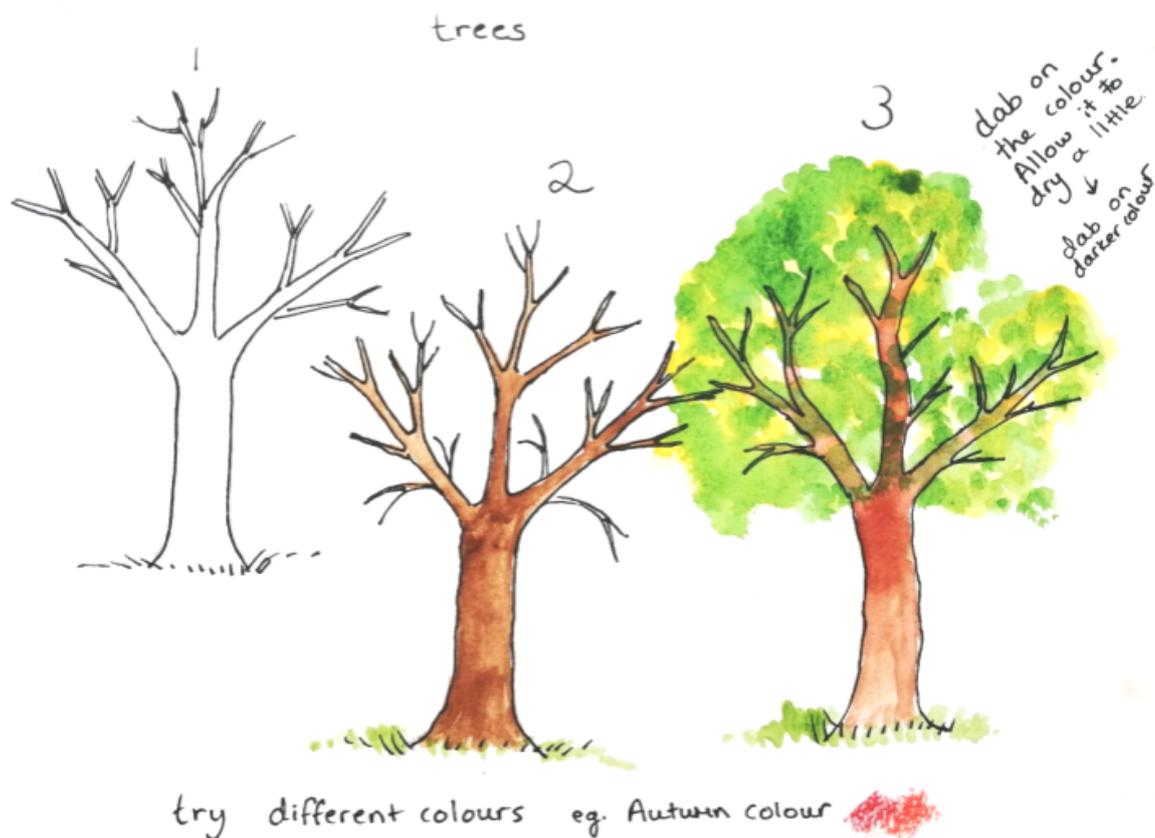


Drawing and painting trees

You will need: paper, pencil, watercolour paints.

- Draw the trunk of the tree and up to three main branches. The branches divide several times.
- Paint the trunk and branches but leave some space for the leaves.
- Let the brown paint dry before you start on the leaves. Use a light colour first such as light green or yellow. Dab the paint brush around and across the branches. You could also use a piece of sponge for this. When this layer is almost dry, add some dabs of a darker colour.

This works well with Autumn colours too.



