

# Wellbeing Creative Pack



**Stress Awareness Month 2021**

# Welcome!

**Wellbeing is important to us all. We want to feel good about ourselves, to get the most out of our lives and feel connected to other people.**

**'Wellbeing' means feeling more than just happy and confident, it means feeling able to cope when things get tough in our lives or when our physical health suffers.**

**In this pack we have created many fun and creative activities for you to do when you feel like you need to take some time out to relax.**

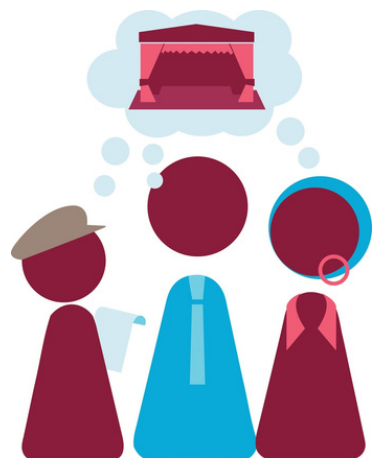
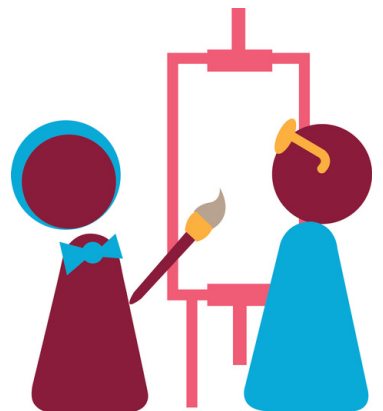
**Wellbeing Norfolk and Waveney are here to support you if you feel stressed, anxious, low or depressed. Call us on the number below or visit our website if you would like to know more about our free service.**



