**A picture containing drawing

Description automatically generated World Mental Health Day**

**2020**

World Mental Health Day 2020 is the most important one yet.

This year has been a tough one for us all. The months of lockdown

have had a huge impact on our mental health and wellbeing.

Issues such as fear of the unknown, struggling to access food or medication,

missing our loved ones, losing routine and purpose have been experienced by many.

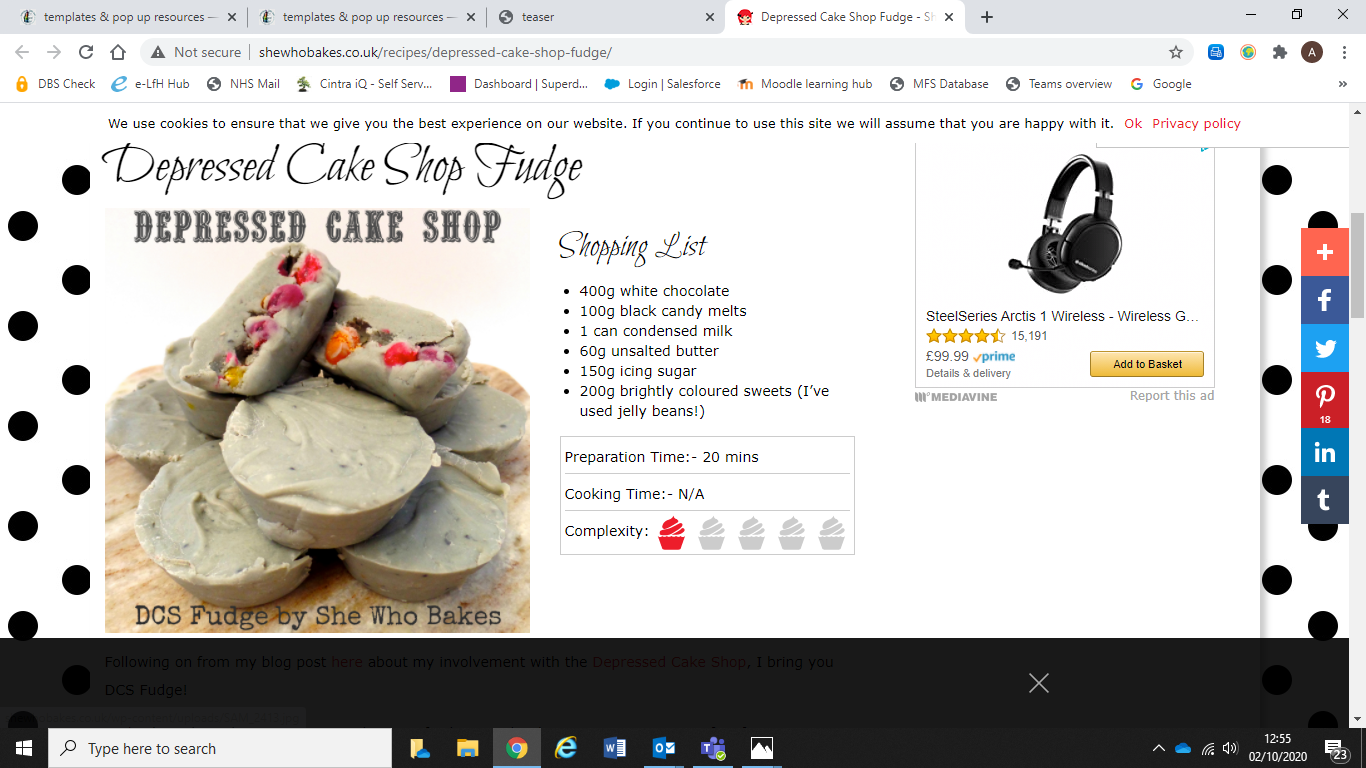
**So, what can you do about it?**

**Here’s our top tips for improving your wellbeing**

1. **Bake a cake**

This is no ordinary cake, this is the Depressed Cake Shop

These cakes have an element of grey to signify the grey cloud that can descend over a beautiful world when someone is struggling with mental health issues. The inside has a pop of colour to represent hope for the future.