**"TO PLANT A GARDEN IS TO BELIEVE IN TOMORROW."
- AUDREY HEPBURN**



Cottage Pie (serves 2)

Ingredients:

- 3 tablespoons vegetable/sunflower or olive oil
- 1 large onion
- 1 stick of celery
- 1 carrot
- 400g beef, lamb or vegetable mince
- 1 flat tablespoon plain flour
- ¾ pint stock – any kind (except fish). You can use 1 stock cube.
- 1 tablespoon ketchup
- 2 splashes Worcestershire sauce or 1 teaspoon Brown Sauce
- 1 sprig rosemary or ½ teaspoon dried rosemary
- 4 large old potatoes – King Edwards or Maris Piper
- 1oz/25g butter
- 2 tablespoons milk



Method:

- Chop onion, celery and carrot into small cubes
- Heat the oil gently and add chopped vegetables
- Add ½ teaspoon salt and fry gently for 5 minutes
- Add flour and continue cooking for another minute
- Add stock, mince, rosemary and bring to a simmer
- Add ketchup, Worcestershire sauce or brown sauce and season. Leave to simmer gently
- In the meantime, peel and cube potatoes. Bring to boil with a pinch of salt and simmer covered for approximately 15 minutes.
- Mash the potatoes with butter, salt and pepper.
- Add milk to soften
- When the mince has reduced and is tender, check seasoning.
- Put into a dish and top with mashed potato. Bake in the oven at 200C for 20 minutes.

Malva Pudding

Ingredients:

- 1 cup (250ml) caster sugar
- 2 eggs (room temp)
- 1 tablespoon smooth apricot jam
- 1 ¼ (315ml) cups flour
- 1 teaspoon bicarbonate of soda (5ml)
- pinch salt
- 2 tablespoons butter (30ml)
- 1 tablespoon vinegar (15ml)
- 125ml milk

The sauce:

- 250ml double cream
- 125ml butter
- 125ml sugar
- 125ml water/orange juice



Malva Pudding is a popular dessert from South Africa, consisting of a spongy cake, flavoured with apricot jam, that bakes until the exterior becomes somewhat caramelized. Then a mixture of heavy cream, milk, butter, sugar, and salt, is poured over the pudding. The textures are out of this world!

Method:

- Set oven to 190°C
- Beat castor sugar and eggs until fluffy then beat in the jam until a creamy consistency
- Sift dry ingredients into separate bowl.
- Melt butter in a small pot on a medium heat and add the vinegar and milk.
- Now add the egg mixture and the butter mixture to the sifted ingredients and mix until combined well.
- Pour into an ovenproof casserole dish.
- Bake at 190°C for 45 minutes until the top is nicely browned.
- Melt all the sauce ingredients together in a small pot over a medium heat and pour over the pudding before serving, preferably while it's still hot.
- Serve it with ice-cream or custard or both.

WARM-UP EXERCISES



Warm up exercises are great for gently increasing the heart rate, mobilising joints and loosening muscles. They're also good for boosting your mood. Try the exercises here for 10 minutes.

Make sure that you raise your pulse gradually and comfortably to slowly increase the heart rate, body temperature and breathing rate. Start to mobilise your joints with a small range of movements and increase gradually.



Personal Growth - Moving Forwards



Just like everything else in nature, to grow, develop and flourish we need time, care and nurturing.

Being able to give this to ourselves allows us to take the small steps we need to enable us to grow stronger, more confident and lead a life that feels meaningful to us. It's never too late to be doing this!

Any journey is easier if we have planned our route, moving forwards on our own personal journey is no different. Someone inspiring once said: "a wish is just a dream, without a plan" **Self knowledge** is the key, how do we know where we are going if we do not know what we want? Some simple questions, we can ask ourselves might help;

1. What do I want to do? - narrowing it down to the first small step makes it less overwhelming



- What do I like or enjoy?
- What makes me happy?
- What do I not like or not enjoy?
- What is my situation now?
- What one small thing would I like to improve or change?
- If I could try something new or different, what would that be?
- What would be the first small step I need to take?

Growth is growth, no matter how small.

2. What am I hoping to achieve or accomplish?

Whether this is a long term goal or the first small step towards your goal, when you know what you want, how would it feel to accomplish this?

What other benefits might there be?

3. What obstacles might there be?

Be honest – what challenges might you face? What might get in the way - knowledge, confidence, resources, finances, anxiety?

What might you need to overcome these?

How can you prepare for any potential setbacks?

