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# LOOKING AFTER YOUR MENTAL HEALTH WHILE YOU STAY AT HOME

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Take 5 Steps to Wellbeing Ideas and Activities



PRODUCED BY  
NORTHERN AREA SUICIDE PREVENTION DEVELOPMENT OFFICERS  
(SPDO'S)





The Community Based Suicide Prevention Development Officers (SPDO's) in the Northern Area have compiled a list of free interactive learning tools & ideas of activities you can do for each step of the Take 5 Steps to Wellbeing in your own time & in your own way to help you look after your mental health. This is only a sample of available resources & we encourage you to also seek out alternative activities also. As there are links to UK, Ireland wide websites we include a links below specific to Northern Ireland.

<https://helplinesni.com/>

<https://www.mindingyourhead.info/>

Please ensure you complete your preferred Take 5 activities safely, within the current COVID-19 Government Guidance. The Take 5 Steps to Wellbeing can - Improve Mood - Strengthen relationships - Help you cope when life doesn't go to plan.

We have listed links beneath each step for you to click on. Our hope is that the online training & e-learning resources contained here will help you to become better equipped & more confident in maintaining your mental health & emotional wellbeing.

To learn more about the Take 5 Steps to Wellbeing please visit

<https://www.makinglifebettertogether.com/wp-content/uploads/2015/07/Take-5-Toolkit.pdf>.

Alternatively you can contact the SPDO for your area, our details are provided below.

Kind regards

*Amanda, Janine & Denise*

**Please find our Contact Details should you wish to contact us:**

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Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

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### Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

## What Free Keep Learning activities will you do?

*(insert the numbers in the Keep Learning box below)*



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- 1. Psychological First Aid:** HSC NI in collaboration with the Red Cross and NHS Education Scotland has made available interim guidelines and a short E-Learning module on Psychological First Aid. These resources are particularly applicable for anyone working or volunteering with local communities at this time. Anyone who is not a member of the HSC Learning Centre can use a guest log in via the following link  
<https://www.hsclearning.com/course/view.php?id=1042>
- 2. Wellness Workshop** prioritise your mental health with this workshop which has been built from listening to people's experiences and what has helped them when their mental health has taken a dip. For individual learning  
<https://suicideorsurvive.ie/lesson/wellness-workshop-your-journey-to-wellness/>
- 3. You Matter Workshop** prioritise your mental health with this workshop which has been built from listening to people's experiences and what has helped them when their mental health has taken a dip. For individual learning.  
<https://suicideorsurvive.ie/lesson/you-matter-changing-your-thinking/>
- 4. Suicide Alliance Talk2me** Understanding suicide as a preventable, and the societal and personal impacts. How to identify the signs when someone may be thinking of suicide and how best to connect them to help. 5 OR 20MINS. For individual learning.  
<http://zerosuicidealliance.com/training/>
- 5. We Need To Talk About Suicide** E-Learning module from Health Education England covering who is at risk of suicide, identify the warning signs those people might display and what you can say in response. 90MINS. For individual learners.  
[https://portal.elfh.org.uk/Catalogue/Index?HierarchyId=0\\_41403\\_41404&programmeId=41403](https://portal.elfh.org.uk/Catalogue/Index?HierarchyId=0_41403_41404&programmeId=41403)

6. **Grassroots Real Talk Film**

Introduction to conversations supporting someone with suicidal thoughts. Viewer interaction influences the conversation and safely explores how to support someone in crisis. 15MINS. For individual learners

<http://realtalk.film/>

7. **Let It Out - An Online Portal For All Things Mental Health**

<https://letitoutmentalhealth.com/>

8. **Minding Your Head - Tips on how to look after your mental health**

<https://www.mindingyourhead.info/resources>

9. **AWARE** - Looking after your mental health and wellbeing. Free online Mindfulness Sessions and online training sessions available

<https://www.aware-ni.org/covid-19-support>

10. For **Emotional Wellbeing and Mental Health Directories of Services** see this link, the NHSCT area services

directory: <https://www.publichealth.hscni.net/publications/directory-services-help-improve-mental-health-and-emotional-wellbeing>

