



North Ayrshire Council
Comhairle Siorrachd Àir a Tuath

THE LITTLE BOOK OF HEALTH AND WELLBEING



Family
Learning
Team



This wellbeing booklet has been created by **The Family Learning Team**. We hope this encourages conversations at home to help explore different techniques for good mental wellbeing.

Our mental and physical wellbeing are important and we encourage everyone to make time for themselves and talk to trusted people in their lives.

If you are unsure of anything in the booklet or pack then please contact the team.

familylearningteam@north-ayrshire.gov.uk

07815690329

You can visit the website to find out who the Family Learning Worker is for your child's school.

<https://nacfamilylearning.weebly.com/>

We hope you find some of these ideas useful and we would love to hear about your experience of using this booklet.

The Family Learning Team

THIS BOOK

BELONGS TO

.....





BREATHING



EXERCISES



BENEFITS OF BREATHING EXERCISES

Breathing relaxes your mind and body. When you are angry, tensed or scared, your muscles are tightened and your breathing becomes shallow. Your breathing constricts. At this time your body is not getting the amount of oxygen it requires. Long deep breathing reverses this process, allowing your body (and mind) to become calmer.

Deep breathing can also act as a natural painkiller, it improves blood flow, increases your energy levels, improves your posture, reduces inflammation and improves digestion.



PURSED LIP BREATHING

This simple breathing technique makes you slow down your pace of breathing by having you apply deliberate effort in each breath.

You can practice pursed lip breathing at any time.

Practise using this breath 4 to 5 times a day when you begin in order to correctly learn the breathing pattern.

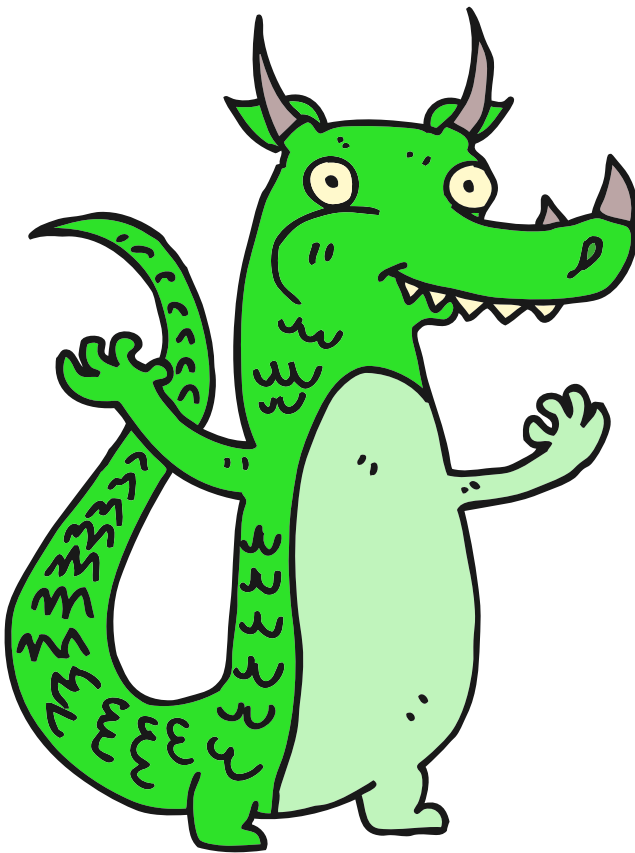
How to:

- Relax your neck and shoulders.
- Keeping your mouth closed, inhale slowly through your nose for 2 counts.
- Pucker or purse your lips as though you were going to whistle.
- Exhale slowly by blowing air through your pursed lips for a count of 4.



DRAGON BREATHING

- Ensure you are sitting up straight
- Take a deep breath in, completely filling your lungs
- Stick out your tongue
- Breathe out and roar like a dragon



FLOWER BREATHING



Breathe In

Pretend you are
smelling a flower.

Breathe Out

Pretend you are
blowing a leaf.



