



WHAT'S UP?

FEELING MEH? :(

30 day
WHAT'S UP CHALLENGE



30 things young people
can do to support their
emotional wellbeing

GET YOUR THOUGHTS INTO SHAPE AND
FEEL BETTER WITH THE
30 DAY WHAT'S UP CHALLENGE

VISIT: [THESOURCE.ME.UK/WHATSUP](https://thesource.me.uk/whatsup)

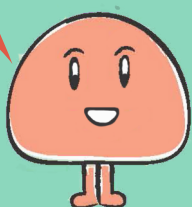
What is the 30 Day What's Up Challenge?

The 30 Day What's Up Challenge is 30 simple things that young people can do with schools, friends and family to help look after their emotional health and wellbeing.

The challenges are based on the 'five ways to wellbeing', which are known to support your emotional health. These are – 'Be Active', 'Give', 'Keep Learning', 'Take Notice' and 'Connect with others'.

They will get you talking about what's on your mind, shaking up your daily routine and trying out new things so you feel more energised and happier about yourself and everyday life!

You decide how you wish to complete the challenges. See how many you can do!



FOR INFORMATION AND IDEAS TO HELP YOU COMPLETE THE CHALLENGES, VISIT: [THESOURCE.ME.UK/WHATSUP](https://thesource.me.uk/whatsup)

Are you up for a challenge?

Day 1 challenge

Music is a powerful thing!

Why is this good for your emotional health & wellbeing?

Music stimulates the body's natural feel good chemicals (endorphins, oxytocin), helping to energise our mood, manage our stress levels, express our feelings, increase our memory, and reduce our pain levels – wow, that's awesome!

LISTEN TO SOME MOOD-BOOSTING MUSIC



There's a theory that listening to...

- Blues and Reggae – makes you feel less nervous.
- Rock and Punk – gives you an energy boost.
- Classical music – calms you and increases your brain power.
- Heavy Metal – helps with low self-esteem, but is not good if you're feeling stressed out.
- Country music – is more likely to make you feel sad.
- Music from musicals – helps you to feel inspired.

For our mood-boosting playlist visit:

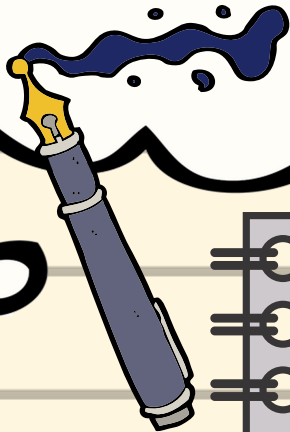
[Thesource.me.uk/whatsup](https://thesource.me.uk/whatsup)



This is not scientifically proven, but try listening to all the different types of music to see which suits your mood when you're feeling stressed, anxious or low.

Day 2 challenge

WRITE 3 THINGS YOU WOULD
LIKE TO ACHIEVE OR DO



They don't have to be big things, but do try to make them achievable. Things like – laugh more with my family and friends, start a savings account or learn to play an instrument!

It could be something health related like to stop smoking. For help visit:

onelifesuffolk.co.uk



Why is this good for your emotional health & wellbeing?

Giving yourself aims and goals helps you to stay focused and motivated. Reminding yourself of what you have achieved or how far you have come to reach that goal, will make you feel more confident about yourself and what you're capable of.



Questions to help you think about goals for the year ahead...

- What did I do well last year and want to do more of this year?
- Where would I like to go?
- What could I do that would make me feel happier?



Day 3 challenge

PLANT SOMETHING THAT YOU
CAN WATCH GROW, OR ADOPT A
HOUSEPLANT IN NEED OF SOME
TLC.

*Have a go at planting
something, and why
not name your plant?
(I used to have a cheese
plant called 'Mr Cheese'
which I talked to!)*



Why is this good for your emotional health & wellbeing?

When we're feeling down, nature reminds us that we live in a beautiful world. When we look at nature it helps to heal or soothe us. It can reduce our anger, fear, and stress levels.