For instructions on how to make this please visit

<http://shewhobakes.co.uk/recipes/depressed-cake-shop-fudge/>

for more info on the Depressed Cake Shop please visit [www.depressedcakeshop.org](http://www.depressedcakeshop.org)

Once you’ve made your fudge, we’d love to see it so take a photo and post on our Facebook

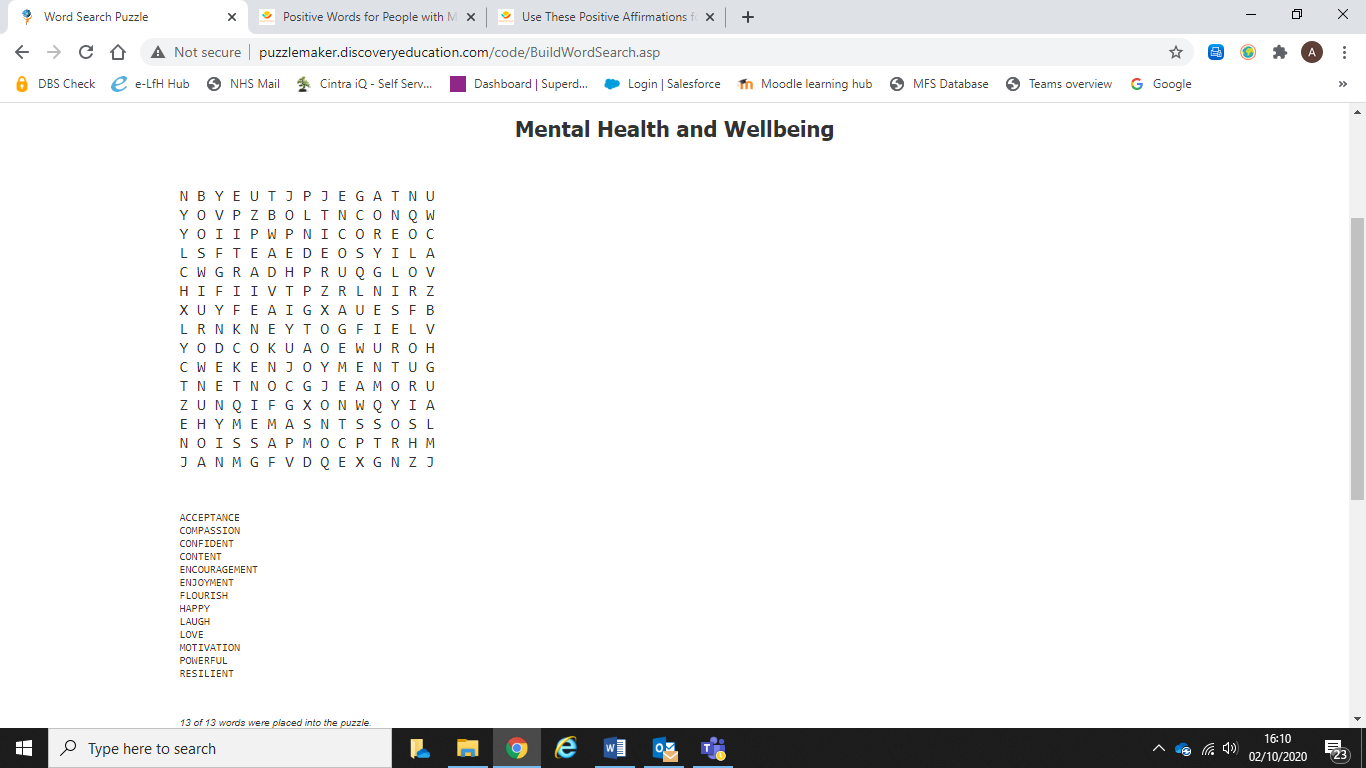
group **Kind Mind Community**: <https://www.facebook.com/groups/2581719348713920>