4 7 8 BREATHING TECHNIQUE

- Breathe in for four seconds
- Now hold your breath for seven seconds
- Exhale for eight seconds
- Repeat this process for around five minutes
- Try to reduce distractions so you can fully concentrate on your breathing

Use whatever timings feel most comfortable for you. The purpose of this exercise is to slow down and concentrate on breathing calmly, not to fit to the numbers.



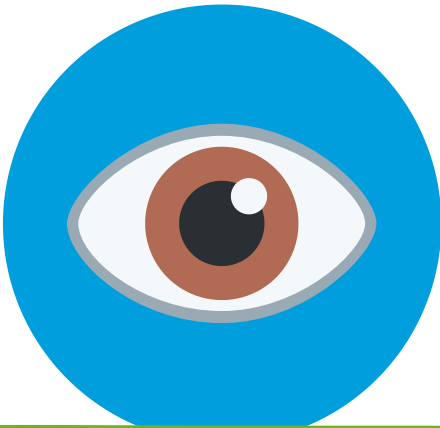
A thick, horizontal brushstroke in a vibrant red color, with visible texture and some white highlights, creating a sense of movement and energy. The stroke is centered horizontally and occupies the middle portion of the page.

MINDFULNESS

CALM DOWN IN 54321



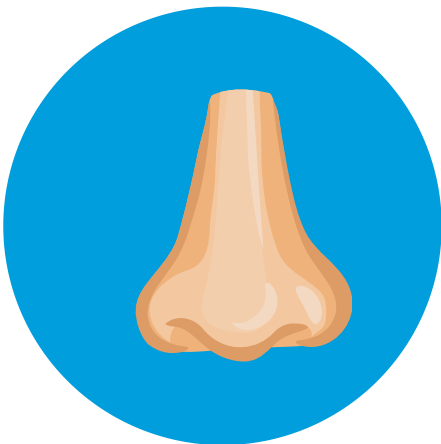
5 things you can hear



4 things you can see



3 things you can touch



2 things you can smell



1 thing you can taste

STOP

Stand up and breathe in and out. Feel your connection to the earth.

Tune in to your body. Lower your gaze. Scan your body and notice physical sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.

Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and it's beauty.

Possibility. Ask yourself what is possible, what is new or what is a forward step.

RELAXATION EXERCISES



RELAX

When we relax, the flow of blood increases around our body giving us more energy. It helps us to have a calmer and clearer mind which aids positive thinking, concentration, memory and decision making. Relaxation slows our heart rate, reduces our blood pressure and relieves tension.



Lie down and close your eyes.

Breathe in through your nose. Hold your breath in for a few seconds then breathe out. Take another deep breath.

Stretch out your legs in front of you, pointing your toes. Stretch out your arms either side of you, stretching all the way through to your fingertips.

Now start to tense all of the muscles in your body. Begin with your toes. Curl them over so they are clenched. Then think about tensing your muscles all the way up your legs and into your tummy.

Tense your arms too, so even your fists are clenched. Bring your shoulders up round your ears. Scrunch up your face. Now make your body go limp.

