

Personal Development and Resilience for Young Adults



Serving You

**A BETTER
MEDWAY**
Easier ways to be healthy

Contents

Growing up is challenging and mindfulness can help us to manage feelings of anxiety, supports healthy personal development and build our self esteem.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. This book can help you can take steps to develop it in your own life.

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Positive Affirmations

There will be times when we feel sad, anxious or scared and experience negative thoughts – all these feelings are common. 😊

To help manage your emotions it is important to remember the positive things about yourself and your strengths.

When you practice positive affirmations, you are introducing new ideas to your brain and creating new neural connections. This is what helps to change your mindset from negative self-doubt to self esteem.

Use the words below to create some positive affirmations about you or choose your own.

If you need some help...think about how friends and family would describe you.



Remember to be kind to yourself and celebrate who you are!

Mindfulness Activities

Mindfulness is focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, living in the now and reducing living in the past or future. Being mindful helps you to manage emotions, improve your mood and relieves stress.

Try to practice some of these activities below to support your well-being and promote your happiness.

Clean or tidy your room

Make someone laugh

Listen to your favourite songs

Help a family member

*Get creative –
make or
draw something*

Give someone a compliment

Practice mindful breathing

Dance to your favourite music

*Get outdoors –
take a walk*

Clean a space in your room

Mindfulness Activities

The teenage brain is unique it is growing new connections and different parts are developing; that's why you may get tried, or can't make a decision, desire a reward or crave a thrill.

Chemical hormones are changing and can effect your mood. Those brain chemicals can be activated by following the appropriate activity below to help calm and reassure you and generally improve mood.

Happiness Chemicals and How to Hack Them

DOPAMINE

REWARD/MOTIVATION CHEMICAL

- Finishing a task
- Celebrating small wins
- Self Care Activities
- Exercise
- Listening to Music
- Gratitude



OXYTOCIN

LOVE /CONTENTMENT HORMONE

- Healthy Relationships
- Hugging Family
- Playing with a Dog
- Helping others
- Holding Hands
- Helping others



SEROTONIN

THE MOOD STABILIZER

- Meditating / Yoga
- Deep Breathing
- Running
- Sun Exposure
- Oatmeal/ Bananas



ENDORPHINS

THE PAIN KILLER

- Laughter / Dancing
- Dark Chocolate
- Meditation
- Vanilla or lavender essential oil