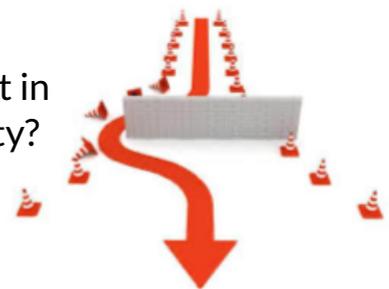
4. What support would be helpful?

What would help you achieve this? Someone to do it with? Someone to tell about how it is going?

5. Reward yourself at each small step or milestone

When you've achieved something positive, no matter how small it seems, acknowledge this as a triumph, every journey is made up of small steps.

Writing down the small positives can give us hope that change and personal growth is possible, each one helping build the foundation for the future.



The Sleep Factor

Maintaining healthy routines is always important to help us stay well both physically and mentally, but it is even more of a priority during the current situation, sometimes though, it may be easier said than done. The Sleep factor was inspired by activities carried out by Oldfield School. The Sleep Council has recognised the ongoing pandemic can cause anxiety around everyday living, which in turn is likely to affect our sleep.

What could cause sleep problems?

Life events – events in our lives that may be distracting us, causing worries that we go back to whilst trying to get to sleep, interfering with our ability to relax.

Thinking styles- often it is anxious thoughts about not getting sufficient sleep that can be most distressing.

Behavioural explanations – developing poor habits around sleep such as not having a clear bedtime routine, can cause problems. For example, failing to unwind and relax before bed, or continuing to be physically or mentally active until just before bedtime. It is also important to consider the sleeping environment, temperature and noise levels, for example.

Physical issues - some people experience troublesome physical symptoms that cause problems with sleep, this might include pain or needing to visit the toilet frequently. It can be difficult to achieve a comfortable position to maintain sleep. In addition, the effect of some medications, drugs, alcohol, nicotine or caffeine consumed close to bedtime and our everyday diet can impact the quality of our sleep. As you get older, you are also likely to have poorer quality and less sleep.

Did you know?

Sleep has been an essential part of growth since we were born, this is because the growth hormone is normally released during sleep. If someone consistently gets too little sleep, the growth hormone is suppressed.



St Mungo's

Ending homelessness
Rebuilding lives



Tips to help with relaxation for better sleep



Relaxation - It's important to make time to relax and do activities that are enjoyable. This can help to improve your sleep by calming the body and mind. Without taking the time to unwind, it is easy to feel overwhelmed and stressed. Exercise and creativity are effective ways to relax, for example; take a bath, read a book, draw or paint, cycle, walk or swim. Choose something that you will look forward to and that gives you a break.

Controlled breathing - This simple technique involves focusing on and slowing down our breathing patterns, which could help us get off to sleep. Many people find this simple exercise very relaxing. It can be particularly helpful for those who feel dizzy or lightheaded when they feel worried or distressed and breathing becomes quicker. 1. Get into a comfortable position 2. Work out a stable breathing rhythm. Perhaps try to breathe in for three seconds, hold this breath for two seconds, then breathe out for 3 seconds, it can help to count.

IN 1-2-3, HOLD 1-2, OUT 1-2-3, HOLD 1-2

Repeat this action for a few minutes. You should soon begin to feel more relaxed.

Muscular relaxation (body scan)

Tension often builds up when we feel upset or stressed. These symptoms can be painful and can cause anxiety in themselves. Muscular relaxation exercises can help you to control any unpleasant symptoms. During this exercise you will tense and then relax different muscles in your body, do not feel you must cover every muscle, it will help to stick to the same ones each time though. You should focus on the feelings that you experience whilst doing this. With practice you will be more able to recognise and respond to the onset of tension and after only a couple of weeks of daily practice you will notice a difference.

Distraction - This is a good technique to take your mind off uncomfortable symptoms or thoughts, to fend off symptoms of anxiety/stress and feeling overwhelmed by focusing on something unrelated. This can also give you space to deal with a situation in a more considered positive manner and helps the feelings pass. It is also helpful when you don't have the space or time to use a more proactive approach, such as a relaxation exercise.

Did you know?

It is a known fact that we are on average 1cm taller after sleeping than we are at the end of a day!



Head to page 14 for a SLEEP QUIZ

Quizzing ?