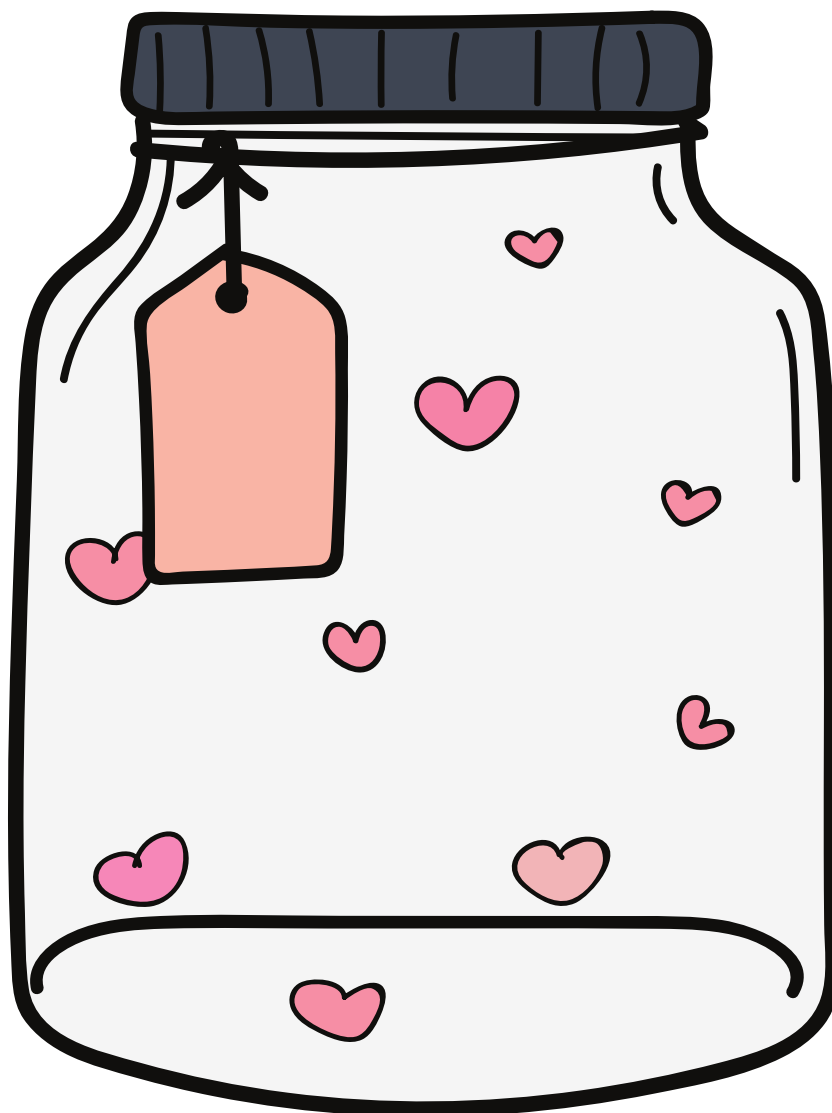
Take a deep breath. Notice how relaxed and calm you feel and then, when you're ready, open your eyes.