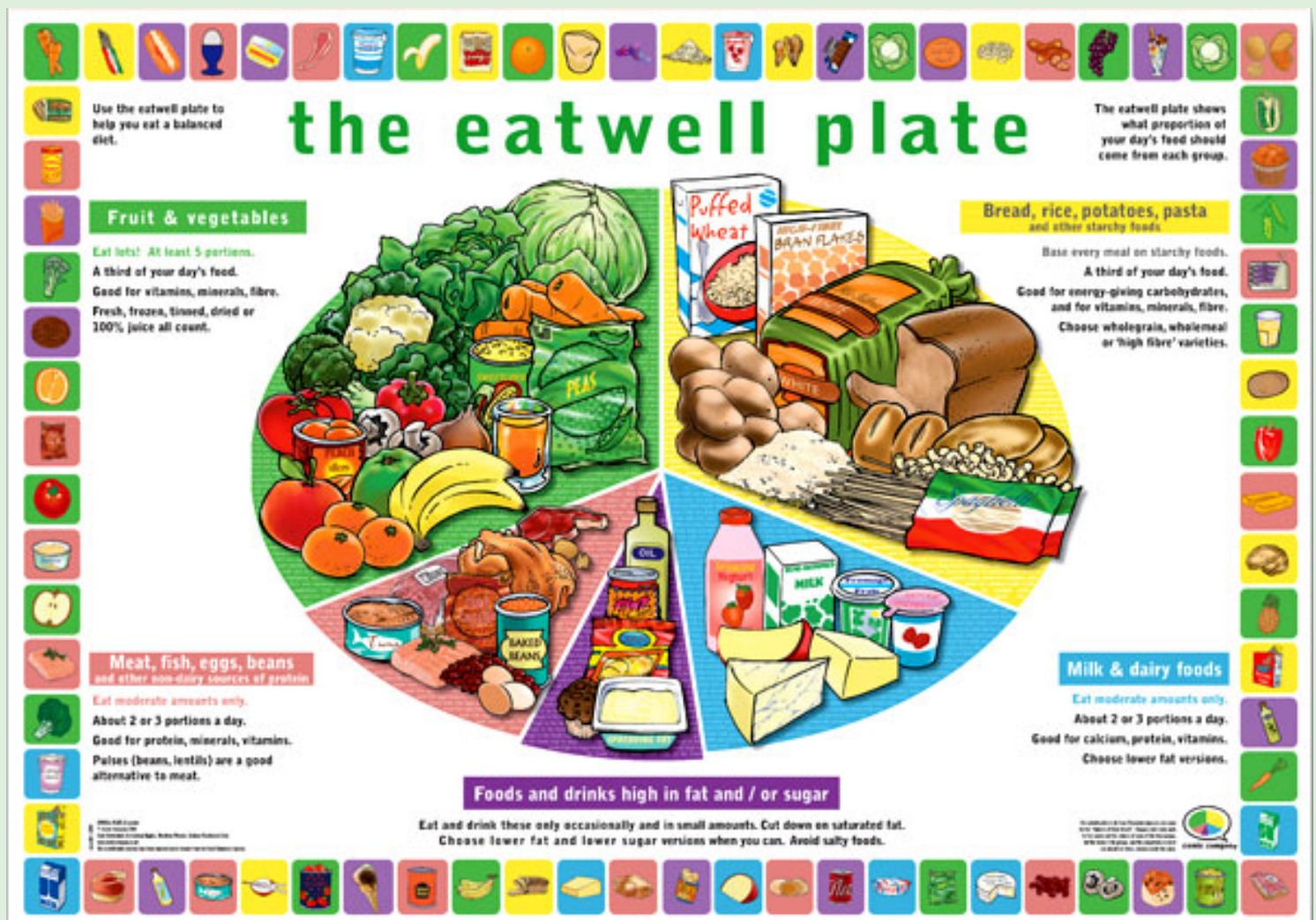
wishinguwelltoday

Eatwell plate

Drops in blood sugar affects our mood and attention span.
Too many refined and sugary foods contributes to low mood and anxiety as it uses up B vitamins and creates fluctuations in blood sugar.

Eating a balanced diet and regular meals will help concentration and regulate your mood.

Eating more fruits and vegetables and healthy carbohydrates and limiting high sugar foods and drinks will help regulate your mood, give you more energy and increase concentration.



We all have good and bad days; we all have foods we like more or like less. But is there a connection between feeling fine and the foods we have eaten? do some foods make us grumpy or tired?

If you don't eat a varied diet your body may lack essential vitamins and minerals it needs to function.

Try filling out the food and mood diary.

Time of day	Where I am eating	Who I am eating with	Feelings	Hunger on a scale of 0-10 (where 0 is not hungry and 10 is starving)	Feelings after eating	Feeling 1 hour after eating	Reflections
7pm	On the sofa	On my own.	Lonley and craving something sweet after dinner.	0	Usually wanting something else sweet.	Ok.	I am in the habit of eating a pudding every night.

Foods high in vitamin c such as red peppers; strawberries, broccoli can help to reduce the stress hormone cortisol in our bodies.

Warm milk can help to relax and the vitamins calcium and vitamin D help our muscles to relax and stabilises mood, calcium also can be found in salmon, broccoli and sunflower seeds.

There are some recipes on the next pages which you may like to try. (Please be aware of any allergies you may have)

Time of day	Where I am eating	Who I am eating with	Feelings	Hunger on a scale of 0-10 (where 0 is not hungry and 10 is starving)	Feelings after eating	Feeling 1 hour after eating	Reflections

Recipes

Courgette, spinach & parmesan muffins

Just the thing for a tasty savoury snack.