Visit: suffolkwildlifetrust.org/gardeningadvice

Day 4 challenge

Why is this good for your emotional health & wellbeing?

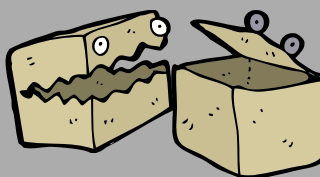
It's good to be open about how we're feeling and not keep things bottled up.

Try talking to a friend or family member about how you feel - not everyone may understand what you are going through, but letting your feelings out releases tension, helps you see things more clearly, and not feel alone with your thoughts.



TELL SOMEONE HOW
YOU ARE FEELING!

Are you feeling down, worried,
stressed or anxious about
something?



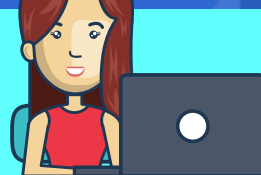
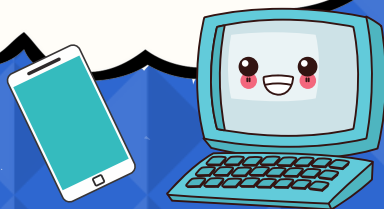
Everyone has good and bad days. No one
can be perfectly happy all the time.

Get online support.
Visit: Kooth.com

kooth

Day 5 challenge

AVOID SOCIAL MEDIA
FOR 24 HOURS



The media we consume daily on TV and through social media has an impact on our thinking, behaviour, and physical and emotional health. We can get caught up in our newsfeeds. If it's making you feel low or anxious take a break.

Why is this good for your emotional health & wellbeing?

Spending too much time on social media can make you feel anxious or affect your self-esteem.

Also the stories that we read on social media may be fake news stories and not true to real life.

Look after
yourself
online, visit:
[Thesource.me.uk/lifeonline](https://thesource.me.uk/lifeonline)

Why is this good for your emotional health & wellbeing?

According to research, colouring in and doodling can help you concentrate. Doing creative things like this is not just fun, but reduces stress and nurtures a different part of your brain which allows you to explore ideas and feelings.

Day 6 challenge

GET CREATIVE - DOODLE, OR
DO SOME COLOURING-IN



**Try downloading some free
colouring-in pictures online
that you can print off.**

The Childline website has an Art box tool you can use to express how you're feeling go to:
Childline.org.uk

Day 7 challenge

CHECK IN ON A FRIEND
AND ASK IF THEY'RE
OKAY!



Why is this good for your emotional health & wellbeing?

Check in on yourself, check in on your friends, builds a cycle of support we all need, especially during uncertain times.

If you don't have anybody to talk to, you could:

- Join an online forum where people are experiencing similar situations to you, try visiting [kooth.com](https://www.kooth.com)
- Contact Childline (Call 0800 1111) or the Samaritans (Call 116 123).

Support is available from:

ChatHealth - For health advice you can text a school nurse on **07507 333356** (Mon-Fri 9am-4.30pm, excluding bank holidays)

Emotional Wellbeing Hub - For advice and support about emotional wellbeing issues.
[Thesource.me.uk/hub](https://thesource.me.uk/hub)

Tips for talking about things:



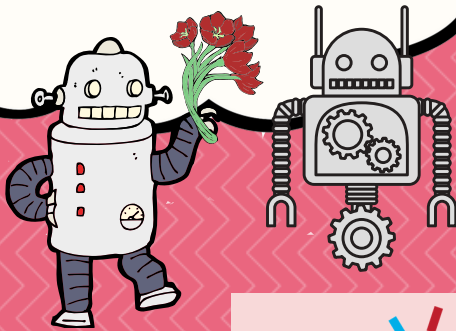
1. Pick a good time to check in on each other when neither of you are busy or distracted.
2. Go somewhere quiet to talk.
3. Ask how they are feeling and what's worrying them or you.
4. Offer or ask for advice and support. Be clear about what you can do to help each other out.
5. If you don't want them to share what you've told them, say so.

Checking how a mate is doing doesn't need to be difficult - a simple 'What's Up' works.