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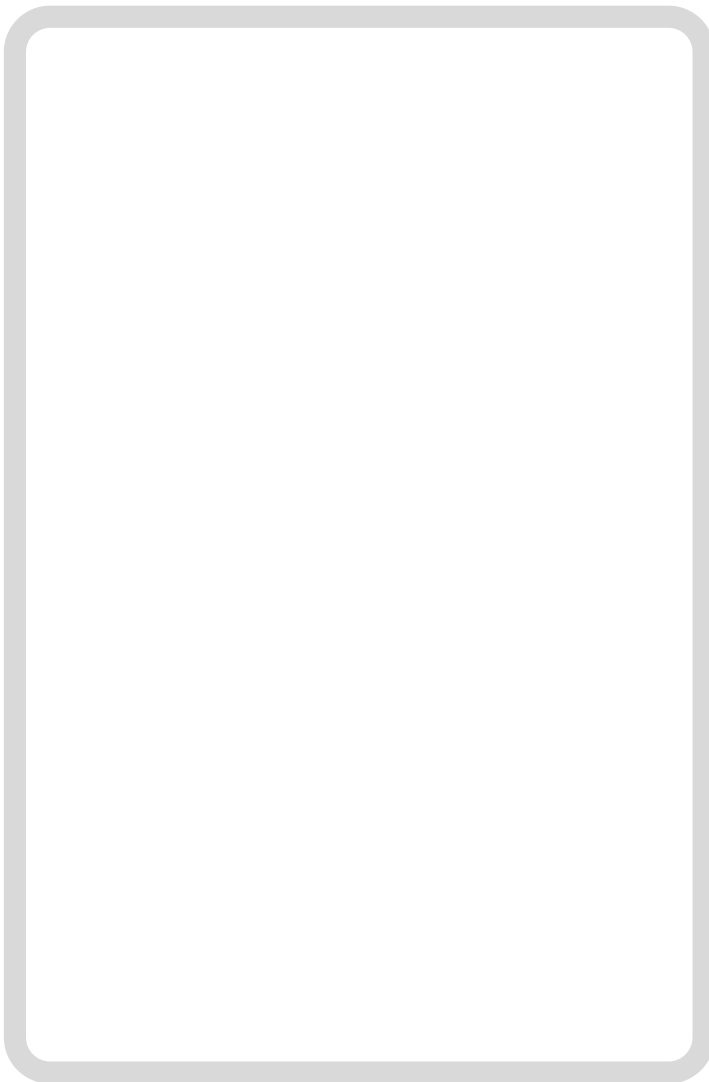
- 4) - Design your own postcard!**
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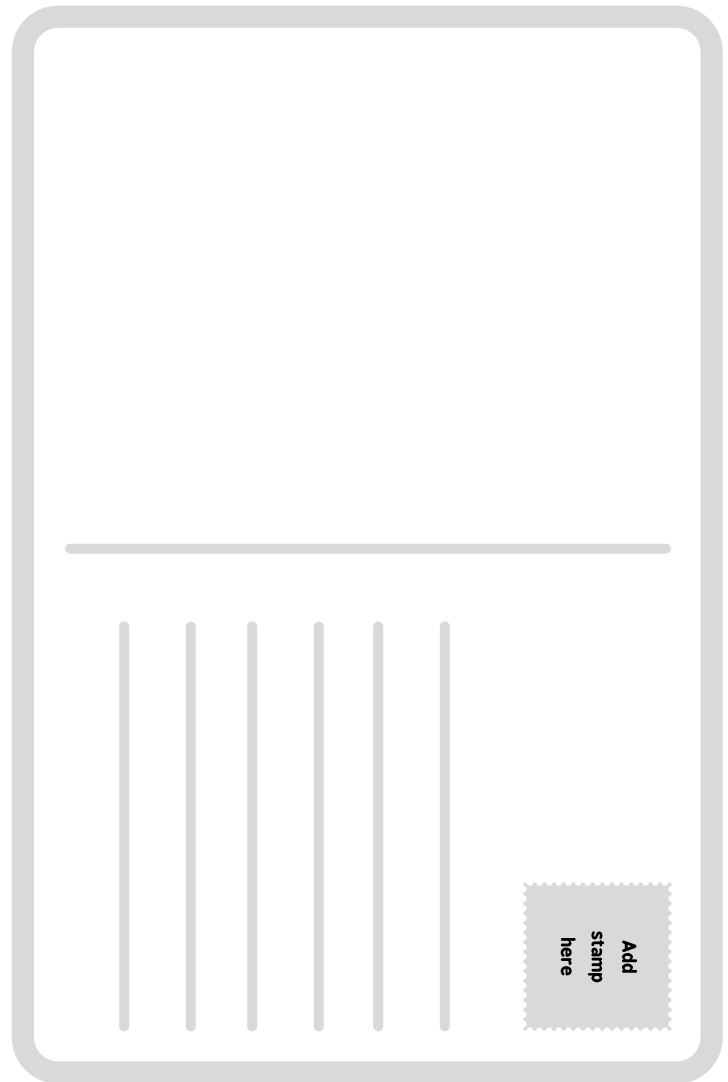
# Design your own postcard!

Postcards are special, unique and thoughtful. They are a fun surprise to receive in the mail, and give someone something to hold onto or display. So in addition to being fun to send, they're certainly lovely to receive! Why not create your own and send to a friend!

Front



Back



# Create a collage!

Collages are the perfect place to start if you want to develop your artistic talents. There is no wrong or right way to make a collage. A collage can be as simple or as complicated as you want it to be! Feel free to use the below images to start off your collage!



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# Colour in!

**Grab your best pens, pencils or paints and start colouring!**

**We can not wait to see your final masterpiece!**



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# 5 Ways to Wellbeing

The Five Ways to Wellbeing are a great way to remind yourself, every day, what you can do to look after your emotional wellbeing and mental health. Can you think of any actions that you can do?