ACTIVITIES

WORRY JAR

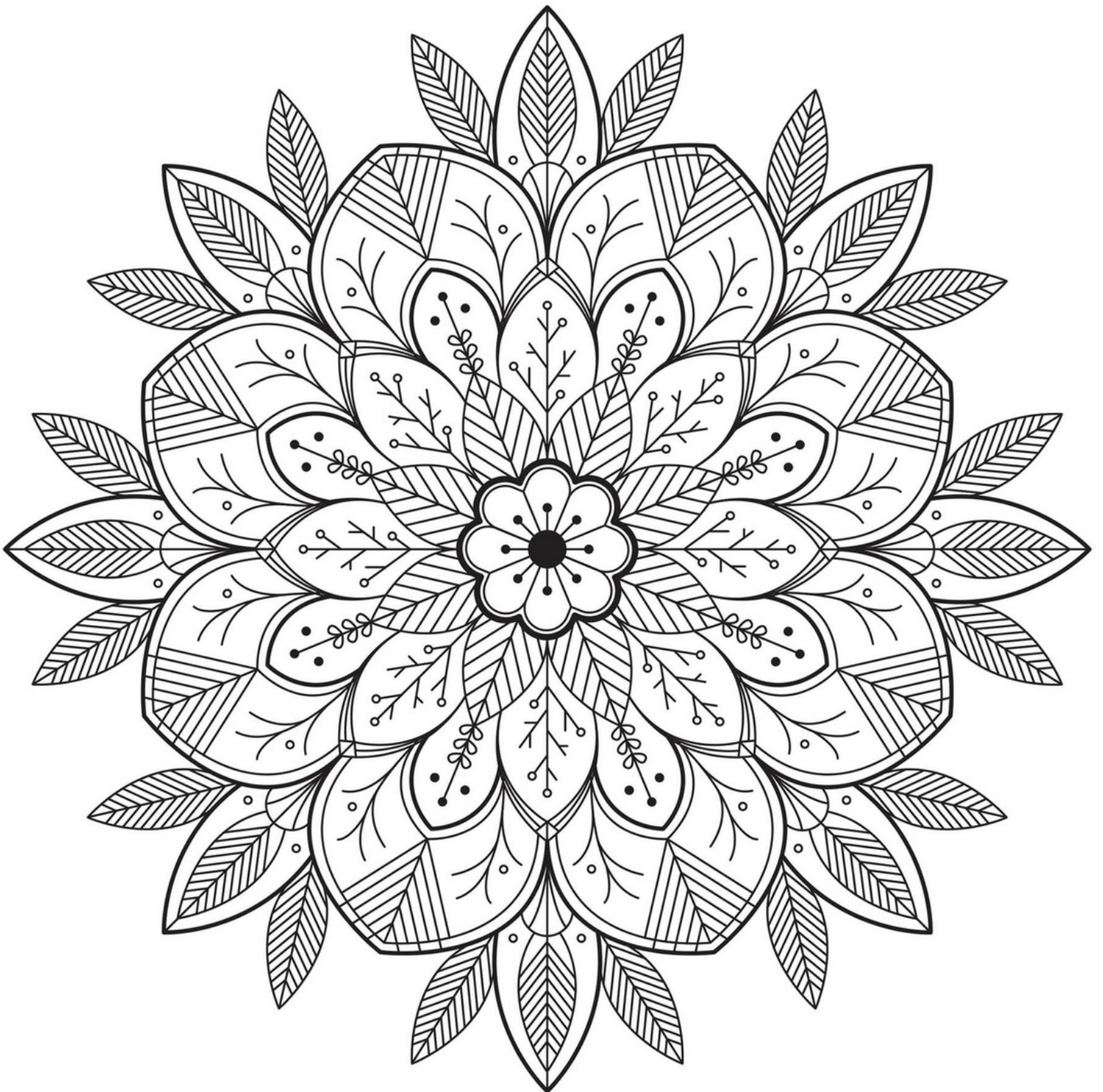
Take your worries off of your shoulders and fill this jar. The lid is closed to stop your worries from coming out again. Worry Jars give your worry a boundary. The worries are still there. They've been acknowledged and expressed by words or pictures, but they're filling a space other than your mind.