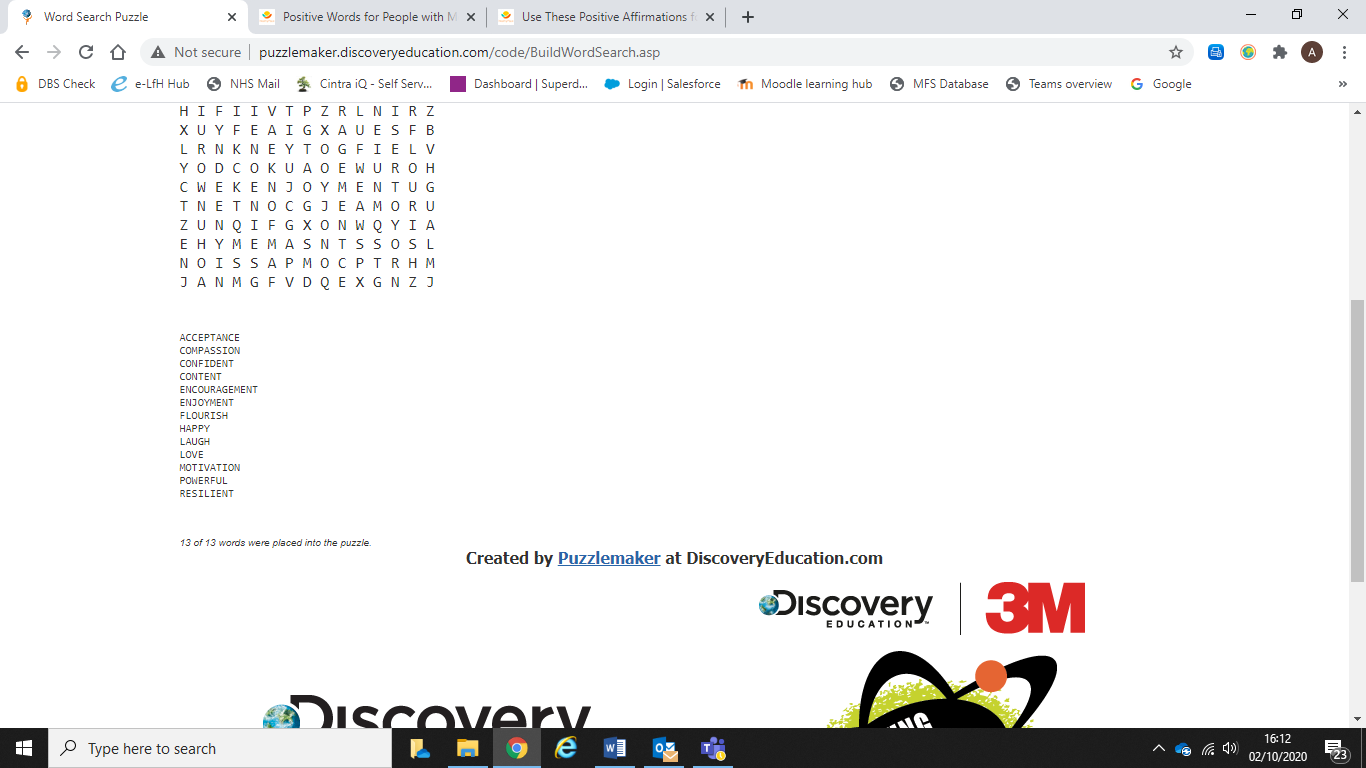
1. **Give your brain a workout**

Research shows that learning a new skill improves your mental health by boosting

your confidence and self-esteem and building a sense of purpose.

All the words in this word search are connected to positive mental health and wellbeing





1. **There’s an app for that**

There are many apps out there to offer support, motivation and information on

keeping yourself safe and well. Find them at your usual app store.

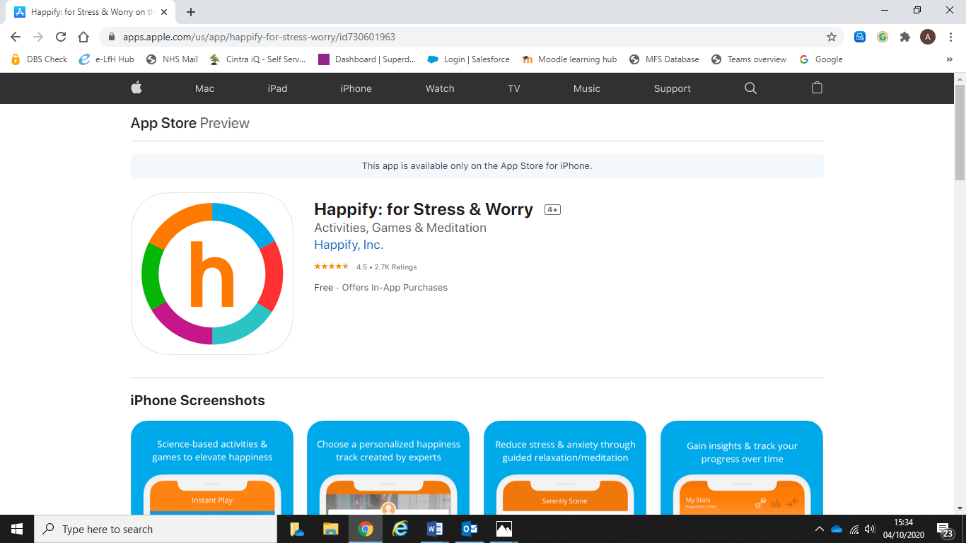
MindShift

MindShift is a free app designed to help teens and young adults cope with anxiety. Rather than

try to avoid anxious feelings, MindShift stresses the importance of changing the way you

think about anxiety. It can encourage you to take charge of your life, ride out intense emotions

