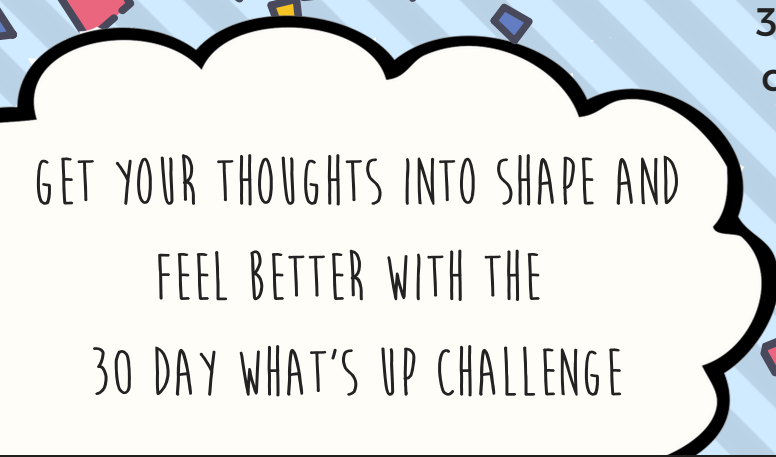




WHAT'S UP?



FEELING MEH? :(



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



30 day
WHAT'S UP CHALLENGE

30 things young people
can do to support their
emotional wellbeing

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

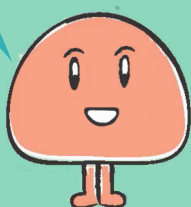
What is the 30 Day What's Up Challenge?

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 to help you feel more positive about yourself and everyday life!

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



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:

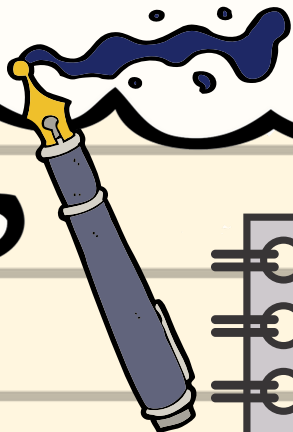
[Thesource.me.uk/whatsup](https://thesource.me.uk/whatsup)



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.



WHEN WORKING TOWARDS A GOAL, IT'S NOT ABOUT WHETHER YOU SCORE, IT'S WHETHER YOU GAVE IT YOUR BEST SHOT!

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](https://www.suffolkwildlifetrust.org)

Day 4 challenge

Why is this good for your emotional health & wellbeing?

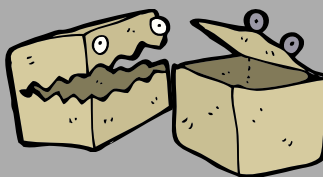
It's good to be open about how we're feeling and not keep things bottled up.

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?



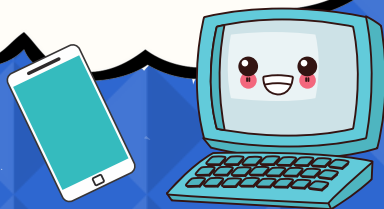
Everyone has good and bad days. No one
can be perfectly happy all the time.

Get online support.
Visit: [Kooth.com](https://www.kooth.com)

kooth

Day 5 challenge

AVOID SOCIAL MEDIA
FOR 24 HOURS



Take a break from social media

Social media can make you feel lonely as it looks like everyone else is having an amazing time and have it all. But that doesn't mean they do. Remember social media only tends to capture the best bits of our lives, the bits that we want people to see. So don't give yourself a hard time comparing yourself to others on social media.

Why is this good for your emotional health & wellbeing?

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

Also the images and stories that we see on social media could be fake and not true to real life.



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

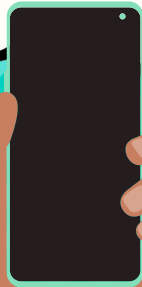


Try downloading some free colouring-in pictures online that you can print off.

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?

Checking on how your friends are doing, helps us to stay connected and to support each other during worrying 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).

Tips for talking about things:



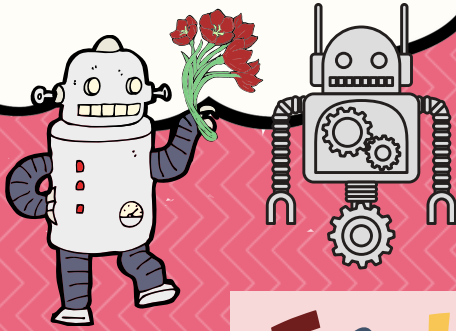
1. Pick a good time to check in on each other when neither of you are busy or distracted.
2. Go somewhere quiet to talk.
3. Ask how they are feeling and what's worrying them or you.
4. Be clear about what you can do to help each other out.
5. If you don't want them to share what you've told them, say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

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

For tips on how to support a friend, visit: [Youngminds.org.uk](https://www.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.

