

HAPPY HOLIDAY FROM US ALL AT HFEH MIND!

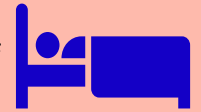
We hope you enjoy some rest over the summer break. Here are some top tips to take care of your mental and emotional wellbeing over the next few weeks.



Most of us will spend a lot more time on social media, apps, and video games. They're great fun but can have a harmful effect on our eyes and mental wellbeing. Try alternating your tech-time with other activities, especially physical ones. Take a few minutes to dance around to your favourite songs or do some basic exercises like the ones [in this video](#).

Having a routine helps us to manage stress, sleep better, and cope with challenges. Without the routine of school, our sleep patterns can become disrupted.

Aim to maintain a regular bedtime – if this is difficult, ensure you get at least 8 hours of sleep most nights as sleep is key to maintaining mental health.



Get out in nature! Research shows that nature produces feelings of joy, creativity, and calmness. Walks through woodlands, parks, or on the beach get us away from the noises and pollution of busy London streets. Take time to appreciate the sights and sounds of nature instead and breathe in the fresher air.

Another way to feel calm is through mindfulness and breathing exercises. If practiced regularly, they can help with anxiety, memory, and focus. The holiday is a great opportunity to try some out – if you like them, make them a daily routine and by the time September comes round, you'll feel more prepared for the school year! Try [The Mindfulness Teacher](#) fun videos or [Calm's Mindfulness Challenge](#).



Plan your days to avoid feeling bored or lonely. Make a list of activities that interest you so you always have something to pick from. Maybe it's creating some art, playing your favourite sport, making a playlist with your friends, learning a dance routine. The Anna Freud Centre has lots of ideas in their self-care packs here: [Primary students](#) / [Secondary and College students](#)

Stay connected. It's easy to get into a pattern of staying up late and sleeping all day with so much time on our hands. Avoid withdrawing too much and becoming isolated. Keep in touch with friends, even if it's over the phone, and share your feelings with friends and family if you experience difficult emotions.



There are also some great organisations you can turn to if you need support:
<https://www.mind.org.uk/>
<https://www.youngminds.org.uk/>
<https://giveusashout.org/> - or text SHOUT to 85258
<https://www.childline.org.uk/>



Look after yourselves and see you in September!