

# LIFESTYLE MANAGEMENT

A self help resource to support you on your journey

## What's inside?

*Complete self-help resource*

- ▶ *5 ways to Wellbeing and more*
- ▶ *Detailed activities to choose from*
- ▶ *Personalised goals*



# YMCA

Recommended for 12 - 18 year olds or to be used alongside a parent or caregiver for 6+

Created by Maxie Celliers, Indiana Montaque and Alice Maynard at  
YMCA Exeter

# Lifestyle Management

This resource is slightly different to our others, as this one will touch on various topics which you can pick and choose from. There are also some activities with each topic which are all optional. In here, we will cover

1. Sleep
2. Be Active
3. Connect
4. Take notice
5. Learning
6. Giving

These topics cover the "Five ways to wellbeing", which you may have heard of!

The beauty of this resource is you can start anywhere you'd like and you can keep this resource to come back to in the future as and when you need it.

At the end, theres a spot where we can think about goals once you've had a flick through and picked the parts you want to focus on.



# Sleep



There are lots of reasons people might not be sleeping well, or they may feel that their quality of sleep is poor! They might struggle to drift off, or they might wake often during the night.

This can be totally different for everyone, so let's take a look at some of the things that can help us sleep better. This is called "Sleep Hygiene".

## Timing

One of the best ways to train our bodies is to go to sleep and wake up at the same time each day, even on weekends! This will help with a regular rhythm to support sleep

## No naps.. Sorry!

Naps can feel wonderful if we're tired, but this can actually mess with the sleep cycle. Avoiding naps means we will sleep better at night.

If you nap often, this might feel really tricky to do at first, but it will soon feel normal after a few days



## Avoid caffeine or sugar

Having caffeine (such as in coffee or some drinks such as coke) can make sleep difficult. As well as having lots of sugar before bed. Try and avoid these in the hours before sleep!

## Wind down routine

Having a routine before bed can be a good way to train our minds that we're ready to sleep.

Dimming the lights, using a sleep app, having a bath, reading a book, listening to relaxing music or trying to limit using your phone or bright lights can be a great way to wind down! What other ideas can you think of?

## Bed is for sleeping

If we only use our beds for sleeping, we start to train our minds that when we're in it, it's time for sleep. Avoid doing other things like homework or chilling in your bed, and only use it for sleeping



## Don't watch the clock

Watching the hours tick by at night can make us feel so much worse! Turn your alarm clock around or make sure your phone is away from your bed so you don't see it.

## Exercise

Moving during the day will help our bodies feel tired and help us fall asleep quicker

These are just some idea's, everyones bodies are different and what may help one person, might not help the next. Sometimes it's a bit of trial and error! Try and note a few different things to try first.

All of this might sound great, but how do we actually make sure we do it? There's lots of things we can do, but we could start by completing a sleep diary. Here's some ideas of what you would want to include so you can notice what helps you sleep better. You could log this in your phone, or on a note pad. Try logging for a few days and see what you notice, which days did you not sleep so well? Why do you think this is? What could you change?

What did I do before bed?

What time did I go to bed?

How long (ish) do I think it took me to fall asleep?

Did I wake up in the night?

Sleep score - rate your sleep out of 10 (1 = bad 10 = great):

**Other's may prefer a different approach, lets think of 2 things you can do this week to help your sleep. Review at the end of the week and keep going as long as you feel you need too!**

Goal 1: What would I like to do differently this week?

How will I remember to do this? Do I need a reminder?

Do I need anyone else's help with this?

Goal 2: What would I like to do differently this week?

How will I remember to do this? Do I need a reminder?

Do I need anyone else's help with this?



# Be active!

There are lots of benefits to being active. Not only is it good for our physical health, but its's good for our mental health too. Moving can help cope better with stress, lift our mood and improve sleep.

We asked other people how they keep active for some inspiration

Dancing in the kitchen when helping with dinner, or in my bedroom!

Having a stretch before I get into bed, or sometimes watching a short yoga video

Beach walks with hot chocolate at the end

Taking my dog on long walks in the sun

Bike rides or skateboarding!