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

Train my brain
 Celebrate my own growth
 Not afraid to fail
 Keeps on trying
 Brain
 Effort
 Overcome
 Improve
 Progress
 Growth
 Ownership
 Choose
 Believe
 Celebrate
 Take Charge
 Train
 Practice
 Learn

Sudoku

3	5	4	2	6				
4	9		7	6	1	8		
6		1		3	2	4	5	
		3	9		5	8		
9	6			5	8	7	3	
	8	1	3		4		9	2
	5		6		1	4		
2			5	4	9		7	
1	4	9			7	3		6

TRUE

SLEEP QUIZ

FALSE

Read the following statements & mark them True or False.

1. Teenagers need more sleep than adults.
2. Sleeping in at weekends to catch up on sleep will help you feel refreshed on Monday.
3. Most people on average get the right amount of sleep.
4. It is recommended to eat a small snack before bedtime.
5. Naps should be no longer than 30 minutes.
6. It is possible to counteract the effects of lack of sleep by drinking caffeinated drinks.
7. Getting healthy sleep can improve how we function and what we are able to achieve each day.
8. Using the night setting on a phone means it doesn't have any effect on sleep.

EASTER EGG HUNT

Can you find all 10 Easter Eggs, sneakily hidden in this pack?

ANSWERS ON PAGE 19

Make Your Own Origami Paper Plant Pots

Create these clever and recycled pots which you can plant straight into the ground.

What you will need:

Newspaper (length to width – 2:1)

Ruler and pencil

Scissors

Width



Length

- 1 Unfold and open up the newspaper so that you can see both pages.
- 2 Measure your 'double page'. For each pot – you need the length of your paper to be twice the width. For example, if your newspaper is 57cm in length, the maximum width your paper needs to be is 28.5cm. You would then trim off the remaining width. Typically this ratio will enable you to create a 7cm by 8cm pot. You can use any combination you like, using this ratio, to create different sized pots.
- 3 Fold your paper in half (portrait) and then in half again.
- 4 Now, open up your paper and think paper aeroplane! We're going to fold the top two corners in to create a triangle.
- 5 Next fold up your paper from the bottom once and then again.
- 6 Turn over your paper. Next, fold in your paper into the middle. Now fold up your paper from the bottom edge and then again. You'll need to take this last fold and tuck it in to create a bit of a pocket.
- 7 Fold down the top of your triangle – one side and then the other – make a crease. Next take the top of your triangle and move it inwards. You need to make a crease.
- 8 Next take the open side (base) of your paper (which resembles a paper hat). Pull apart slightly – you'll notice that this creates a square shape with a reinforced base. Turnover and you have your paper pot ready for planting up!

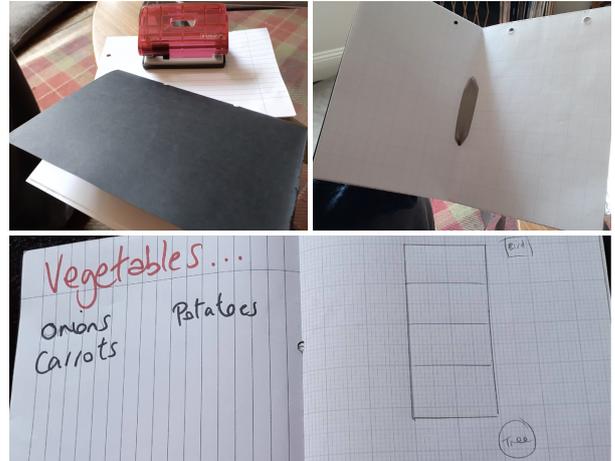


Reflect On Your Surroundings; Make Your Own Garden Diary

Use your garden diary to write about or draw things you notice in your garden each month.