11. If you're feeling ready to take on a bigger challenge try one of the many **online courses** which are currently available free such as these:

<https://www.popsugar.co.uk/.../prestigious-universities-free-...>

12. Although you can't currently visit your local **museum** many have great websites that are full of facts, learning and activities. Try [www.niwarmemorial.org](http://www.niwarmemorial.org) to learn about how WWII affected life in NI

13. **Libraries' NI** are encouraging customers to continue to access reading and learning material through our website, eBook, audio book, eMagazine and eNewspapers service. Please take time to Read, Listen, Learn or Watch some of Libraries NI's recently enhanced online offering available below. There is storytelling, Rhythm and Rhyme, craft sessions and worksheets for children and so much more. Why not register as a new virtual member at <https://www.librariesni.org.uk/>

14. **Search "How to..."** on sites such as <https://www.google.com/> or <https://www.youtube.com/>

15. **AWARE NI**

YouTube: <https://www.youtube.com/watch?v=SphLG0znXd4&feature=youtu.be>

16. **Mental Health Support:** <http://calmsstresscentre.org/portfolio/cbt-3/>

17. **Waterside Theatre** - Free online creative workshops for older people in care homes or being cared for at home email [aj@watersidetheatre.com](mailto:aj@watersidetheatre.com)

18. **BBC Bite size:** Brilliant resources for home schooling for any age learning <https://www.bbc.co.uk/bitesize>

19. **Resources for Councils and community responses to COVID-19** - This website features items that may be useful for Council teams and community groups responding to COVID-19. Some may be helpful for staff and volunteers for their own wellbeing, and others may be helpful for them in carrying out their role during COVID-19 <https://www.publichealth.hscni.net/covid-19-coronavirus/resources-councils-and-community-responses-covid-19>

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### Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

## What Free Connect activities will you do?

*(insert the numbers in the Connect boxes below)*



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1. **Connect with other people - phone, message, email, text**
2. **Join a support group** or group online Men's Sheds: Groups for men to learn new skills like woodwork and connect <https://menssheds.ie/> or <https://www.familysupportni.gov.uk/>
3. **The Good Morning service** provides reassurance to elderly and vulnerable people within the community through free confidential daily telephone calls and support.: <http://www.northerntrust.hscni.net/services/good-morning-services/>
4. **Connect with pets, animals, nature** <http://www.theonlinezoo.com/>
5. **Connect with spiritual needs:** <https://www.churchservices.tv/churches/>
6. **Helplines** All of the Helplines listed are still operational unless otherwise stated and are continuing to provide information, advice and guidance on a wide-range of health and wellbeing needs. A number of new Helplines have been established in response to the Coronavirus (COVID-19) global pandemic and are providing topic specific information and advice in relation to COVID-19 <https://helplinesni.com/> <https://helplinesni.com/coronavirus>
7. **Apps** Educational, informative, and supportive apps for your Smartphone. Free self-help and educational resource packed full of useful information and tools to help you and others stay safe from suicide. Download resources.
8. **Here2help App** The Here2Help Smartphone App was developed by Noel McKee at East Antrim Counselling in order that local residents can quickly access contact details for range of support services available to them within the borough. It aims to provide Helplines for users to get support instantly while also providing a wide range of links to reading materials that can help people in their time of need. <https://www.midandeantrim.gov.uk/resident/healthandwellbeing/here2help>

