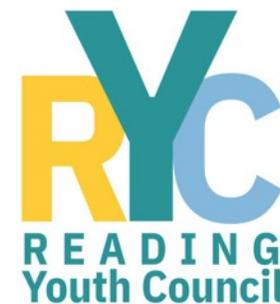


READING YOUTH COUNCIL
CONFERENCE 2021

PRESENTS:

REMAINING
HOPEFUL





Our Mental Health Workshop

5 Minute Fixes

What are '5 Minute Fixes'?

Throughout our day-to-day routines we're often in need of a little boost but why are they important?

- Developing a healthy relationship with yourself
- Relaxation aids positive thinking, concentration, memory and decision-making
- There are several, easy ways to begin looking after your wellbeing

Self-care helps us sharpen our mental and physical health through stronger self-esteem



1) Exercise

Working out shouldn't seem so daunting.

- Whilst brushing your teeth, tuck in your stomach to engage your core
- If you're about to stand from your desk, sit back down and then get back up (this will work on your legs)
- Curl the soup cans whilst unpacking your shopping

Staying active increases serotonin in the brain, which improves mental clarity

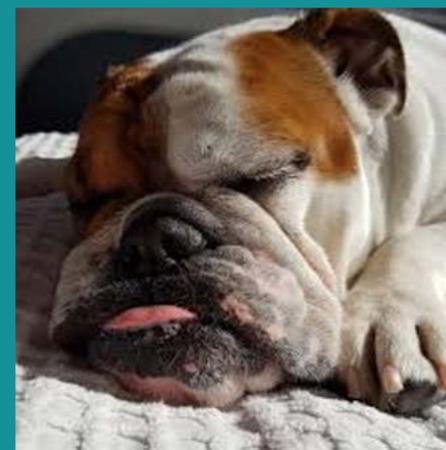


2) Get more sleep

How can you get meaningful rest in just 5 minutes?

- Spread out your naps in several 5 minute intervals across the day, to feel less drowsy
- Naps are proven to help tolerate frustration from work or school (they also help you retain information better after revising)

We are the only mammals that willingly delay sleep – why is that?



3) Meditation

There are a multitude of benefits to meditation, even if it is just for 5 minutes a day.

- These benefits include improved focus, self-awareness, self-esteem and lowered anxiety
- If you don't feel comfortable doing it in silence, you can find loads of guided meditations on YouTube

Meditation has lots of immediate benefits - including a sense of calm



4) Talk to someone

Taking just some time to speak with a person, who cares about you, about your feelings is incredibly valuable.

- Talking about your mental health isn't a sign of weakness
- This can even involve speaking with Childline and CAMHS, for helpful advice

Someone who is experiencing mental health problems may find it hard to reach out, so try to keep in touch

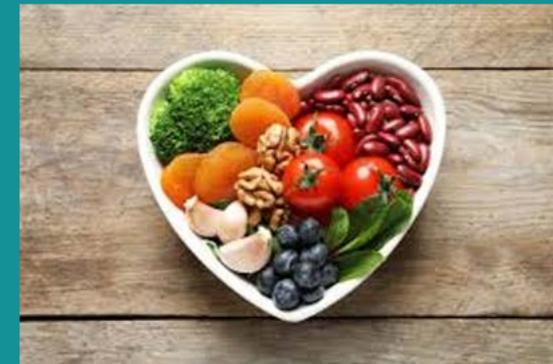


5) Have a snack

Taking a break to eat something is always great, but there's a lot more to it than just that.

- Snacking is a great way to sustain energy levels
- Prioritise fitting them around meals, with a balanced diet
- Certain foods are shown to improve mental health too, like berries (shown to help reduce symptoms of anxiety)

Other foods like yoghurt, walnuts and leafy greens are shown to help reduce stress





5 Minute Fixes

From the RYC Mental Health Campaign

1. Exercise
2. Get More Sleep
3. Meditation
4. Talk to Someone
5. Have a Snack



Reach out – where to get help?

If you feel like you need support, you are not alone.

- **Kooth:** provides free, safe, anonymous support 365 days a year. You can connect to an online counsellor [here](#)
- **No5 :** provide free, confidential counselling and support to children and young people from Reading, aged 11-25. Call them for a confidential chat on **0118 901 5668** or visit their website [here](#)
- **CAMHS: Child and Adolescent Mental Health Service** works with young people who are experiencing significant, severe and complex difficulties with their mental health. You or your parents can self-refer using their [online referral form](#) or phone 0300 365 1234.
- **BfC: Brighter Futures for Children** provide a variety of services for young people. Find out more [here](#) or if you want to refer yourself for support, [see here](#).



**Thank you for reading.
Please continue with the event by
returning to survey monkey :)**

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