**Thank
you!**

Note down the things you are grateful for today or this week!

Day 9 challenge

TRY TEACHING YOURSELF A
NEW SKILL!



Go online and learn how to do something new! Here's some ideas:

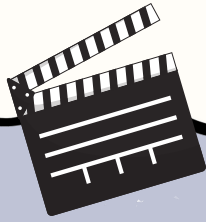
- Learn to read music
- Learn a new football skill
- Learn a new language
- Learn to draw anime (Japanese cartoons)
- Learn a dance move
- Learn to juggle
- Learn a craft

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 that we can connect with.

Day 10 challenge

WATCH A "FEEL-GOOD" MOVIE



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

Some of our favourite "feel-good" movies:

"Big Hero 6"

"Spirited Away"

"Inside Out"

"The Lion King"

"Moana"

"Mary Poppins"

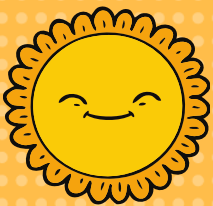
"Goonies"

"Sing"

"The Greatest Showman"

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 dream world where anything is possible, and this can leave you feeling inspired.



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.

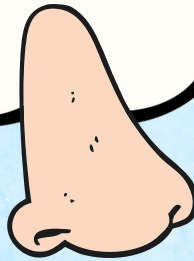
SMILE AT EVERYONE YOU SEE ON YOUR WAY TO SCHOOL/COLLEGE/WORK AND COUNT HOW MANY SMILES YOU GET BACK!



Day 12 challenge



WORK THOSE LUNGS - DO SOME
BREATHING EXERCISES



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!

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.

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

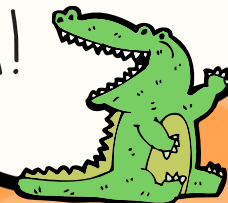


Why is this good for your emotional health & wellbeing?

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

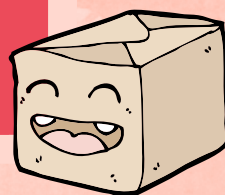
You can include:

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.



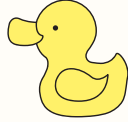
These websites have tips on how to look after yourself:

youngminds.org.uk

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

Day 15 challenge

HAVE A WARM BATH OR
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.



For the best uplifting shower:
Find our shower sing-along playlist at:
[Thesource.me.uk/whatsup](https://thesource.me.uk/whatsup)

For the best relaxing bath ever:

Use the softest towels you have.

Add a tablespoon of sugar or honey to the water (sugar is a natural exfoliant and honey moisturises the skin)

Have loads of bubbles. Dim the lights or add some candles.

Try bath salts. Put cucumber slices over your eyelids.

Day 16 challenge



SHARE SOMETHING THAT
IS AWE-INSPIRING



SOMETHING THAT YOU THINK IS AMAZING
- A PLACE, SPACE, SEA LIFE, 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 and amazement that we get from something, like - nature, music, art, helps us to feel inspired and to appreciate the wonders of the world that we live in.

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




DANCE LIKE NOBODY IS
WATCHING ON YOUR WAY TO
SCHOOL/COLLEGE/WORK

WHY NOT PUT A MORNING
PLAYLIST TOGETHER WITH
YOUR FRIENDS & FAMILY
FOR A GOOD START TO
YOUR DAY. 

Why is this good for your emotional health & wellbeing?

Dancing can improve your day! Waking up and dancing while getting ready for work, school or college can help you feel more energised for the day ahead, and put you in a good mood.

Day 19 challenge



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

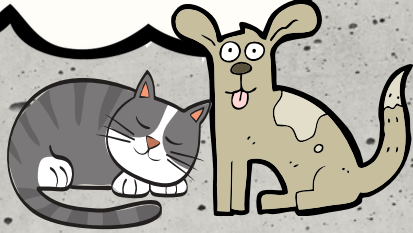
Why is this good for your emotional health & wellbeing?