I took a leap and joined my schools netball team with a friend.. love it!

I joined the local football team and play every Saturday

Swimming in the sea! Followed by lots of towels and fluffy jumpers

I like riding my bike to the local shop, its really fun to go down the hill on the way back!

Body boarding with friends or family in the summer

What other ideas can you think of?  
Is there something you can do with friends?  
What could you suggest to do with your family?

**Task: Pick an activity to do this week and schedule it in with a friend or family member**



# Connect

As human beings, it's in our nature to connect with other people. But sometimes we all need a friendly reminder of how we can do this in meaningful and small ways. This will be different for everyone and that is totally ok! We always need to find what works for us as individuals. Let's look at some inspiration so we can see what feels right

## Texting a friend

Text a friend to say you'd been thinking of them or would like to hang out, small messages like this can feel small, but so meaningful. Checking in on friends can help to feel connected.

## Someone you consider family

It doesn't need to be your relatives, but can be anyone you consider your family! How can you spend quality time with this person?



## Spend time with a pet

We don't need to spend time with humans to be connecting.. cuddle up with a pet or take your dog to its favourite park! Buy your rabbit its favourite treat, or make it a maze in the garden

## Doing a favour

We can do a small favour for someone! Buy a friend a bunch of flowers or a hot chocolate, walk your friends dog with them, pop to the shops with a family member, the list can be endless and it never has to be big or cost money, sometimes just company whilst they do something boring can be great

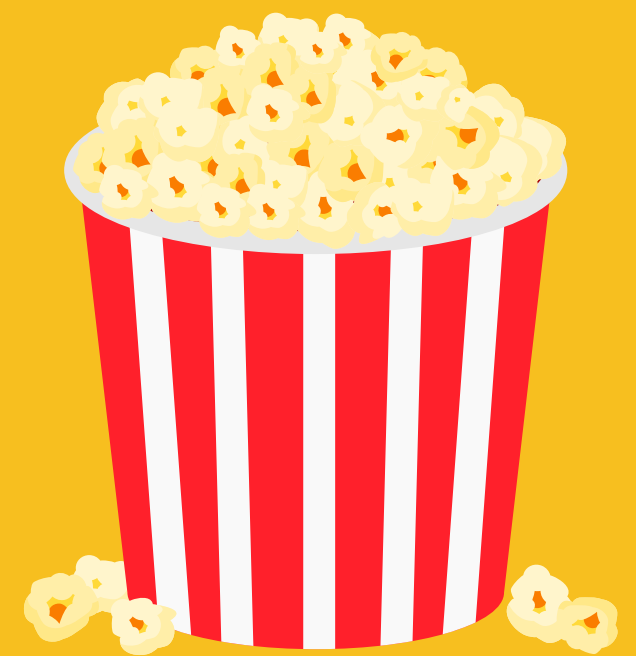


## Join a team sport/club

Join a team sport or after school club at school or within your local community - you could join with a friend if your unsure. This is a fantastic way to connect with others!

## Organise a film night

Get together with friends or family and find a good film, bring down all the blankets, get some pop corn or snacks and snuggle up together!



## Gaming online with friends

Gaming online can also be an easy way to connect!

## Task

Can you think of any other idea's? Remember everyone's ways of connecting will be different. Pick a few and plan them into your week this week!

# Take notice



Taking notice is all about being in the moment. There are so many ways we can do this, so let's take a look at some examples and then you can have a think of your own! Fill in the blanks with your own ideas

## Gratitude journal

Start a journal where you list three things you're thankful for everyday - It's an easy way to focus on the good things around us

## Nature

Get outside and go for a walk or hang with friends - Find a pretty place that feels peaceful to you, bring some snacks or a blanket!

## Social Media

Unfollow anyone on social media that makes you feel bad about yourself or that you compare yourself to! Make it a kinder place to be

## Yoga / Stretching

Try a video on YouTube or freestyle it to some calming music you like. Check in with your body/mind and notice how you're feeling today



## Self talk

Tell yourself a compliment, or say something nice about yourself - maybe put a sticky note in your room with a nice message!