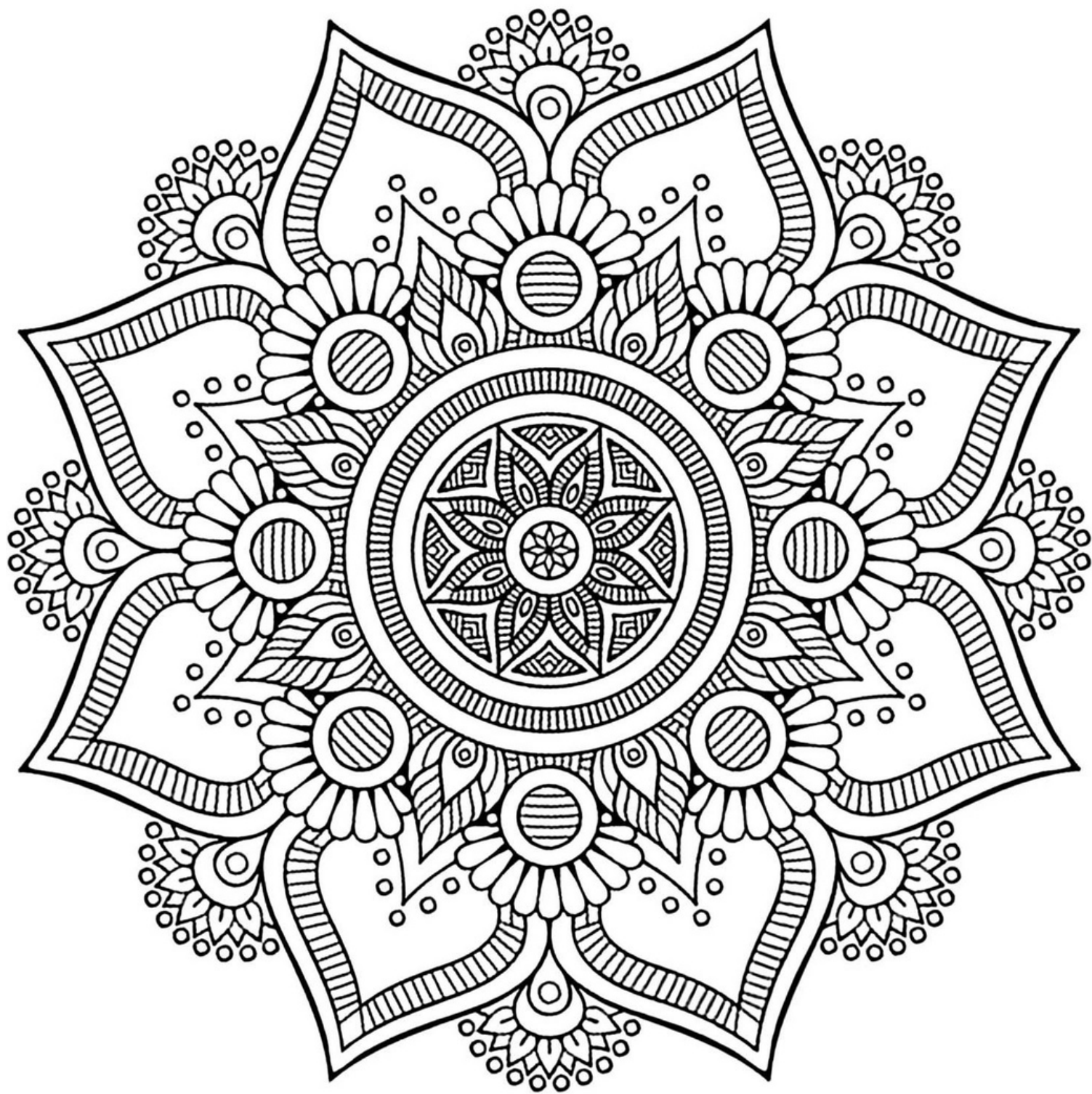
MANDALA COLOURING

Benefits:

- increases creativity and self-awareness
- art therapy reduces anxiety and relaxes muscles
- self-confidence



MANDALA COLOURING



BUILDING STRONG FOUNDATIONS

Activities using lego, bricks or blocks to build your foundations for good mental wellbeing

Build and Breathe

Build a tower and take a deep breath each time you add a brick.

Calm Builds

Build something that represents an activity that helps you to feel calm.

Brick Build Ups

Build a tower with someone and give compliments each time a brick is added on.

Building Kindness

Build something that represents a way you can show kindness.

Emotion figure

Build a figure with different colours. Each colour can represent different feelings.

Challenge Builds

Building on a personal goal to overcome a challenge such as getting out of the house, getting up in the morning or cooking.



BUILDING STRONG FOUNDATIONS

Creative activities to build your foundations
for good mental wellbeing

Caring Creation

Create a sculpture representing someone you care about or miss.. You can use dough, or clay.

Joyful Noise

Listen to a positive song and create a structure or picture to show how it makes you feel.

Yoga Builds

Create a Yoga position and practise stretching and breathing.

Tea Time

Make time for a cup of tea or hot drink of choice. Sit back and relax.



Mirror Image

Try drawing or building while looking into a mirror and practicing breathing.

Musical playlist

Write down a playlist of your favourite songs. .



Thankful Hearts

Make or draw a heart and talk about things you are grateful for.

Nature Builds

Choose objects from nature and try to create a calming piece of art.