For conversation tips on how to open up, visit:
Youngminds.org.uk

Day 8 challenge

SAY THANK YOU TO SOMEONE
SPECIAL IN YOUR LIFE



Why is this good for your emotional health & wellbeing?

Gratitude (saying thanks) helps you look at the things you take for granted. It shows respect and that you recognise the nice things someone has done for you. This helps you build stronger relationships with friends and family so you feel more comfortable talking to them about private matters.



Note down the things you are grateful for today or this week!
Visit: suffolksaysthanks.com

Day 9 challenge

TRY TEACHING YOURSELF A
NEW SKILL!



Go online and learn how to do something new!

Here's some ideas:

- Learn to read music
- Learn a new football skill
- Learn a new language
- Learn to draw anime (japanese cartoons)
- Learn a dance move
- Learn to juggle
- Learn a craft

Find a new leisure activity, visit:

TheSource:

thesource.me.uk/myleisure

Suffolk Infolink:

infolink.suffolk.gov.uk

Why is this good for your emotional health & wellbeing?

Learning something new can help build our confidence and give a sense of achievement. It can also be a way of finding new people we can connect with.

Day 10 challenge

WATCH A 'FEEL GOOD' MOVIE



Why is this good for your emotional health & wellbeing?

A 'feel good' movie is a great pick-me-up if you're feeling down. Whether it's a romantic comedy, a Disney classic or an action adventure, either watched with friends or tucked up in bed, films help us experience a dreamworld where anything is possible, and can leave you feeling inspired.

What's your favourite feel good films to cheer you up?



Some of our favourite feel-good movies:

"Big Hero 6"

"The Princess Bride"

"Inside Out"

"10 Things I Hate about You"

"The Greatest Showman"

"Forest Gump"

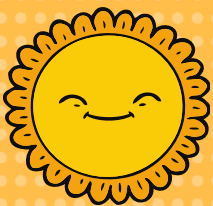
"The Lion King"

"Ever After"

"Goonies"

"Sing"

Arrange to watch a film at the same time as a friend and video call them.



Day 11 challenge

Why is this good for our emotional health & wellbeing?

When you smile the muscles in your face trigger the release of neurotransmitters called endorphins. These endorphins make you feel happy and less stressed. So smiling, even when you don't feel like it, can help you feel better, as well as making others smile too.

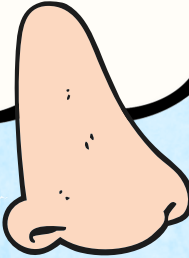
SMILE AT EVERYONE YOU SEE
AND COUNT HOW MANY SMILES
YOU GET BACK!



Day 12 challenge



WORK THOSE LUNGS - DO SOME
BREATHING EXERCISES



Try this breathing exercise...

1. Lay down on your back, and close your eyes.
2. Take a big deep breath in through your nose and tighten up your whole body.
3. Slowly release your breath through your mouth, and loosen up your body.
4. Repeat this three times and you should feel more relaxed.

Why is this good for your emotional health & wellbeing?

Focusing on your breathing is good for calming your body and mind if you're feeling frustrated, stressed, or anxious!

Google 'deep breathing' to get a 1-minute breathing exercise which you can follow.

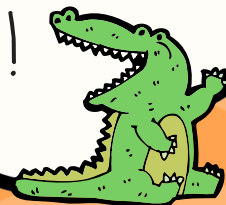


Why is this good for your emotional health & wellbeing?

Laughing relaxes our body, boosts our immune system, connects you with others, keeps you focused, releases anger, and makes you more forgiving. Wow, who knew jokes could be so good for us!

Day 13 challenge

FIND SOMETHING THAT MAKES
YOU LAUGH SO MUCH THAT YOU
CAN'T SPEAK!



When was the last time you got a stitch from laughing too much?

What makes you laugh out loud?

- 🔊 Friends
- 🔊 Pets and funny animals
- 🔊 Sumo Suits
- 🔊 Babies and little children
- 🔊 Other people's laughs
- 🔊 Your brother or sister
- 🔊 Mr Bean (Comedians)
- 🔊 Cartoons or funny clips.