## Be active

- (Example - Go for a walk)
- 
- 
- 

## Give and volunteer

- (Example - Volunteer)
- 
- 
- 

## Connect with others

- (Example - Create an online quiz)
- 
- 
- 
- 

## Keep learning

- (Example - Learn a new recipe)
- 
- 
- 

## Take notice and live in the present

- (Example - Smell the fresh air)
- 
- 

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# Wordsearch

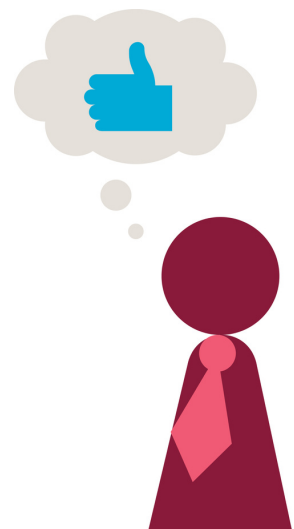
Can you find the words below in our wordsearch?

R	W	I	V	S	C	E	C	N	E	O	V	E	A
C	N	S	O	S	A	U	R	R	G	I	V	E	L
O	V	N	L	E	F	G	E	E	I	L	H	L	E
N	A	O	U	N	M	N	A	S	A	A	U	E	A
N	O	I	N	L	I	I	T	I	C	C	O	N	R
E	V	S	T	U	V	E	I	L	T	D	A	O	N
C	I	S	E	F	V	B	V	I	I	A	O	I	M
T	S	A	E	D	G	L	E	E	V	E	A	T	E
L	D	P	R	N	L	L	H	N	E	T	G	A	N
A	A	M	N	I	S	E	O	C	I	H	E	T	D
C	I	O	M	M	C	W	P	E	C	S	P	I	O
E	F	C	T	B	Y	P	P	A	H	T	N	D	A
B	I	V	C	E	I	C	E	S	H	L	C	E	E
E	E	P	A	I	R	F	S	T	A	E	E	M	E

active  
connect  
creative  
give

happy  
learn  
meditation  
mindfulness

resilience  
volunteer  
wellbeing





# How can you be kind to yourself?

We often think about how we can care for others, however we do not think about the ways in which we can be kind to ourselves. Write down some of your ideas in the bubbles below on how you can be kind to yourself.



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# What's in your garden?

Take a stroll outside and see what you can find!  
Why not draw or describe the items that you find in the boxes below?

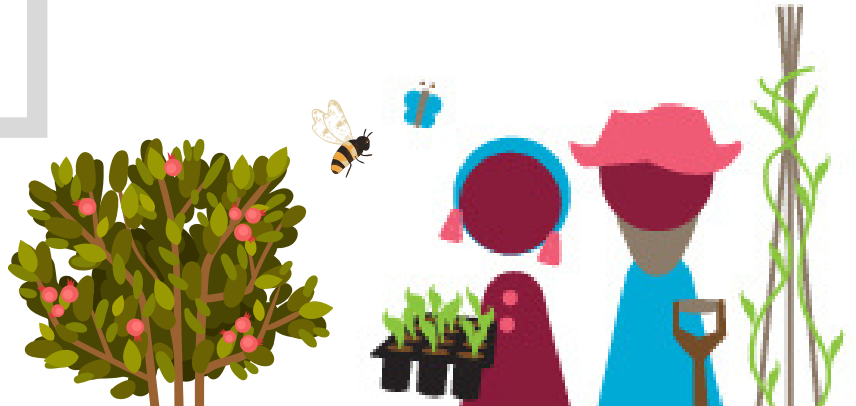
*Draw some flowers here.*

*Are there any birds in your garden?*

*Draw the prettiest thing in your garden.*

*What textures can you find?*

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# Create your own music playlist!

When we listen to music, our brain releases a healthy feel-good chemical called dopamine.  
What music makes you feel good? Fill out the list below to make your own stress-free  
musical playlist!