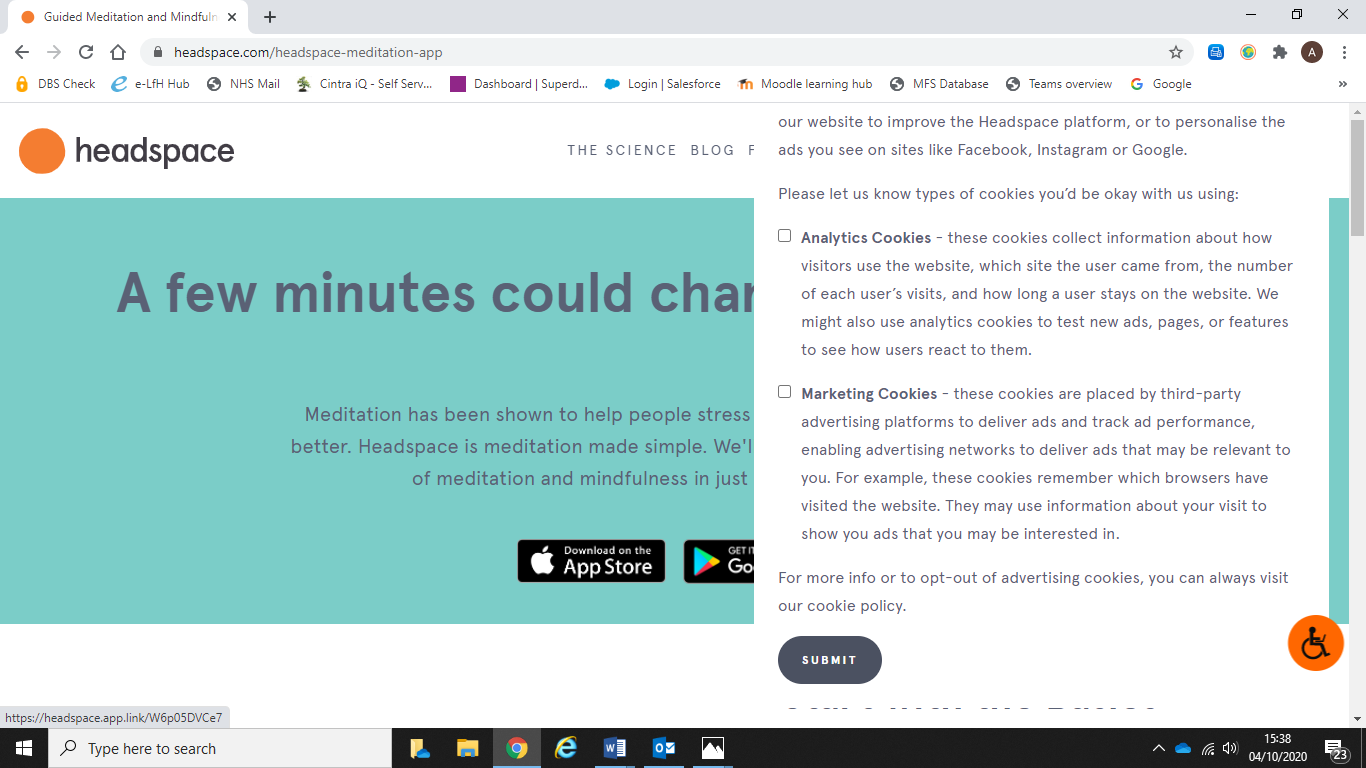
and face challenging situations.

Happify

Need a happy fix? With its psychologist-approved mood-training, the Happify app is your

fast-track to a good mood through games, activity suggestions and gratitude prompts.

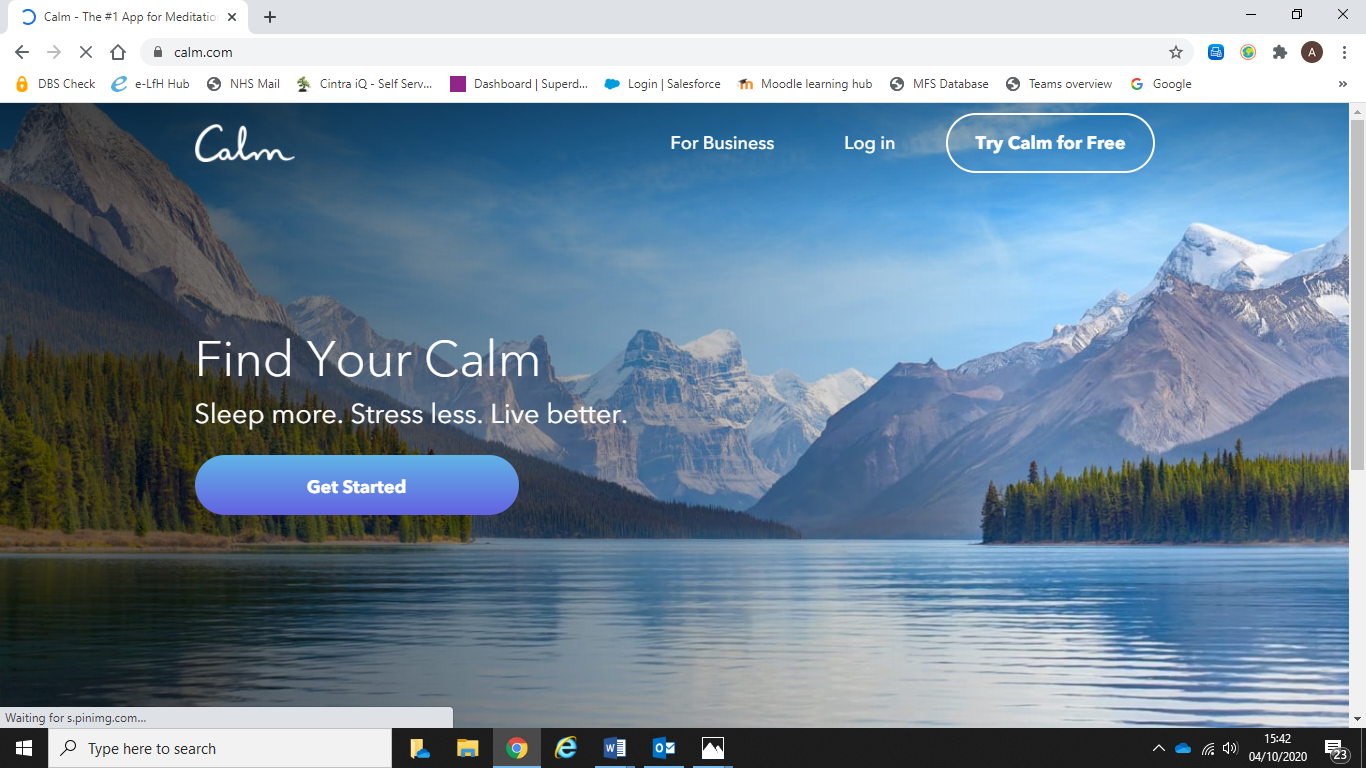
Train your brain to overcome negative thoughts.