Day 14 challenge

I
LOVE
ME



Love yourself first,
and everything else
will fall into place.



YOU'RE REALLY IMPORTANT.
TAKE TIME FOR SOME SELF-CARE...
CHANGE YOUR BED SHEETS,
TIDY YOUR ROOM, CUT YOUR NAILS, WASH
YOUR HAIR, AND EAT SOME FRUIT



Why is this good for your emotional health & wellbeing?

Taking time out for yourself reminds you that your needs are important. Looking after your body can make you feel good about yourself and your life, and it shows others that you value yourself. We are more confident when we look and feel good.

Create a self-care box

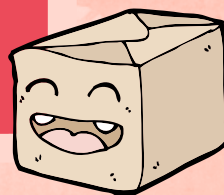
You can include:

Photos.

Items you like to see and smell.

Things you like to taste, touch and
listen to.

Get your self-care box out when you
need some time to yourself.



These websites have tips on how to look after yourself:

youngminds.org.uk

annafreud.org/on-my-mind/self-care

Day 15 challenge

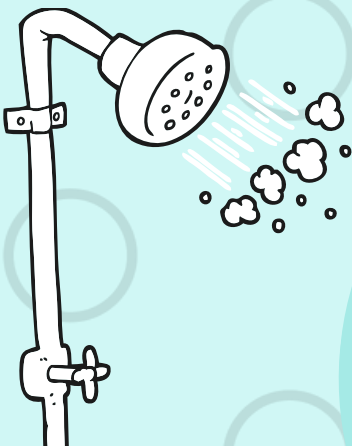
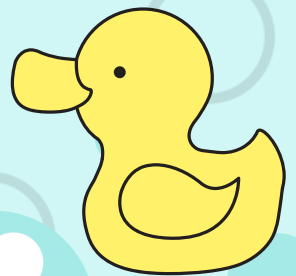
TAKE A SOAK IN THE BATH
OR HAVE A SING-SONG IN
THE SHOWER

Why is this good for your emotional health & wellbeing?

Warm water (not too hot) calms the body and relaxes your muscles which helps if you are feeling tense or stressed out.

How to have the best relaxing bath ever:

- Use the softest towels you have.
- Add a tablespoon of sugar or honey to the water. (Sugar acts as a natural exfoliant, honey moisturises the skin.)
- Have loads of bubbles.
- Dim the lights, add some candles. (Be safe - you can use battery candles.)
- Try bath salts to relax your muscles.
- Put cucumber slices over your eyelids.



For epic songs to sing-along to in
the shower visit:

[Thesource.me.uk/whatsup](https://thesource.me.uk/whatsup)

Day 16 challenge

ORGANISE A VIRTUAL DANCE PARTY WITH FRIENDS OR FAMILY



Why is this good for your emotional health & wellbeing?

Dancing boosts our mood, keeps our bodies moving, and is a great way to stay connected in a joyful way with friends and family even when we are apart.

Planning your virtual party:



1. Decide what video App to use - Zoom, FaceTime, Google hangout, WhatsApp, Skype, Houseparty etc.
2. Consider the number of guests you should have?
3. Choose a dress code.
4. Send out an online party invitation.
5. Create the right party setup for you and your guests - Think about where to position your camera, decorations for an amazing backdrop, and lighting?
6. Are you having party games?

GET FRIENDS AND FAMILY TO REQUEST THEIR FAVOURITE PARTY TUNES TO CREATE A PARTY PLAYLIST.



Day 17 challenge

DO A GOOD DEED OR
OFFER TO HELP SOMEONE



**Why is this good for your
emotional health &
wellbeing?**

Doing a good deed makes you feel good because you're helping others. By focusing on someone other than yourself, you are reminded that you are not the only one in the world who has problems. See if you can do a good deed for someone today!

Good deeds you could do:



Send a kind text – a thank you or a compliment.



Donate clothes and items that you no longer need to charity.



