



Young People's Newsletter



Theme: Self-care

October 2020



World Smile Day Sunday October 4th 2020

Do an act of kindness. Help one person **SMILE!**

It can be as simple as smiling at someone, giving them a compliment or getting in touch with someone you haven't seen in a while.

For more information go to: www.worldsmileday.com

Meet a member of the team: Michael

Standup comedy
Cat videos on YouTube



This is something that makes me laugh!



This is what people appreciate about me ...

I am a good listener

I am very patient

I am always willing to help



ThinkNinja app to support your mental health



The **ThinkNinja** app has been created for young people aged between 10 and 18. It offers a range of support for stress, anxiety, low mood, and unhelpful thoughts.

It is currently free to everybody and is available on both the apple store and Google Play. Watch this video for more information! https://youtu.be/2pY36_kxIB0

How do you look after you?

For ideas on how to look after your mental health visit: <https://youngminds.org.uk/find-help/looking-after-yourself/>



I try and find something positive in each day

If I spend too much time chilling I lose motivation so I set a goal to help me focus

Doing things I enjoy helps me feel good

I listen to music to escape and quieten my mind

Are you aged 16 or over and want support with your mental health?

You can request support from our teams (self-refer) to help with anxiety, low mood, sleep and stress. To do this simply call 0300 303 4663 or email: drcs.adminchanginglives@nhs.net