

TAKE 5!

Five Simple Ways to Better
Mental Health and Wellbeing

Written for and by LGBTU
Young People




allsorts
youth project

TAKE 5!

Take 5! Is a fun and interactive mini-guide based around the 5 Ways to Wellbeing, designed by LGBTU young people who attend *Open Minds*, a monthly mental health and wellbeing group at All-sorts Youth Project in Brighton.

Katie, Sol, Kristen, Joe, Natalie, Craig, Reuben and James wanted to create a booklet to show other LGBTU young people how they can better manage their mental health and improve their wellbeing by making small, super simple changes to their everyday lives through the '5 Ways', just like they did!

Each of them has their own page where they've written about the '5 Ways' that help them the most. They also wanted to tell you a bit about themselves too to show you that it's their interests, passions, hobbies, likes and loves that make them who they are, not their mental health or diagnosis.

Open Minds



Mental Health and Wellbeing Group

So, what are the 5 Ways to Wellbeing?

Loads of evidence suggests that there are 5 simple steps you can take to boost your mood and help you feel happier and more positive. They are...

1. Connect...

With the people around you. With mates, family, colleagues and neighbours. At home, school, college, work or a youth group. Building strong relationships with a variety of people in your life can increase your self-worth and make you feel happier.

2. Be Active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

3. Take Notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

4. Keep Learning...

Try something new. Be curious. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you enjoy achieving. Learning new things will make you more confident as well as being fun.

5. Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Give someone a compliment. Look out, as well as in. Seeing yourself, and your happiness, as linked to the wider community can be really rewarding and creates connections with the people around you.



I am...

an actor, an animal rights activist, a Fall Out Boy fan, a South African, an avid cartoon watcher, an introvert, a certified huskie, a feminist, and I currently identify as a pan demisexual grey-romantic person unsure about gender.

I also have depression and anxiety.

Connect: I try to connect with my friends when I'm feeling down because it gives me something to think about.

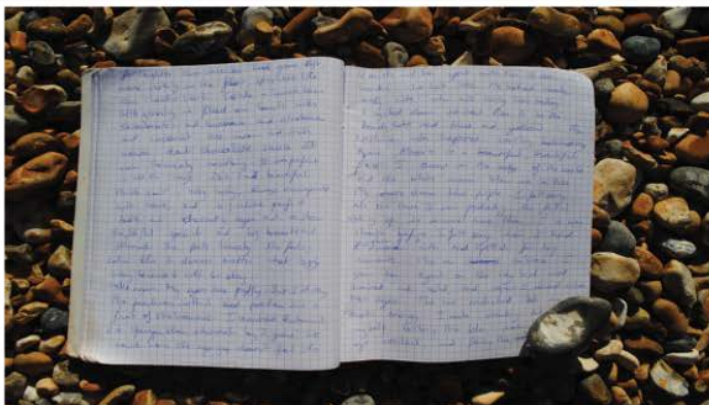
Take notice: However, sometimes it's nice to be alone and notice new things - I like to take bus rides or walk around somewhere new.

Keep learning: I find that drawing or playing instruments helps to let out emotions and gives you the satisfaction of looking at or hearing what you've made.



Sol's Page

I am..a writer, a student, an artist, a friend, a dreamer, a listener, a vegan, a book lover, a bike rider. I am curious and honest and creative and hungry. I have also experienced depression and still experience anxiety.



Katie's Page



I am.. A Student, a Health Care Assistant, an animal lover, a volunteer, and a blackbelt in Taekwon-do! I enjoy art and going to guinea pig shows. I am unsure of my sexuality and Gender Identity. I also have Post Traumatic Stress Disorder and Emotionally Unstable Personality disorder.

The 5 ways to wellbeing that I use are....

connect...I go and meet my friend Kirrie once a week for a coffee and a chat. This helps me because she understands me and also I feel as though I have helped her aswell.

Be Active..I go to Taekwon-do once a week to train. This helps me because I feel as though I have achieved something and I get to connect with my friends who also go to the sessions.

Take Notice...I do art and poetry when I am feeling down. This helps me because i can get my feelings down on paper.

Keep Learning... I am a full time student and I will be going on to study psychology.

Give.... I volunteer in my free time at a playgroup. This helps me as I feel that I am helping others.

Write or draw something that helps you feel better when you're *down*...

Write or draw something that helps you feel better when you're *anxious*...

Natalie's Page

I am...a music lover, an animal lover and I have four cats that are like my children! I am patient, caring, supportive and a good communicator. I am a sales assistant and enjoy merchandising. I am currently unsure of my sexuality. I also live with depression and anxiety, which I struggle with on a daily basis.

THESE ARE THE WAYS TO WELLBEING I USE THE MOST:

TAKE NOTICE: Looking at the sea helps my mental health because when I'm struggling, watching the rough sea gives me hope that if I ride the tide, things will be calm again for me, just like the sea.

CONNECT: Connecting with people at Allsorts helps my mental health the most as I know I have a safe space to talk to someone if I need to and lots of people have experience of mental health in different ways. I also connect with my good friend who I can talk to about everything and who I trust, which helps me cope day to day.

BE ACTIVE: I find keeping active by cycling and walking helps me manage my mental health. I listen to music at the same time and go into my own world which gives me time to reflect on how I'm feeling and find ways to deal with things better, rather than ignoring them or letting them get to me.