Reach out to someone who may be feeling lonely or isolated.



Help your parents out by doing some house chores.



Volunteer to do something.



Donate to foodbanks



Get inspired:

- Check out the 'Random Acts of Kindness' website: [Randomactsofkindness.org](https://www.randomactsofkindness.org)
- Read some positive news stories about all the good things going on in the world.
- Check out the 'Action for Happiness' website: [Actionforhappiness.org](https://www.actionforhappiness.org)

Day 18 challenge

SHARE SOMETHING THAT
IS AWE INSPIRING

SOMETHING THAT YOU THINK IS AMAZING
- A PLACE, SPACE, SEALIFE, A PERSON ETC.



**When is the last
time you felt in
awe of something?**

AWESOME!

Why is this good for your emotional health and wellbeing?

That feeling of awe, wonder that we get from something - nature, music, art, helps inspire us, and to appreciate the wonders of this world and our place in it.

Day 19 challenge

FIND A BOOK YOU WANT TO
READ, OR START WRITING
YOUR OWN STORY

**Why is this good for your
emotional health &
wellbeing?**

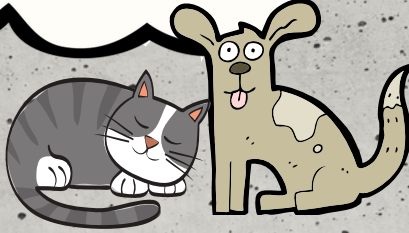
Losing ourselves in a good book helps us to relax and improves our memory and brain functions. Writing a story, poem or lyrics to a song helps us to express feelings that we find hard to talk about.

Take a trip to your local library, visit:
suffolklibraries.co.uk



Day 20 challenge

STROKE A CAT OR DOG
(MAKE SURE THEY ARE FRIENDLY!)



Why is this good for your emotional health & wellbeing?

Petting animals releases Oxytocin (a "feel good" hormone) which helps us to feel calm and happy, so stroking a pet is really good if you're stressed out or feeling low.




Don't have a pet? You could go out and feed the ducks some bird seed at your local park (bread is bad for them), or visit a local farm or pet shop to look at some furry friends.

Day 21 challenge

MIX IT UP - GET OUT OF YOUR
COMFORT ZONE!
TODAY DO YOUR EVERYDAY THINGS
DIFFERENTLY

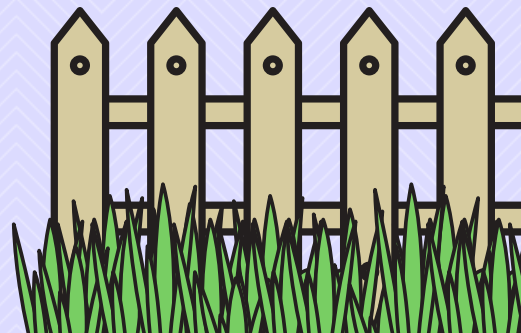


Do things differently, like:

- Take a different route to school or work
- Eat something different or choose a different sandwich filling 
- Sit somewhere different than usual 
- Speak to someone you wouldn't normally speak to. 

Why is this good for our emotional health & wellbeing?

Doing the same thing day in, day out can sometimes bring us down. Making little changes to how you would normally go about your day can help make your day more positive, and may even lead to better things.



Day 22 challenge

HAVE A YOUTUBE KARAOKE NIGHT WITH FAMILY AND BELT OUT SOME TUNES



You can find karaoke versions of your favourite songs on YouTube, or check out our karaoke playlist at: [Thesource.me.uk/whatsup](https://thesource.me.uk/whatsup)

Why is this good for your emotional health & wellbeing?

Singing eases stress - when we sing along to lyrics of a song it helps us to express our feelings and keeps us socially connected.

If you like singing to express your feelings, why not try joining a choir!

Day 23 challenge

FOCUS ON A PROJECT OR TASK YOU HAVE PUT OFF FOR A WHILE

(DON'T BE AFRAID TO ASK FOR HELP TO GET IT STARTED)

a 'ROUND TUIT'

This is your very own Round Tuit. Many times you have said "I'll do it as soon as I get around to it." Now is your chance, now you can do it - now at last you've got a round tuit!