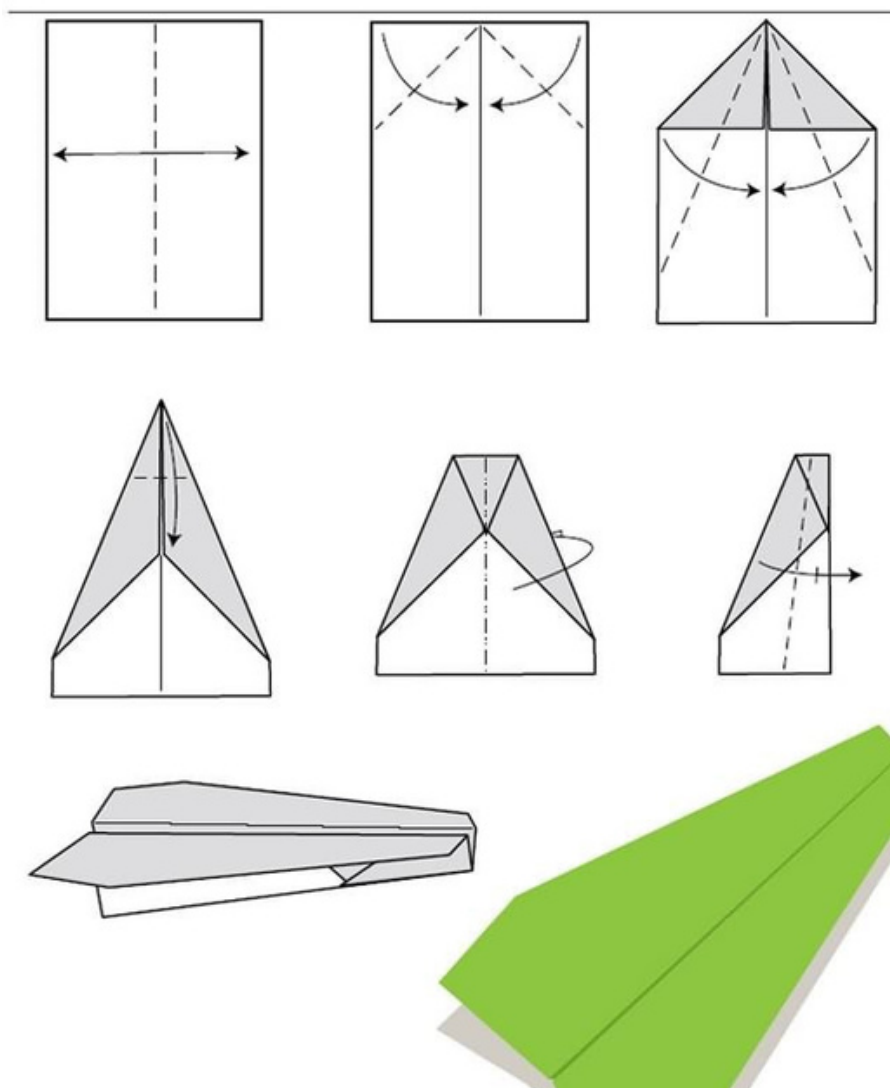
LET YOUR WORRIES FLY AWAY

Notice the feelings and worries..

Name the feeling. Write down your worries on a piece of paper.

Sit with the feeling. Use this template to make a paper aeroplane.

Let go of the worries by throwing your aeroplane away..



KEEP ACTIVE

Exercise can help you to feel better. Try to do something active everyday.



SELF CARE

Self-care is important to maintain a healthy relationship with yourself as it produces positive feelings and boosts your confidence and self-esteem. Also, self-care is necessary to remind yourself and others that you and your needs are important too.



BUILD YOUR OWN POSITIVITY BANK

✧ Build your own bank by adding more positive thoughts here.

Laughter is good for the soul!

live
your
dream.

