Pause Crafternoon

Colouring and dot-to-dots are things you can do while listening to music, watching a film, catching up with a friend...we hope these ideas help you through the next weeks.

Pause@UoB is a drop-in service for students under 25 years to talk about their mental health and wellbeing.

We are here to discuss any worries or concerns you might have - not necessarily connected to academic life.

We can help you access more specific services, refer to other organisations and share useful resources.

No appointment is needed.

Pause@UoB is available to you in three ways:

Drop-in’s
Bournebrook Pavillion
(Community Living Hub, 48 Aston Webb BLVD)
Tuesday & Wednesday 11am to 5pm

The Lodge (Just inside the North Gate)
Thursday & Friday 11am to 5pm

Phone Support
6 days a week, 10am-6pm

For more information, please scan the code:
WE MUST
accept
FINITE
DISAPPOINTMENT,
but WE MUST
NEVER
LOSE
infinite
HOPE.

MARTIN LUTHER KING JR.
When your pencil breaks....
## 14 Day Isolation Wellbeing Challenge

### Day 1: Make an Origami Heart
- Try adding some messages of self-love inside of them.

### Day 2: Write a Gratitude List
- It could be as simple as being thankful for your morning coffee or your cozy bed.

### Day 3: Give a Gift
- Anything from cards, poems & cake to items you can donate such as twiddle muffs to help dementia patients!

### Day 4: Journal About What the Word ‘Hope’ Means to You
- Fill with things that bring you a smile: favourite quotes, goals, photo’s etc...

### Day 5: Make a Positivity Jar
- Fill with things that bring you a smile: thoughts, quotes, goals.

### Day 6: Write a List of Self-Care Ideas
- Have a bubble bath, watch your favorite movie, light some candles.

### Day 7: Practice a Grounding Exercise
- Use each of your five senses to help you focus on the present.

### Day 8: Try Some Deep Breathing
- This technique can reduce your anxiety, calm your mind & increase positive thought processes.

### Day 9: Create Your Own Wall Decor
- Being creative has been known to reduce stress, boost your mood & increase relaxation.

### Day 10: Do a Random Act of Kindness
- Do a random act of kindness: posting positive notes around your local community.

### Day 11: Journal About What ‘Togetherness’ Means for You
- Anything from letter picking to posting positive notes around your local community.

### Day 12: Write a Letter to Someone You Care About
- You can pop the letter in a handmade envelope too!

### Day 13: Paint a Rainbow on Your Window
- Rainbows are popping up in windows across the UK – they signify hope & positivity.

### Day 14: Create a Self-Soothe Box
- The idea of these boxes is that they are filled with things that make you feel better.
When you’re trying to eat healthy.....
When you just want to settle down for a relaxing read....
surges
a miracle of unceasing
birth & glory & death &
resurrection:
over my sleeping self
float beaming symbols
of hope
& i wake to a perfect
patience of mountains.

c. c. cummings
Feel familiar?!
When you just need a drink....

(COMpletely Empty)
look up and draw on this page
four people with the same name as you

For more ideas go to: http://www.kerismith.com/blog/create-a-thing-a-day-month/
I am not a mess, but a deeply feeling person in a messy world. I explain that now. When someone asks so often for the same reason I laugh so often because I'm paying attention.

Glennon Dayle Melton
Try a dot-to-dot. Follow the numbers in order.
Pause@UoB is a drop-in service for students to talk about their mental health and wellbeing. You do not need an appointment.

Bournbrook Pavilion (community living office next to Starbucks) – Tues/Weds, 11am-5pm
The Lodge (just inside North gate) – Thurs/Fri, 11am-5pm

Telephone support (Phone: 02078414470 or email: askbeem@childrensociety.org.uk) – Mon-Sat, 10am-6pm.

Additionally, you can contact Student Space, run by the UK's student mental health charity, Student Minds.
Phone: 08051895260, 4pm-11pm 7 days a week.
Text 'student' to 85258, 24/7.
Email student@emix.org.uk, response within 24hrs.