Why is this good for your emotional health & wellbeing?

Some projects can be off putting to do if they seem dull or difficult! But as we get older we have to face more tricky tasks and problems. A small problem can become a big problem if left, and this can leave you feeling frustrated, stressed or depressed and hopeless. A challenging project will help you develop your problem-solving skills, and chances are the project you've been putting off is nothing to be afraid of!



Day 24 challenge

TRY SOME YOGA OR
TAI-CHI

Find some
beginner yoga
and Tai-chi
exercise videos
on Youtube.



Why is this good for your emotional health & wellbeing?

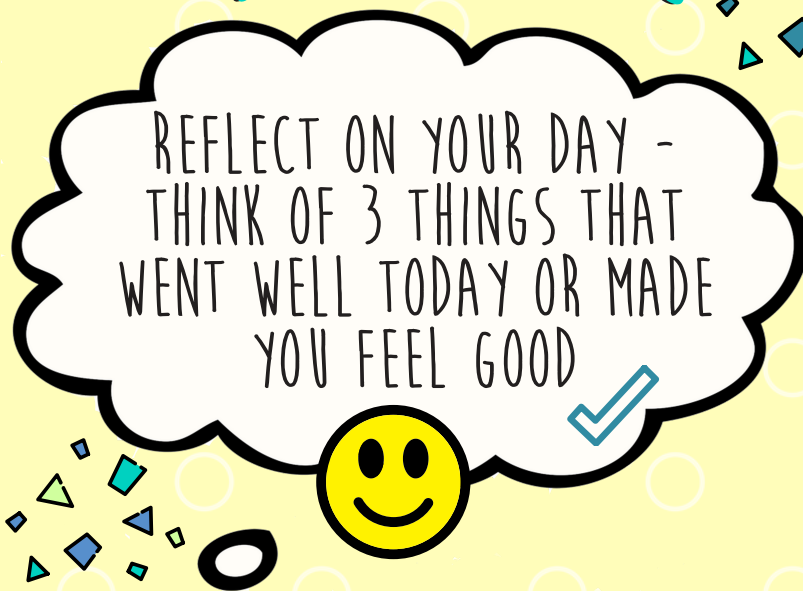
Yoga, and Tai-Chi (which is a form of Chinese martial arts), are good activities to do if you're feeling stressed. They give you a gentle body and mind workout focused on your breathing which strengthens and relaxes the body, and they include some meditation to help calm the mind.

Day 25 challenge

REFLECT ON YOUR DAY -
THINK OF 3 THINGS THAT
WENT WELL TODAY OR MADE
YOU FEEL GOOD

We fight the
bad days to
get to the best
days of our
life!

For tips to stay
emotionally healthy go to:
thesource.me.uk/wellbeing



Why is this good for your emotional health & wellbeing?

When things go wrong and you're having a bad day, reflecting on the little things that were OK about your day can help you feel better. These can be big or small things, like - I went to the shop, found a new song to listen to, enjoyed hanging out with a friend.

Remember tomorrow is a new day to wake up and try again.

Day 26 challenge



SPEND 30 MINUTES DOING SOMETHING
THAT MAKES YOU HAPPY!



(These can be big or tiny things!)



**Why is this good for
your emotional health
& wellbeing?**

Finding something that
makes you feel positive
or that you enjoy doing,
can really help
when you are going
through the bad times.

*What
makes you
happy?*

Day 27 challenge

**Why is this good for
your emotional
health & wellbeing?**

Lack of sleep can put us in
a bad mood, and can be a
cause of depression and
anxiety if you're not
regularly getting a good
night's sleep.

MAKE SURE YOU GET MORE
THAN 6 HOURS SLEEP
TONIGHT



Not sleeping well? Check out...