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



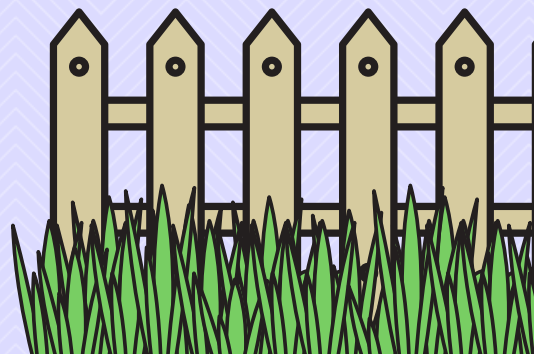
Do things differently, like:

- Take a different route to school or work
- Eat something different
- Sit somewhere different
- 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 KARAOKE NIGHT
WITH FAMILY OR FRIENDS 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 releases 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

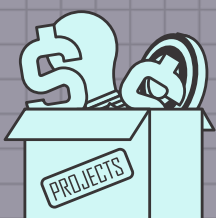
(DON'T BE AFRAID TO ASK FOR HELP
TO GET IT STARTED)

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!

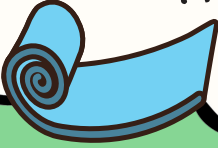
Why is this good for your emotional health & wellbeing?

Some projects and tasks can be off putting to do if they seem dull or difficult! But as we get older we have to face more tricky tasks or problems. A small problem can become a big problem if left. Doing a challenging task will help you to develop your problem-solving skills, and you will feel proud of what you have achieved.



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 you to cope and stay positive when you are going through difficult times.

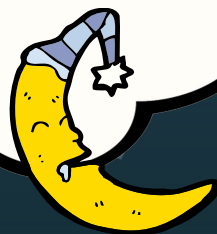
*What
makes you
happy?*

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.

GET A GOOD NIGHTS
SLEEP



Not sleeping well? Check out...

- ★ The Source website - thesource.me.uk/sleep
- ★ The Sleep Charity - thesleepcharity.org.uk
- ★ The Mix - themix.org.uk
- ★ Anna Freud On My Mind - annafreud.org
- ★ National Sleep Helpline - 03303 530 541

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 not search for step-by-step video recipes on YouTube, Tik-Tok, or Instagram.



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.

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 am brilliant, just as I am.

Why is this good for your emotional health & wellbeing?

We often put ourselves down by comparing ourselves to others – our friends and celebrities.

By focusing on the things that we like about ourselves, and our bodies this helps us to love who we are and improve our confidence. Remember being unique makes us special, and no one is perfect.

I AM MORE THAN HOW
MY BODY LOOKS.

Day 30 final challenge



LOOK BACK ON ALL OF THE CHALLENGES AND PICK ONE THAT YOU ARE MOST PROUD OF!



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 you have found things you can do to look after your emotional wellbeing.

Where can I find free and confidential emotional wellbeing support?

USEFUL CONTACTS:

Emotional Wellbeing Hub 0345 600 2090 & press option 3

If you live in East and West Suffolk. [Thesource.me.uk/hub](https://thesource.me.uk/hub)

Just One Norfolk 0300 300 0123

If you live in Waveney or Lowestoft, [Justonenorfolk.nhs.uk](https://justonenorfolk.nhs.uk)

Contact if... You would like to access NHS emotional wellbeing support services.

ChatHealth - Text your school nurse on 07507 333356

Contact if... You need confidential advice about health issues.

Kooth - Online wellbeing service for 11-25 year olds. [Kooth.com](https://kooth.com)

Contact if... You need self-help advice or would like to talk to someone anonymously, about anything.

Suffolk Wellbeing Service 0300 123 1503 [Wellbeingnands.co.uk](https://wellbeingnands.co.uk)

Contact if... You're 18+ and feeling low, stressed, or anxious.

USEFUL WEBSITES:

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

[Kooth.com](https://kooth.com)

[Onelifesuffolk.co.uk](https://onelifesuffolk.co.uk)

4yp.org.uk

[Themix.org.uk](https://themix.org.uk)

[Suffolklibraries.co.uk/health](https://suffolklibraries.co.uk/health)

[Suffolkmind.org.uk](https://suffolkmind.org.uk)

[Youngminds.org.uk](https://youngminds.org.uk)

[Samaritans.org](https://samaritans.org)

[Childline.org.uk](https://childline.org.uk)

[Onmymind.org.uk](https://onmymind.org.uk)

[Thecalmzone.net](https://thecalmzone.net) (for men & boys)

[Papyrus-uk.org](https://papyrus-uk.org) (Hopeline)

Crisis Support:

NHS Mental Health Crisis Support Line. Call 111 & press option 2

For anyone of any age in Norfolk and Suffolk who need urgent support.

YoungMinds SHOUT Textline. Text 85258 (24/7 support) Youngminds.org.uk

If it's a life threatening emergency call 999





@THESOURCEWEBSITE

#WHATSUPSUFFOLK

30 day
WHAT'S UP CHALLENGE



SCAN ME

Issue 3. March 2023

For copies email: thesource@suffolk.gov.uk

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