Instructions:
1. Fill in the blanks.
2. Cut out the black square.
3. Fold the square in half lengthways and in half across the middle.
4. Turn the square over so the writing is facing down and fold the four corners into the middle.
5. Turn the square over again and fold the new four corners into the middle.
6. Fold in half so the questions face in.
7. Finished! Your chatterbox is ready to use, pop your thumbs and fingers under the paper flaps and open it up to reveal the questions inside. Fold back the paper with the question on to see your answers beneath.
Try a dot-to-dot. Follow the numbers in order.
Puzzles can be a great way to unwind after a long day. Create a flower with this dot-to-dots.
If the sight of blue skies fills you with joy, if a blade of grass, springing up in the fields, has the power to move you, if the simple things of nature have a message that you understand, rejoice for your soul is alive.

Eleonora Duse
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<thead>
<tr>
<th>Day 1:</th>
<th>Day 2:</th>
<th>Day 3:</th>
<th>Day 4:</th>
<th>Day 5:</th>
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<tbody>
<tr>
<td><strong>HAVE A GO AT JOURNALING</strong></td>
<td><strong>LISTEN TO A PODCAST</strong></td>
<td><strong>DOODLE, DRAW, PAINT</strong></td>
<td><strong>BAKE SOMETHING YUMMY</strong></td>
<td><strong>TRY A SIMPLE YOGA ROUTINE</strong></td>
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<td>From a simple list to a way of organising your thoughts onto paper, journaling can be really therapeutic and empowering.</td>
<td>Podcasts can be a great positive distraction. Here are 10 podcast suggestions to lift your mood and aid your wellbeing.</td>
<td>Art Therapy comes in many forms, it can be a way of expression and help you to feel relaxed. You don’t have to be an artist to give it a go!</td>
<td>Join a free online baking tutorial or have a go at baking your favourite cakes or bread. Share with friends or indulge yourself!</td>
<td>Yoga has many benefits, it's a gentle way to move your body but can also help clear your mind. Give it a try and find what feels good.</td>
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<td>Day 6:</td>
<td>Day 7:</td>
<td>Day 8:</td>
<td>Day 9:</td>
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<td><strong>WATCH AN INSPIRING TED TALK</strong></td>
<td><strong>DISCOVER EVERYDAY BEAUTY</strong></td>
<td><strong>GO ON A VIRTUAL MUSEUM TOUR</strong></td>
<td><strong>PRACTICE SELF-APPRECIATION</strong></td>
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<td>There are lots of wonderful TED Talks to choose from, how about starting with one from Brené Brown on human connection &amp; courage.</td>
<td>It's easy to let moments slip by waiting for them to be ‘perfect’, try practicing slowing down and recognising the beauty in the here and now.</td>
<td>Here's a way you can access culture and education at home. Museums can increase mindfulness and improve wellbeing.</td>
<td>The way that we talk to ourselves can have a big impact on how we feel. Try focusing on being kind and thinking about what you like about yourself.</td>
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<td>Day 12:</td>
<td>Day 13:</td>
<td>Day 14:</td>
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<td><strong>MAKE A CARE PACKAGE</strong></td>
<td><strong>CREATE A MIND PLAN</strong></td>
<td><strong>EXPLORE SELF-CARE</strong></td>
<td><strong>CREATE A WIND-DOWN ROUTINE</strong></td>
<td><strong>MAKE A LIST OF AFFIRMATIONS</strong></td>
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<td>This is a great way to show support and kindness to others when you’re not physically there. And if you’re in need of a pick-me-up, why not make one for yourself?</td>
<td>This NHS mind plan gives simple and practical advice for a healthier mind and happier life. It is really quick to do and gives personalised tips on how to feel better.</td>
<td>Self-care encompasses all dimensions of your wellbeing. It can be anything from enjoying a simple cup of tea to setting boundaries in relationships. The main focus is what makes you feel good.</td>
<td>Establishing a good routine for the evening can really help to improve your sleep, which in turn helps your mental health and wellbeing too!</td>
<td>Self-affirmation encourages you to think positively about the things you have or want in your life. You could write these on post-it notes and stick them around your room as reminders.</td>
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Click on the titles to view the link.

To speak to one of our wellbeing practitioners, please contact: 02078414470 or email askteam@childrenssociety.org.uk
(Available from 10am-6pm, 7 days a week)