Meditation has been shown to help people stress less, focus more and even

sleep better. Headspace is meditation made simple. We'll teach you the

life-changing skills of meditation and mindfulness in just a few minutes a day.

 Calm provides people experiencing stress and anxiety with guided meditation,

sleep stories, breathing programmes and relaxing music. Suitable for beginners

and those more experienced in meditation.

**What do you call a dinosaur with crippling anxiety?**

**Nervous Rex**

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1. **F A C E C O V I D**

**F** – focus on what’s in your control. When we are facing a crisis of any sort, we are bound to

feel both fear and anxiety. These are **normal** responses to challenging situations.

It’s all too easy to get lots in worrying and ruminating about all sorts of things which are out

of your control.

You can’t control what happens in the future, you can’t control Covid-19 or your feelings but

you can control what you do and how you handle it.

A – acknowledge your thoughts and feelings. What thoughts, feelings, emotions and

memories does this throw up for you?

**C** – come back into your body. Connect with your physical body.

**E** – engage in what you are doing. Focus your attention on the activity you are doing.

**C** – committed action. What are the simple ways to look after yourself?

**O** – opening up. Make room for difficult feelings and be kind to yourself. Treat yourself

as well as you’d treat a friend.

**V** – values. Be guided by your what you value in life. What sort of person do you want to be?

**I** – identify resources. Offer support to others and use trustworthy and reliable guidance

(NHS or Gov websites).

**D** – disinfect and distance physically. Wash your hands regularly and keep your distance from others.

For more info go to

<https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf>

1. **Look after your WELLBEING by finding balance**

With the current situation, many of our normal routines and daily activities are changing.

Naturally this can be upsetting and many of the things we would normally do to look after

our wellbeing have become difficult. Whatever your life looks like now, it can be helpful to

organise a daily routine that involves a balance of activities that –

* Give you a sense of achievement
* Help you feel connected to others
* Are just for pleasure

**Achievement**

We feel good when we have achieved something so it is helpful to include activities each day which give you a sense of accomplishment.

For example, doing some housework, gardening, cook a new recipe, exercise, complete a task you’ve put of such as paying a bill.

**Pleasure**

When we struggle with anxiety or worry we can lose touch with the things we used to do for pleasure.

Plan to do some activities each day which give you pleasure and make you feel joyful e.g. read a good book, watch a comedy, dance or sing to your favourite song, have a relaxing bath or eat your favourite food.

**Connection**

We are social animals who crave closeness and connection with other people. With the current Covid situation, we may be physically isolated from others so it’s important we consider creative ways to connect in order that we don’t become lonely or socially isolated.

How can you connect safely with friends and family? How about phone, social media, Skype, Zoom, Whatsapp or virtual activities such as book or film club, online neighbourhood group or getting involved in helping your local community.

**Activities which give a good balance of pleasure, achievement and connection will lift**

**your mood and help you cope with the difficulties of dealing with Covid-19.**

**The human body is 80% water.**

**So basically, we’re just cucumbers with anxiety** A picture containing drawing

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1. **Challenge Yourself**

See how many of these acts of kindness you can do for yourself and others over the

next month. Notice how this impacts on your wellbeing.