- ★ NHS 'how to get to sleep' tips ([NHS.uk](https://www.nhs.uk))
- ★ The Sleep Council - How to make your room a better place to sleep ([Sleepcouncil.org.uk](https://www.sleepcouncil.org.uk))
- ★ The Mix - Sleeping advice ([Themix.org.uk](https://www.themix.org.uk))
- ★ Young Minds - Sleep Problems advice ([Youngminds.org.uk](https://www.youngminds.org.uk)), and
- ★ Wellbeing Service - Sleep Problems ([Wellbeingnands.co.uk/sleep](https://www.wellbeingnands.co.uk/sleep))

Looking at light from our
smartphones and tablet devices
can interfere with our sleep and
wake cycle if we are using them
before we go to bed.

Day 28 challenge



Try recipes that involve chopping as this is said to be good for releasing stress. (But watch those fingers.)

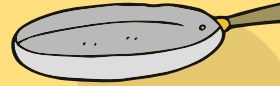
COOK YOURSELF A
HEALTHY MEAL
(WHY NOT SHARE IT WITH A
FRIEND OR FAMILY!)



Why is this good for your emotional health & wellbeing?

What we eat can affect the way we feel. Eating healthier can improve your mood, give you more energy and help you think more clearly. And sitting down and eating together helps us to connect with others.

Why not search for step-by-step cooking videos on YouTube?



Day 29 challenge

GIVE YOURSELF A MIRROR
PEP-TALK - TELL YOURSELF 3
POSITIVE THINGS YOU LIKE
ABOUT YOU!



Try telling yourself...
**I am strong,
I can do this,
I am pretty,
I deserve to be
happy,
I deserve to eat,
I will survive this.**

Why is this good for your emotional health & wellbeing?

We often put ourselves down by comparing ourselves to others – our friends and celebrities. If you have low self-esteem, focusing your mind on the things that you like about yourself helps you to learn to love who you are. Remember being unique makes us special, and no one is perfect.

CHECK OUT YOUNGMINDS
'BELIEVE IN YOURSELF' ADVICE PAGE:
YOUNGMINDS.ORG.UK

Day 30 final challenge



Congratulations!

Well done if you managed to do all 30 of the What's Up Challenges. Don't worry if you didn't, the main thing is you gave them a go. We hope the challenges have helped you to feel more positive about yourself and how you can look after your emotional health.

USEFUL EMOTIONAL WELLBEING WEBSITES:

Healthwatchesuffolk.co.uk

Kooth.com

Moodwise.co.uk

Onelifesuffolk.co.uk

4yp.org.uk

Suffolklibraries.co.uk/health

Suffolkmind.org.uk

Suffolksaysthanks.com

Suffolk-sobs.org.uk

Thesource.me.uk/wellbeing

Wellbeingnands.co.uk

Bullying.co.uk

Childline.org.uk

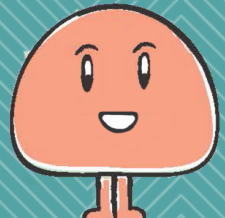
NHS.uk (Moodzone section)

Onmymind.org.uk

Rcpsych.ac.uk

Thecalmzone.net

Youngminds.org.uk



WHAT'S UP?

Where can I find free and confidential emotional wellbeing support?



DIRECTORY OF CONTACTS



Suffolk Children and Young People's Emotional Wellbeing Hub

0345 600 2090 (Monday to Friday, 8am - 7.30pm) [Thesource.me.uk/hub](https://thesource.me.uk/hub)

Covers East and West Suffolk. If you live in Waveney or Lowestoft, please contact the Point-1 Service instead on 0800 977 4077.

Contact if... You're concerned about your emotional health.

Suffolk Wellbeing Service 0300 123 1503 (Monday to Friday, 8am - 8pm)

[Wellbeingnands.co.uk](https://wellbeingnands.co.uk)

Contact if... You're feeling overwhelmed? Low? Stressed? Anxious?

Suffolk Young People's Health Project (4YP) 01473 252607 (Monday - Friday, 10am - 5pm) 4yp.org.uk

Contact if... You need advice, guidance and practical support to improve your social, emotional, and physical health and wellbeing.