What you will need:

- A4 plain, lined and graph paper
- A4 coloured paper or card
- Old seed packets/seed catalogues and magazine pages (images of flowers and vegetables) & glue
- A ribbon and hole punch, needle and thread or stapler
- Pens or pencils



- 1 Consider how much space you will need to record your thoughts and plans in order to choose your ideal number of pages (then add a few more!).
- 2 Next, take your pieces of A4 paper and fold them in half. This is the start of your book. Fold a piece of coloured paper or card for the cover.
- 3 You can secure your book by keeping it together using a piece of ribbon threaded through hole punch (half holes), needle and thread or by stapling along the spine. If you are using different types of paper – try to distribute these across your book so that you have different places to draw or plan out garden area designs and record your written thoughts.
- 4 Take some time to decorate the front cover to make it special and easy to find! Perhaps use of seed catalogues or seed packet images to create a collage?
- 5 Consider, which seeds you have sown and when. Think about adding notes about how well plants have grown and any surprises.



Make a note of flowering times to help with collecting seeds. If you grow vegetables – you might like to make space to record your thoughts on their flavour. Use your diary to make a note of birds and insects that you have spotted and which plants and flowers they are enjoying. Add an envelope and collect petals, leaves or flowers that you might like to press.

- 6 When enjoying your garden, have your diary to hand and write/draw/reflect on special moments and even the weather throughout the gardening year.
- 7 Refer back to your diary when making plans for the following year. Use it to be reminded of your successes and joys and to perhaps avoid any pesky errors.

GROW WITH NATURE

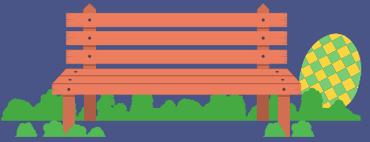
EcoWud

You are Nature

Try putting 10-30 mins a day to the practices below:

Monday: Walk and Notice Take a walk and notice the beauty that you see, a gratitude and appreciation practice that can elevate your mood. Take the time to really look at your favorite tree, explore a park, and notice something new, a practice that will spark creativity. Gaze at the shapes that nature has created, as well as spaces between them, reflecting on what the Japanese call "ma," the "negative space" between forms that is just as important as the objects themselves. And as you walk, notice what has changed and is changing as you pass the same spot. And don't just walk, take some time to sit in nature. And as you sit, consider stepping out of clock time and connecting with nature's time and rhythms.

Tuesday: Sit and Notice Open your window, feel the fresh air, sit & listen to the sounds of nature. Sit until the fog burns off... Sit until the sun sets... Sit until the rain ends... or begins...



Watch an animal, even an insect at work or play until it departs... Sit until the puddle dries in the sun... Sit and watch a shadow until it has crossed your path... Sit until the birds finish their song... If you can, sit beneath a tree until it lets go of a leaf and you see/ hear it fall to the ground or simply sit until that cloud completely changes shape, and disappears or passes by...

Wednesday: Just breathe Bring your attention to your breathing. Where do you feel the air coming in & out of your body? Rest your awareness there. Is your mind wandering? Just kindly bring it back to your breathing. Remind yourself that trees release the oxygen we inhale & absorb the carbon dioxide we exhale. As we breathe, we are borrowing air before returning it to nature.



Thursday: Touch the earth Stand, sit or lie in your garden, in a forest, in the park. Bring your awareness to the parts of your body in contact with the ground. What do they feel like? Can you feel the ground supporting?



Friday: Tune in to birdsong Find a quiet spot and close your eyes. Listen to the sounds of the birds. If your mind wanders, gently bring it back to your hearing. Are the songs high or low pitched? How many different notes can you hear? Is it the same song repeated? Which is your favourite? How do they make you feel?



Saturday: Imagine you're another animal



Our human experience is one amongst many — what about other animals? What might they be experiencing? If you come across other birds, mammals or insects as you walk in nature or in your garden, have a thought for how they might be feeling. Like you, they are also going about their everyday lives. What's their take on it?

Sunday: Intuition Notice what the living world reflects back to you about your thoughts & emotions. It is widely known that our wellbeing & resilience is deeply intertwined with that of the natural world, & there is deep intuitive intelligence available to us through nature.



Thanks to SoulSpirit magazine and mindful.org for these practices

Building Resilience



Here are a few activities that have been proven to be effective in developing and improving resilience.

Try not be too hard on yourself. When something goes wrong, try and view it as a learning experience, look at what you could do differently next time. Practice letting go and distracting yourself in order to move onto something else. Try and treat yourself as you would a good friend.