9. **Care & Health Apps** Health and Social Care organisations in Northern Ireland have partnered with ORCHA (The Organisation for the Review of Care and Health Apps), to create a library of health and wellbeing apps for everyone that have been reviewed and rated as helpful, safe, and secure . The accessible tools found here can help you manage your stress and develop techniques to maintain your wellbeing.  
<https://apps4healthcareni.hscni.net/>
10. **Aware NI** - Hold online support groups for people who are affected by depression or bipolar disorder <https://www.aware-ni.org/how-we-can-help-you/aware-ni-online-support-groups>
11. **Cara Friend** - supporting and empowering the LGBTQ+ community<https://cara-friend.org.uk/>
12. **Elefriends** - peer support community for over 18s. (It is not for crisis support)<https://www.elfriends.org.uk/>
13. **Metal4LifeNI** - online peer support groups for male rock music fans <https://www.metalforlifeni.co.uk/>
14. **NHS audio guides** - How to tackle low mood, sadness and depression; Anxiety Control training; Overcoming sleep problems; Low confidence and assertiveness; Unhelpful thinking;<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
15. **Sane** - forum for over 18's  
[http://www.sane.org.uk/what we do/support/supportforum](http://www.sane.org.uk/what_we_do/support/supportforum)
16. **The Mix** - support to 13-25 year olds on a range of topics.  
<https://www.themix.org.uk/>
17. Youth support from **Youth Online** – support and advice for young people at [www.youthonline.org.uk](http://www.youthonline.org.uk)

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### Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

## What Free Be Active activities will you do?

*(insert the numbers in the Be Active boxes below)*



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We all know the importance of regular movement but it might be hard to get yourself motivated. Start with committing to 10 minutes per day and build up from there. Doing your movement at the same time each day can also help you make it part of your routine.

1. For some simple, at home **10 minute movement ideas** see <https://www.nhs.uk/live-well/exercise/10-minute-workouts/> or <https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>
2. Free home movement videos and more <https://www.nhs.uk/conditions/nhs-fitness-studio/>
3. Try these free workouts on **YouTube**:
  - a Stretch & Tone (17mins): <https://www.youtube.com/watch?v=0rkBIRAMjJ8>
  - b 10 minute metabolism boost (14mins): [https://youtu.be/74uMU\\_EYuWA](https://youtu.be/74uMU_EYuWA)
  - c Light weight workout for arms (15mins): <https://youtu.be/KpQVZQ6H7AI>
  - d Glutes Blast(20mins): <https://youtu.be/-imwHpdeu-c>
  - e Abs Blast (14mins): <https://youtu.be/nboEfyOOL3c>
  - f Pilates workout with small ball (22mins): <https://youtu.be/2ZvVT9KFD1I>

- g Pilates workout with light weights (12mins):  
[https://youtu.be/luDi2Ph\\_goE](https://youtu.be/luDi2Ph_goE)
- 4. Check out your **local sports clubs and groups** to see if they are offering online and or social distancing activities as we move out of lock down
- 5. **Get out for a walk**, enjoy the fresh air. Set yourself a goal distance and try to improve it each week. Check out this resource <https://www.verywellfit.com/how-to-walk-for-beginners-3432464>
- 6. **Count your steps!**<https://www.publichealth.hscni.net/publications/step-challenge-toolkit-leaders-guide-poster-certificate-etc>
- 7. **HealthFlix**, An online community built by leading experts in health and wellbeing to help us all get through the stress and isolation of the COVID-19 Coronavirus crisis.  
<https://www.healthflix.online/>
- 8. **CRUN** Causeway Rural & Urban Network Dance & Fitness Group - Dance, Skills School, Mindfulness, Cookery Demos etc <https://www.facebook.com/groups/443627563122886/>

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# Take5

steps to wellbeing



## Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

## What Free Take Notice activities will you do?

*(insert the numbers in the Take Notice boxes below)*



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Take Notice. Yoga and mindful breathing can help us put this into practice.

1. Check out **Headspace** for tips: <https://www.headspace.com/meditation/breathing-exercises>
2. Explore **Mindfulness**: <http://www.freemindfulness.org/>
3. **Take Notice in nature** – Spend time in the garden if you have one or go for a mindful walk and listen to all the sounds around you. Open the windows and let in the fresh air. Look at the world outside your window. There are many bird visitors in our gardens everyday. <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/birdwatching/>
4. Try to **remain positive** and take notice of media and negativity. Follow good news websites such as <https://www.goodnewsnetwork.org/> and <https://www.positive.news/> and avoid those that make you feel anxious or stressed
5. **CRUN** Causeway Rural & Urban Network Dance & Fitness Group - Dance, Skills School, Mindfulness, Cookery Demos etc <https://www.facebook.com/groups/443627563122886/>