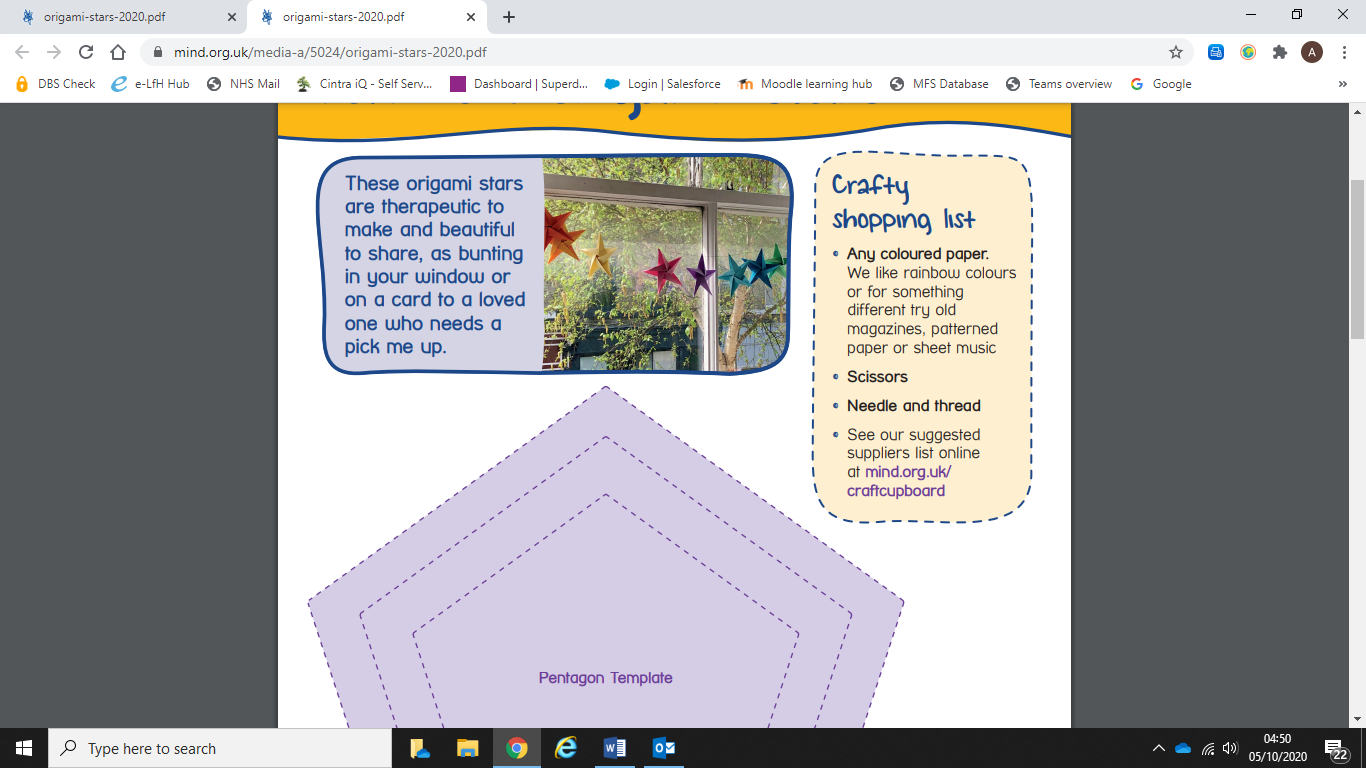
**A squirrel with its mouth open

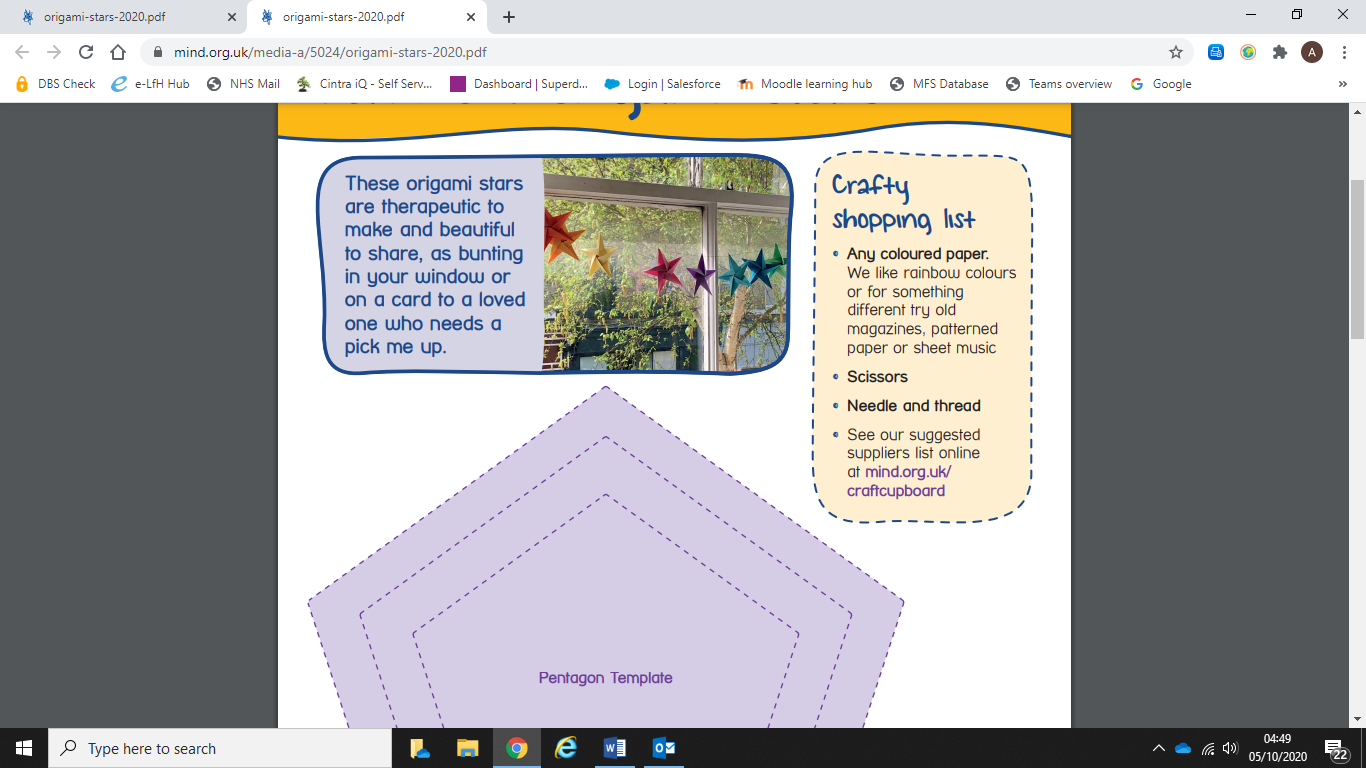
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