friends are the family we choose
for ourselves

→ believe →
to achieve

you are
enough

BUILD YOUR OWN POSITIVITY BANK

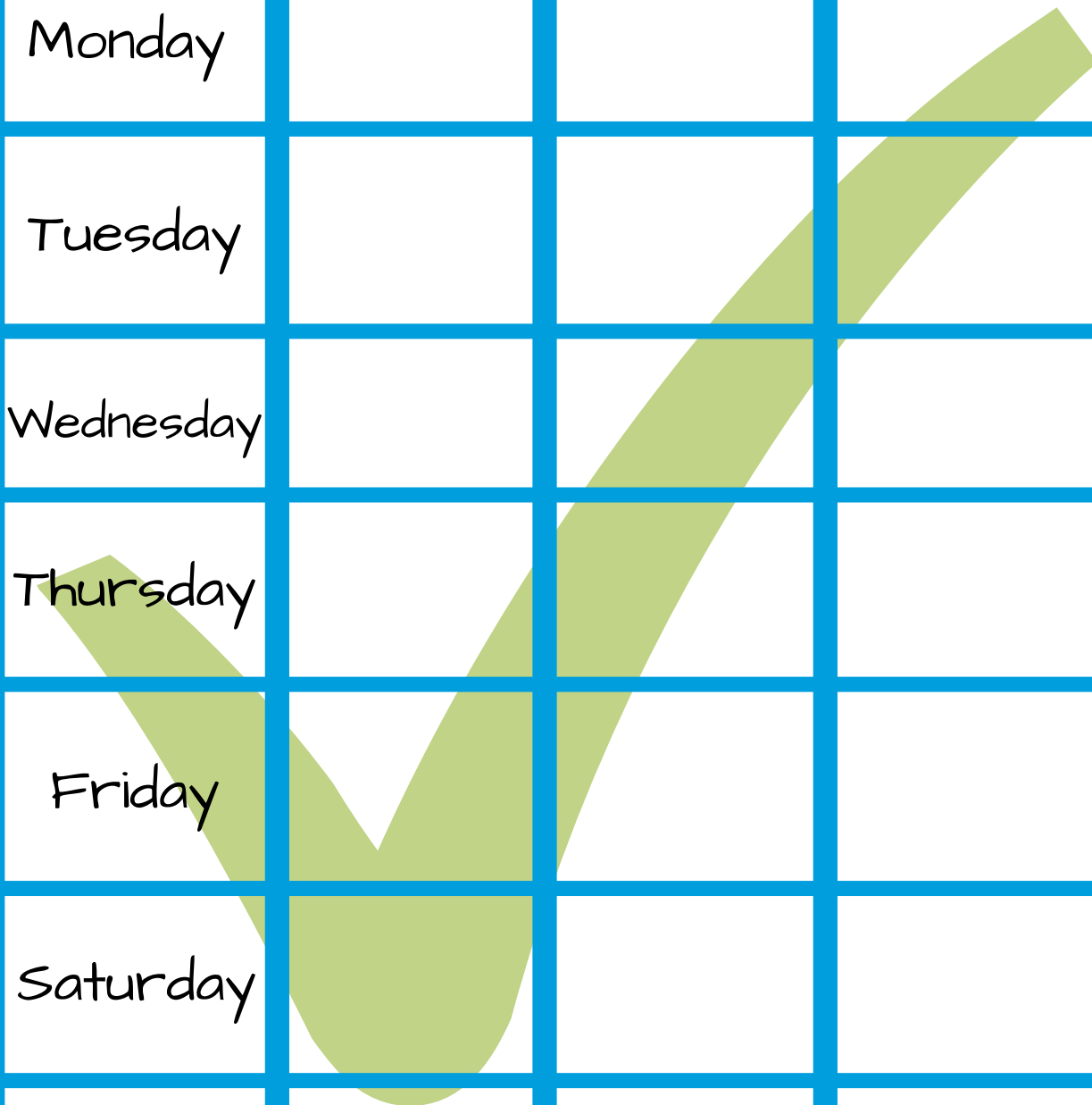
Build your own bank by adding more positive thoughts here.



KEEPING TRACK

Use this table to keep track of what you have done each day to look after yourself.

Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



SERVICES PROVIDING SUPPORT



Call Breathing Space on 0800 83 85 87

to talk about what you're going through



SANE



SAMH

for Scotland's mental health

When life is tough,
we're here to listen

SAMARITANS

Call us free 24/7 on

116 123

samaritans.org



mind
for better mental health



North Ayrshire Council
Comhairle Siorrachd Àir a Tuath

We are always interested in hearing your feedback. Use the QR code below to complete our form.

<https://bit.ly/2YzDHWo>