*What are your favourite songs?*

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

*What style of music do you enjoy?*

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

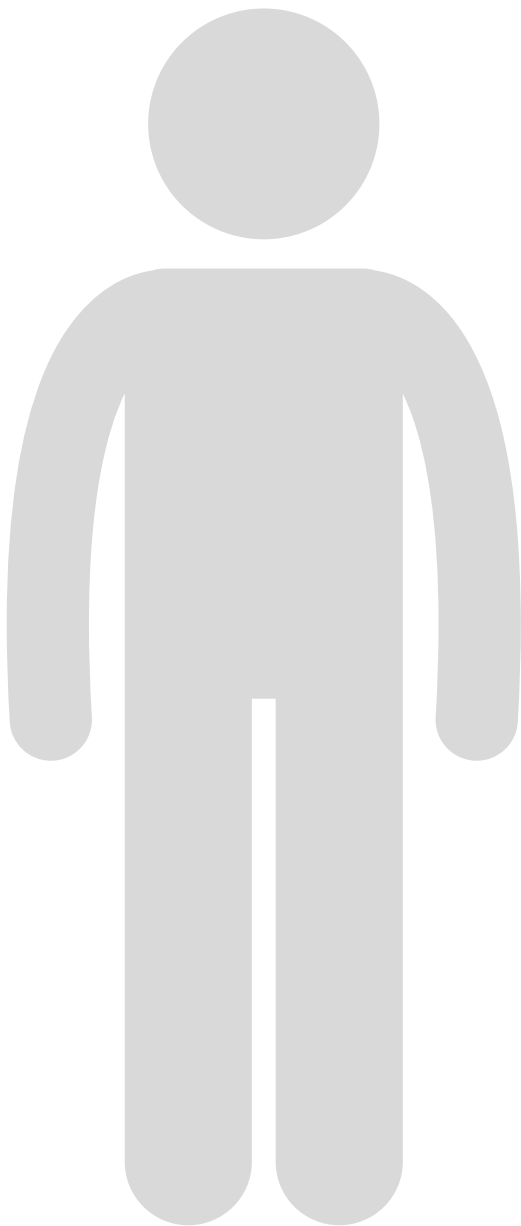
*Who are your favourite musical artists?*

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

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# Draw yourself as a superhero!

If you were a superhero, what would your powers be?  
Draw your superhero outfit below!



**What are your  
superhero powers?**

- *(Example - I can turn invisible!)*
- 
- 
- 

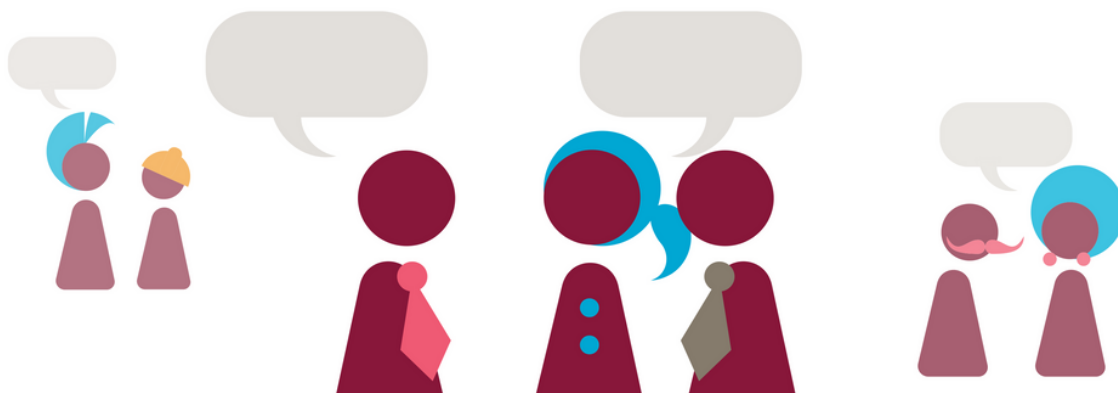


## Stress Awareness Month 2021

**The Wellbeing Service Norfolk and Waveney offer help and support to improve wellbeing and manage stress, low mood and anxiety.**

**We aim to reduce the onset of mental ill health, prevent deterioration and promote recovery by offering a range of flexible services tailored to meet your specific needs.**

**Call us on the number below or visit our website if you would like to know more about our free service.**



**[www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk)**

**0300 123 1503**