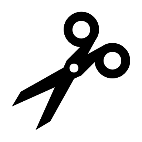
**A close up of a flower

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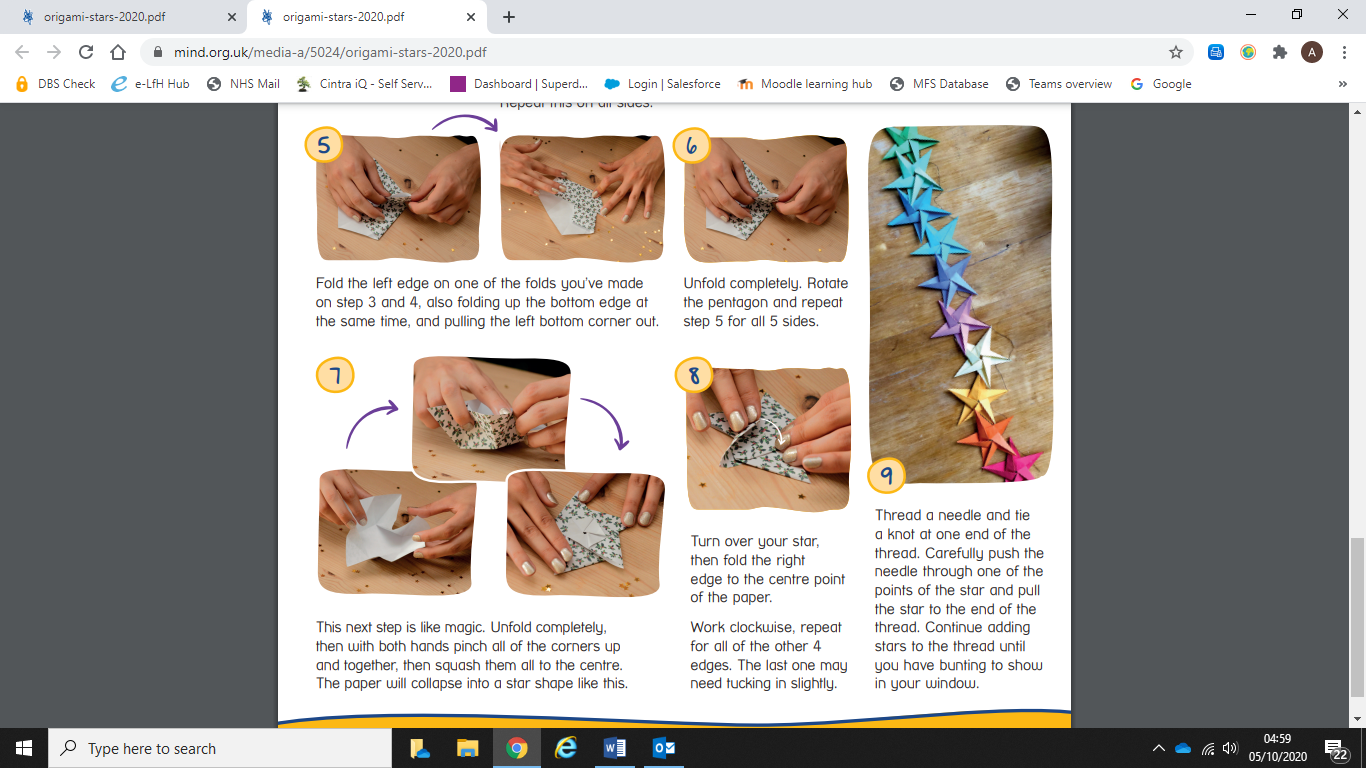
1. **Learn a new skill**