## Apps

There are so many mindfulness apps now - give one a download and try it out. E.g. Headspace or Calm app

## Social Media

Find some positive accounts to follow that make you feel happy, good about yourself or that share positivity to brighten up your feed

## Screen time

Set a screen time limit on your mobile so you spend less time on your phone - it's a good way to find a bit of balance!

## Eating

Have dinner with family or friends without any distractions - sounds so simple, but it's a great time to give people your full attention

## Compliments

Compliment a friend for no reason at all, choose a friend and tell them one thing you like about them - these things go a long way

## Task

***Pick a few and try them out this week!***

***What did you notice whilst you did it?***

***What will you do next time?***

# Learning



Learning something new, or returning to an old hobby, can give a great feeling of achievement. Learning doesn't just have to happen at school or college, continuing to learn about things you are interested in can help improve overall wellbeing. Fill in the blanks with your own ideas!

## 3 Fun facts

Ask a friend or teacher to tell you 3 random facts!  
Have a go at passing these facts onto someone else

## Join in with a friends hobby

Learning from friends can be a fun way to get involved in their interests as well as discovering something

## Social Media

Tap into your social media and find accounts that interest or inspire you!



## Start a new hobby

Learning a new hobby can feel fun and rewarding. Start by researching that hobby you've always wanted to try.

## Documentaries

Watch a favourite documentary about something you are interested in!

## Return to an old hobby

Stopped rollerblading? Hung up your paint brush and easel? Dust them off and try and learn from scratch!

## Music

Fancy learning an instrument? You could pick one up cheaply second hand and teach yourself! Or download a DJ app?

## Podcasts

There are heaps of podcasts talking about all sorts of topics! If you prefer listening to learn, research some podcasts to tune into.

## Museums

If you prefer looking and touching to learn, see if your local museum is hosting an exhibition of interest! Make a day of it by bringing family and friends





# Giving



That warm, fuzzy feeling once we give something to someone is hard to beat! Giving to others is linked to an improved sense of wellbeing. The act of giving doesn't have to be draining on you, it can be as simple as offering to help someone with a task or giving your time to listen to someone else. You are probably already doing some of these without realising, but here are some suggestions for giving that can help to work on this 'way to wellbeing'!

**Do you give your time, effort, energy, commitment, strength to others? Make a note of some of the ways you already give to others.**