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### Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

## What Free Give activities will you do?

*(insert the numbers in the Give boxes below)*



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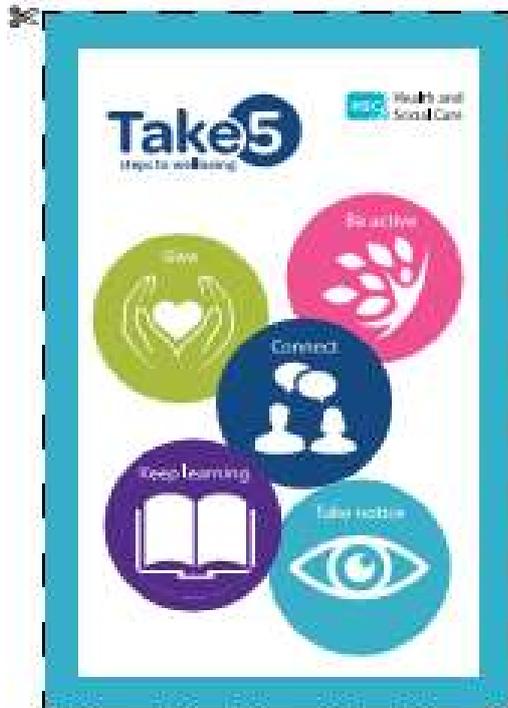


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1. Did you know that by doing kind things for others we actually experience a benefit to our own mental health? Small **acts of giving or kindness** can make someone's day.
2. Why not **make a phone call or send a letter or email** to someone who might be feeling lonely or isolated or smile and wave at people who you pass on your daily outing for exercise!
3. What can you do today to brighten someone's day?
  - A simple message or phone call to a friend or relative
  - Donate money to a local charity
  - Bake a cake and leave it on someone's doorstep
  - Recycle gently used books by giving them to others
  - Volunteer in your community
  - Donate to a local Food bank
  - Make something and give it away
  - Leave little treats in a basket on your doorstep for essential workers
4. **Volunteer:** <https://www.volunteernow.co.uk/>
5. **Donate** food to your local Food bank: <https://www.trusselltrust.org/>
6. Put a **friendly message** to neighbours in your window.
7. Small **acts of kindness** make everyone feel good. For more ideas and information on #Take5 see <https://www.makinglifebettertogether.com/take-5-steps-to-we...> or visit <https://www.randomactsofkindness.org/>
8. Give kindness with a kindness rock <https://inspirekindness.com/blog/rock-painting>
9. Give your time to check with a neighbour. Deliver essentials to the vulnerable / set up a buddy scheme

## SUPPORT INFORMATION AND GUIDANCE AVAILABLE

**Take 5 Activities Card** - you might find it helpful to cut out this card and keep it somewhere you can see it or in your purse or wallet as a reminder of what activities you will do, are doing or have completed.



What Take 5 steps have I taken?  
Tick or colour boxes

	<input type="checkbox"/>				
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## STRESS/POOR MENTAL HEALTH

For more information on stress and tips to manage it visit:

<https://www.mindingyourhead.info/concerned-about-yourself>

<https://www.publichealth.hscni.net/publications/steps-deal-stress-simple-guide-stressing-less-and-enjoying-life-more>

## SUICIDE/SELF HARM

Further information is available on: <http://pha.site/WHO>

If you are in distress or despair, you can call Lifeline on 0808 808 8000 or visit

<https://www.lifelinehelpline.info/> where you can speak to a trained counsellor. This service is available 24/7 and is free from all NI landlines and mobiles. For Self Harm support you should talk to your GP or visit <http://www.zestni.org/services/> for additional information and services available.

Always remember if you or someone you know is in distress you should contact your GP.

You can also call Lifeline Helpline. To find out more about Lifeline and how it can support a person in distress or a person caring for someone in distress please visit

<https://www.lifelinehelpline.info/>. The helpline is available 24/7 and is completely free from landlines and mobile phones. Deaf and hard of hearing Textphone users can call Lifeline on 18001 0808 808 8000