Don't ignore your usual routines. Routines can bring some comfort to you when you're feeling stressed, so if you have a favourite routine, use it whenever things become difficult. By making a "to do list" you are more likely to feel a sense of achievement once you start to tick things off.

Do things to help you feel more in control. In times of stress, concentrate on one thing at a time and that focus will help you feel like you have more control over what is happening to you. Make a list of the things that are troubling you and put them in a priority order 1,2,3,4 then just try to work on one things at a time to try to gain more control.



Solve a problem for someone else. You can feel better about yourself in many ways if you try to help someone in need. Sometimes just talking to another person can take your mind off of your own situation and help you to feel valued.

Take news breaks. You don't need to know everything that is going on in the world all of the time, so turn off the news or limit it to an hour a day so that the bad news doesn't affect your wellbeing.



Choose a stress free area, your bedroom should be a calm zone, an area where you never let stress and anxiety overpower you. Try and declutter this room and make it more of a sanctuary for yourself.

Find the best way to express yourself. If you like to draw, paint, or write, participate in this activity whenever you feel overwhelmed by stress. Walking in nature and really opening your eyes to what is around you can really help.



Find out what your strengths are, if you are unsure then ask a trusted friend what they think. Build on these strengths and use them to better your life and increase your sense of self belief.

ANSWERS

Sudoku

3	1	5	4	8	2	9	6	7
4	9	2	7	6	5	1	3	8
6	7	8	1	9	3	2	4	5
7	2	3	9	1	6	5	8	4
9	6	4	2	5	8	7	1	3
5	8	1	3	7	4	6	9	2
8	5	7	6	3	1	4	2	9
2	3	6	5	4	9	8	7	1
1	4	9	8	2	7	3	5	6

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

TRUE

SLEEP QUIZ

FALSE

- 1. TRUE** - Research shows the average teenager needs just over 9 hours sleep a night, whereas the average for adults is 7 hours.
- 2. FALSE** - This can actually make sleep worse. An erratic sleep schedule (e.g. staying up later at weekends & sleeping in later) makes it even harder to fall asleep on Sunday night & wake up on Monday morning. It is much better to maintain regular wake hours over the weekends.
- 3. FALSE** - Due to problems highlighted above, the majority of people are sleep deprived, (often by more than 2 hours of required sleep)
- 4. TRUE** - It is a good idea not to go to sleep hungry. While a big meal right before sleep is not advisable, a small snack before bed can help)
- 5. TRUE** - Napping can help sleepiness, but should be no longer than 15-30 mins and in the early afternoon. Napping for longer than this or late in the afternoon can make it difficult to fall asleep at night. Naps should only be used as a technique if absolutely necessary; it is much better to try to improve the quality and length of night-time sleep.
- 6. FALSE** - Caffeine can give the body a temporary energy boost but it can have significant detrimental effects over time. Caffeine products are potentially addictive and can impact sleep.
- 7. TRUE** - Research suggests people who have better concentration and achieve more, sleep more than their peers. Sleep can improve brain functions such as memory, organisation, decision making and attention.
- 8. FALSE** - Blue light filter apps are relatively new so research studies have not yet been published. However, using your phone before sleep still has other impacts at a time when the brain needs to wind down.

EASTER EGG HUNT



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page 2



page 3



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page 17



(Well done if you spotted this extra egg drawing on page 6)

A Special Thank You for providing the additional materials in this pack:



FINDING SUPPORT

If you need support now or in the future then please be aware of the support available – we are here to help.

COMMUNITY WELLBEING HUB

 **CALL: 0300 247 0050**

Housing

Feeling isolated,
lonely or anxious

Money advice
& benefits support

Stopping smoking

Accessing food,
transport or medication

Achieving a
healthy weight



Bath & North East
Somerset Council
Improving People's Lives

Keeping active

Employment issues
& advice

If you are worried about your own or someone else's mental health, call:
Avon & Wiltshire Mental Health Partnership NHS Trust (AWP)

24/7 mental health response line

0300 303 1320

Our staff are available to provide support, advice
and guidance for your mental health difficulties



Avon and Wiltshire
Mental Health Partnership