**Here are some suggestions of ways to give to others or your community**

Do a beach clean or litter pick

Help your sibling or friend with their homework

Make the evening meal one night

Help your parent carry shopping

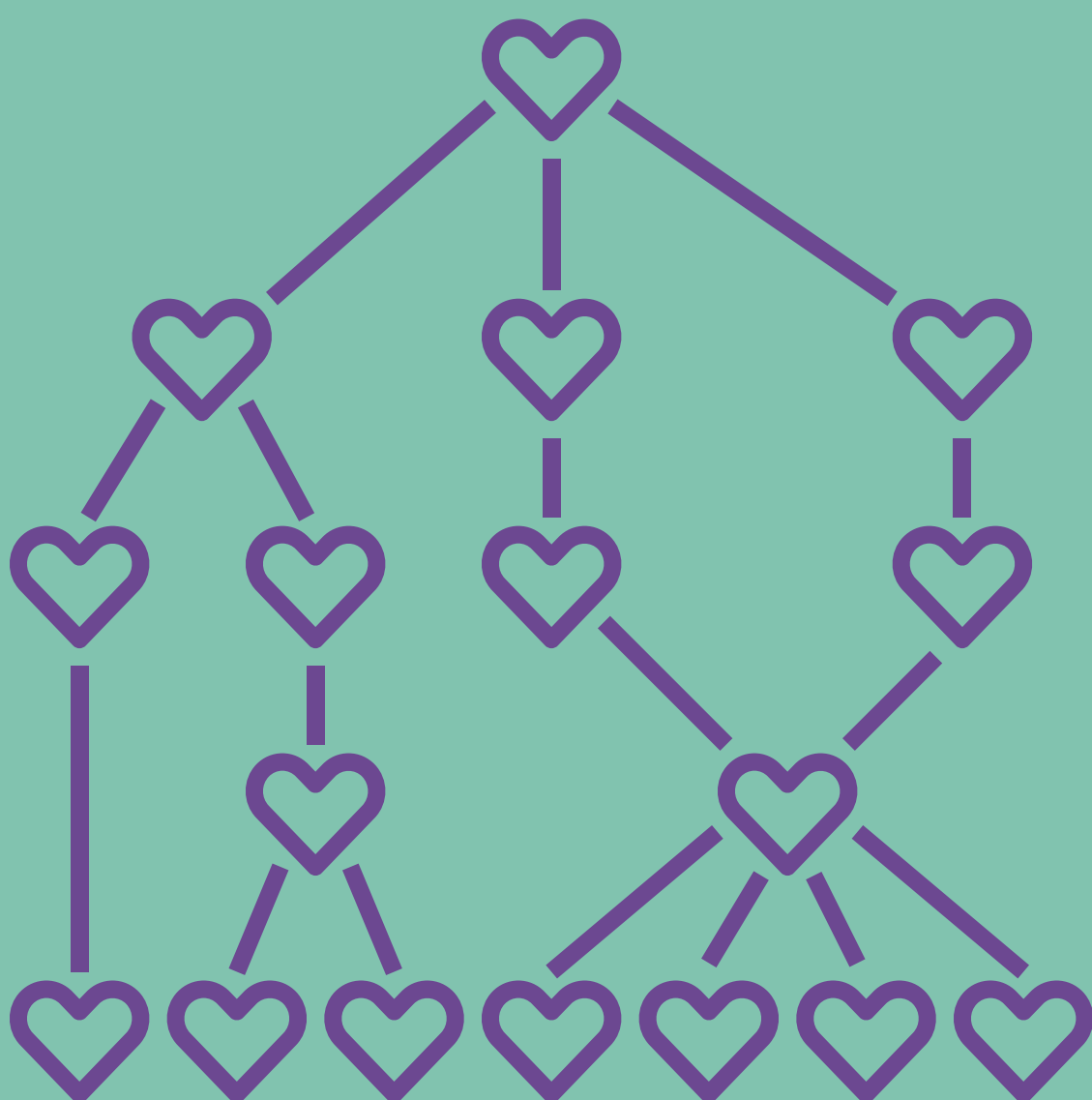
Give your pet an extra long walk!

Do a charity run or bake sale

Play a game with your siblings or friends!

Make something for your sports coach or teacher

Give someone a call who might be lonely or you think you could check in on!



**Pay it forward**  
When we do something nice for someone, why not try asking them to pay it forward? If we all paid it forward, who knows how many random acts of kindness we could create!

# Goals

Now that you've had a read through all the parts of this booklet, you might have more of an idea of what you think you would like to focus on.

So, let's think of 3 goals you want to achieve over the next few weeks

*Which part of the booklet stood out to you and why?*

*What would you want to do more of?*

*How can we measure this goal?*

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Empty rounded rectangular box for goal entry.



If you've made it this far, a big well done to you!  
It's not easy working on anxiety, and you might feel your journey  
doesn't end here.

You might want to continue a thought challenging for a few more  
weeks, or you might feel you need further support.

We have another resource that's a great fit for once you've  
completed this one. It's called "Lifestyle Management". You can  
find this on our website and work through it like you did with this  
one.

If you feel you need further support, you can email us on  
[wellbeing@ymcaexeter.org.uk](mailto:wellbeing@ymcaexeter.org.uk), or you can visit our website if you  
want to speak with a member of the team.

## Other useful numbers and resources for the future

Childline - 0800 1111

Samaritans - 166 123

Young Minds - Text YM to 85258

[www.ymcaexeter.org/cwpwellbeing](http://www.ymcaexeter.org/cwpwellbeing)