GIVE: Giving support to my friends helps by distracting my mind from what's going on. By helping them, I also learn different and new ways to help myself!

James's Page

I AM...non-binary, a son, a brother, a grandson, a father, an epileptic, a cat lover, a bat lover, a snake hater, a batman fan, a roller-derby player and fan, an AFC Wimbledon fan, an Arsenal fan, a Leeds Lions fan, a Coca-Cola lover, a Converse lover, a Burberry lover, a pool lover, a Tina Turner fan, a Freddie Mercury fan, an Elvis fan, a Cher fan, an ABBA fan, a Queen fan, a Stevie Wonder fan, a Lionel Richie fan, a Tom Jones fan, a Fleetwood Mac fan, a Showaddywaddy fan , a Notre-Dame fan and a fan of The Pretenders... I also experience depression.



The 5 ways that help me the most are:

CONNECT: Talking to friends and them listening to what I have to say helps me calm down. Talking with my dad helps a lot too. Things have changed a lot since he was diagnosed with depression — he understands where I am coming from more which means we have been able to talk easier.

Space for your thoughts...

Reuben's Page

I am.. an animal lover, chef, vegan, Bisexual and a trans man. I also have experiences of suicidal ideation, depression and stress.

My favourite activity to follow the 5 ways to wellbeing is **BEING ACTIVE** by walking my dog, Luna. I regularly go on dog walks with my partner or friends or chat to other dog walkers while we are out. The social space the walks provide helps me to create or maintain meaningful **CONNECTIONS** with people and Luna too! The extra exercise the walks provide helps me to **BE ACTIVE** and more motivated if I'm feeling low.



I don't find that mindfulness helps me that much with my anxiety or stress, but that **TAKING NOTICE** of nature really relaxes me. I like gardening too, so **LEARNING** about different plants or wildlife is always interesting. Knowing that our walks enrich Luna's life makes me feel that I'm **GIVING** or providing her with something positive, and going to a variety of places keeps it interesting for everyone!

Joseph's Page

I am British, I've got a British passport, I was born in London and I'm gay. My dad's Irish and my mum's from the East End. I am a coffee maker and a drinker. I've always been more interested in learning why people are fearful of Jaws and why Jaws was such a success than saying



Spielberg's my main influence. I also struggle with my mental health and have been diagnosed with depression and anxiety, which is worse when I feel isolated from others. I shouldn't really complain and beat myself up, I'm doing alright and my life's pretty good and through the five ways to wellbeing, I'm learning ways to improve my mental health and suffer from fewer mood swings.

These are the ways to wellbeing I use most:

CONNECT: It doesn't have to be hard-core, connecting with really good friends and chatting in the living room while it's all cosy, that's love.

STAY ACTIVE: I try by walking everywhere. This helps me to process my thoughts and ideas.

TAKE NOTICE: I take notice of how I'm feeling by writing and making art and this helps me learn to express myself better. I like to give back to people with my words and share my ambition to keep living through my art. I also take notice by listening to music as this helps improve my concentration and lift my mood.

CRAIG'S PAGE

I AM...a rock and pop music fan, an Apple fan and I love skinny jeans, handbags, going shopping with my mum and watching horror movies! I enjoy chilling out with my brothers and my brother's wife. I am a good team player and I like looking after my nieces and nephews and helping people out generally. I am half gypsy and identify as a gay male. I also experience issues with anger.



The 5 ways I use the most are:

GET ACTIVE: Sometimes I get angry and I take it out on my mum and dad so I go for a walk on the beach and this helps me to calm down instead.

CONNECT: I like sitting down and talking to people, especially my brother and his wife, that helps me a lot.

Connecting with and talking to my friends helps me keep going and improves my confidence.

How could you include the '5 Ways' in your life? Write down your own ideas...

1. Connect...

2. Be Active...

3. Take Notice...

4. Keep Learning...

5. Give...

SUPPORT SERVICES

Allsorts Youth Project

Brighton based youth project providing a range of support services for LGBTU young people. Includes an over 16's drop-in; over 16's trans and gender question group (Transformers); under 16's group (TAG); under 11's trans and gender questioning group; support for parents of trans and gender questioning children and young people; 1-2-1 support and youth volunteering opportunities.

www.allsortsyouth.org.uk

Young People's Centre

Provide free counselling (both face-to-face and online) to young people between 13 and 25.

<http://youngpeoplescentre.org.uk/counselling>

Mindout LGBTQ Mental Health Project

Advice & information, advocacy, a peer support groups, wellbeing activities, peer mentoring service, and out of hours online chat.

www.mindout.org.uk

Right Here

Right Here Brighton and Hove is a project led by young people to promote the mental & emotional wellbeing of young people in Brighton and Hove through a range of free and low cost activities.

<http://right-here-brightonandhove.org.uk/>

ChildLine

Confidential service for children and young people under 19, where no problem is too big or too small.

www.childline.org.uk

Samaritans

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do. They are open for calls 24 hours a day, 7 days a week.

Call: 116 123 (free) or email: jo@samaritans.org

If you are having thoughts of suicide or are concerned about a friend, check out the **Stay Alive** app:

www.prevent-suicide.org.uk



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*Brighton and Hove
Clinical Commissioning Group*