ChatHealth - Text your school nurse on **07507 333356** (Monday - Friday, 9am - 4.30pm)

Contact if... You need confidential help and advice about all kinds of health issues.

Kooth - Online emotional wellbeing service for 11-25 year olds in Suffolk.

Contact if... You need self-help advice or to talk to a friendly counsellor about anything that's worrying you. [Kooth.com](https://kooth.com)

Who to contact in a mental health crisis:

If it is a life threatening emergency call 999

NHS 111 (If not life-threatening)

The Samaritans - Call **116 123** (available 24/7) Email: jo@samaritans.org.

Hopelink (Papyrus) - Call **0800 068 41 41** (Monday to Friday, 10am - 10pm, weekends 2pm - 10pm) Email pat@papyrus-org.uk

YoungMinds Crisis Textline - Text **85258** (available 24/7)

CALM (Campaign Against Living Miserably) - Call **0800 58 58 58**

(7 days a week, 5pm - midnight) For boys and men who are down, have hit a wall for any reason, and need to talk.

Childline - Call **0800 1111** (available 24/7)



WHAT'S UP?

We asked young people...

- What could schools/colleges do to promote emotional wellbeing?
- What keeps you and your friends emotionally well?

- Assemblies about Mental Health

- Dedicated area for each year group to talk to each other

- Quiet space for break times

- Text a specific number - safeguarding/pastoral team

- Reinforce with students the importance of speaking up when they are worried.

- Safeguarding button on computer to log a concern about themselves or someone they are worried about.

What could we try in our school/college?



- Plan time to just chill

- Particular support over exam period - coping with stress and supporting pupils with worries and concerns

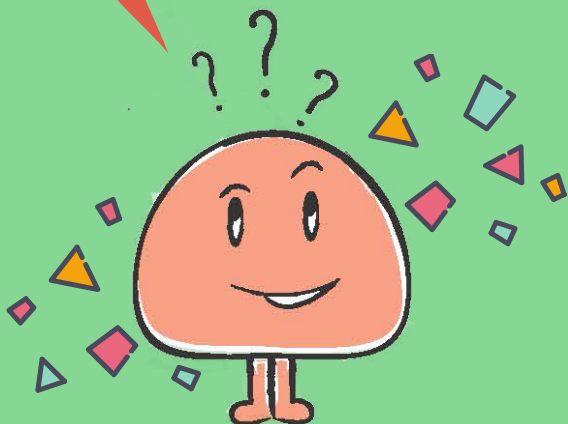
- peer support

- Mental Health First Aid training for students & staff
- Facilitate yoga enrichment

- Sympathetic, kind and trained members of staff

- Train year 9 and 10 as Transitions Ambassadors

What keeps you and your friends emotionally well?



- Family & Friends - seeing and talking to them
- Eating food, ice cream, Wotsits
- Watching TV, movies, playing games and listening to music
- Hanging out, talking and having a joke
- Speak about your problems
- Give advice/seek help and support
- Let them know you are there
- Keep in touch with people
- Supporting each other
- Supportive, understanding teachers
- Not leaving people out
- Stay with them.

We asked young people...

What makes an ideal worker?

The ideal worker should be someone who...



Doesn't expect
too much from
you

Has good
signposting skills

Understands that
not one size fits all

Respects your
individuality

Goes the extra
mile or even cm!

Is non-
judgemental &
takes you seriously

Is able to give appropriate
and sensitive responses

Tries to understand
your behaviour and
doesn't assume
young people are
just being naughty

Has knowledge of
conditions and services

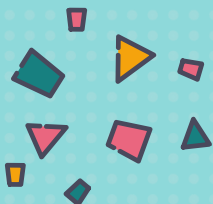
Doesn't cut you off or
make assumptions

Praises achievement
and gives positive
feedback

Gives you space when
you need it

Doesn't give labels like
attention seeking

Is able to recognise signs
of emotional and mental
health problems



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30 day
WHAT'S UP CHALLENGE



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