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**A drawing of a cartoon character

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1. What job did Simon Cowell have before he made it big?
2. Model
3. Tea boy
4. Bin man
5. If you have cryophobia, what are you afraid of?
6. Crying
7. Cold
8. Cheese
9. How long do the majority of people with a mental health problem wait before telling

friends and family?

1. 3 Months
2. 7 months
3. Over a year
4. What is the most sold flavour of Walkers crisps?
5. Cheese and onion
6. Salt and vinegar
7. Ready salted
8. Before the Mental Health Discrimination Act came into force in 2013 what were some

people with mental health issues unable to do?

1. Be a psychologist
2. Serve as an MP
3. Represent GB at the Olympics
4. In what year did the Beatles split up?
5. 1968
6. 1970
7. 1972
8. Which 2 musicians collaborated on ‘Another Way to Die’ the theme tune to the Bond film

‘Quantum of Solace’ in 2008

1. Alicia Keys and Jack White
2. Sting and Sara Bareilles
3. Gavin Rossdale and Leona Lewis
4. Who won Sports Personality of the Year 2019?
5. Andy Murray
6. Mo Farrah
7. Ben Stokes
8. Which group of people are more likely to experience mental health issues?
9. Black or Black British people
10. Young women aged 16-24
11. People who identify as LGBTIQ + (lesbian, gay, bisexual, trans, intersex, queer or questioning)
12. People who have issues with homelessness, substance misuse or contact with the

criminal justice system

1. What is the longest river in the world?
2. Mississippi
3. Nile
4. Amazon
5. Who was Henry VIII’s last wife?
6. Catherine Parr
7. Catherine of Aragon
8. Jane Seymour
9. What nuts are used in marzipan?
10. Cashews
11. Peanuts
12. Almonds
13. What is the biggest killer of men under the age of 50?
14. Heart attack
15. Suicide
16. Diabetes

1. In what year was the first episode of Coronation Street first shown?
2. 1960
3. 1962
4. 1964
5. Which famous Hollywood actress had cameo appearances in the TV show Doc Martin in 2019?
6. Susan Sarandon
7. Christine Baranski
8. Sigourney Weaver
9. Who is the only singer to have performed more than one James Bond theme tune?
10. Shirley Bassey
11. Paul McCartney
12. Carly Simon
13. Half of all adult mental health issues start at what age?
14. Before 14 years
15. Between 14-18 years
16. They don’t usually start until adulthood
17. How many MPs does the UK have?
18. 250
19. 450
20. 650
21. In tennis what piece of fruit can be found at the top of the Men’s Wimbledon Trophy?
22. Pomegranate
23. Pineapple
24. Plum
25. In what year did the Jarrow march take place?
26. 1934
27. 1935
28. 1936

**(Answers at the bottom of this page)**

**Resources**

* If you or someone you know need urgent help with their mental health please contact the

Crisis Team on 0303 123 1145. If there is an immediate risk please ring 999

* Samaritans 116 123
* Listening Ear Jarrow email: [listeningearjarrow@gmail.com](mailto:listeningearjarrow@gmail.com)

**We hope you enjoyed this World Mental Health Day 2020 booklet.**

If you would like more information on what Even Better and Kind Mind Community do or would like to

get involved please get in touch

* Kind Mind Community email: [STRecoveryCollege@mentalhealthconcern.org](mailto:STRecoveryCollege@mentalhealthconcern.org)
* Even Better email: [hannah@evenbetter.org.uk](mailto:hannah@evenbetter.org.uk)

**Quiz answers (don’t cheat)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1: B | 2: B | 3: C | 4: A | 5: B | 6: B | 7: A | 8: C | 9: D | 10: B |
| 11: A | 12: C | 13: B | 14: A | 15: C | 16: A | 17:A | 18: C | 19: B | 20: C |

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