Serves: 10 adults

Preparation time: 15 mins

Cooking time: 25 mins

Ingredients:

250g plain flour

1 tbsp baking powder

1 egg

240ml 1% fat milk

70g low-fat spread melted

25g parmesan cheese finely grated

1 courgette coarsley grated

50g spinach cooked, cooled and chopped



What to do:

1. Preheat the oven to Gas Mark 5/190°C/fan oven 170°C. Place 10 muffin cases into a muffin tin.
2. Sift the flour and baking powder into a large mixing bowl. Break the egg into a jug and beat in the milk. Add the melted low fat spread and stir well.
3. Pour the egg mixture into the flour mixture. Using a metal spoon, stir until the ingredients are just combined, adding the courgette, spinach and cheese with the final stokes. You must not beat this mixture or stir it too much. It should be quite lumpy, but there should be no traces of dry flour.
4. Spoon the mixture into the muffin cases. Bake for 20-25 minutes until risen and golden. Serve while warm.

Tip 1: Always use proper cooks measuring spoons and level them off for accurate results.

Tip 2: The secret of successful muffins is to avoid over-mixing when adding the wet ingredients to the dry ones - just stir until combined.

Tip 3: You could use thawed frozen spinach if you wish.

Nutritional information:

Per adult portion (i.e. per muffin)

147kcal/615kJ

5.5g protein

21g carbohydrate of which 2g sugars

5g fat of which 2g saturates

1g fibre

231mg sodium equivalent to 0.5g salt



Carrot cake muffins

These light, tasty muffins are so delicious for an afternoon tea treat. They're great to pop one into a packed lunch box.

Serves: 8 adults

Preparation time: 15 mins

Cooking time: 30 mins

Ingredients:

200g plain flour
2 tsp baking powder
100g light muscovado or soft brown sugar
1 egg
1 tsp vanilla extract
1 tsp orange finely grated zest
100ml 1% fat milk
50g low-fat spread melted
3 carrots (or 250g) finely grated
50g sultanas
125g lower fat soft cheese
1 tsp orange finely grated zest

What to do:

1. Preheat the oven to Gas Mark 6/200°C/fan oven 180°C. Put 8 paper muffin cases into a muffin tin.
2. Put the flour and baking powder into a large mixing bowl. Stir in the sugar.
3. In a jug or bowl, beat together the egg, vanilla extract, orange zest, milk and melted reduced fat spread. Add to the dry ingredients with the grated carrots and raisins or sultanas and stir until just combined. Avoid over-mixing.
4. Share the mixture between the paper cases. Bake for 25-30 minutes until risen and golden. Cool on a wire rack.
5. Mix together the reduced fat soft cheese and orange zest. Spread an equal amount onto each muffin, then serve.

Tip 1: Always use proper cooks measuring spoons and level them off for accurate results.

Tip 2: The secret of successful muffins is to avoid over-mixing when adding the wet ingredients to the dry ones - just stir until combined.

Tip 3: Try using the mixture to make mini muffins. The quantity will make 24 and they will take 18-20 minutes to bake.



Carrot cake muffins

Nutritional information:

Per adult portion (i.e. per muffin)

220kcal/920kJ

7g protein

40g carbohydrate of which 21g sugars

5g fat of which 2g saturates

2g fibre

257mg sodium equivalent to 0.6g salt

suitable for freezing



Apple, apricot & sultana squares

The perfect treat with a cup of tea. And great for packed lunches and picnics too!

Serves: 16 adults

Preparation time: 15 mins

Cooking time: 20 mins

Ingredients:

100g low-fat spread

4 tbsp golden syrup

250g porridge oats

1 apple cored and chopped

50g ready-to-eat apricots chopped

50g sultanas

½ tsp ground mixed spice (optional)

1 egg beaten



What to do:

1. Preheat the oven to Gas Mark 4/180°C/ fan oven 160°C. Grease a 23cm (9inch) shallow square cake tin with a little reduced fat spread, then line the base with baking parchment or greaseproof paper

2. Melt the remaining reduced fat spread in a large saucepan with the golden syrup. Take care that the mixture doesn't get too hot.

3. Remove the pan from the heat and add the porridge oats, apple, apricots, sultanas or raisins and mixed spice (if using). Stir well, add the beaten egg and mix again.

4. Tip the mixture into the prepared tin and level the surface. Bake for 20-25 minutes until firm. Cool in the tin for about 20 minutes, then cut into 16 squares.

Tip 1: Store in an airtight tin, or pack in freezer wrap or a freezer box and freeze for up to 3 months.

Tip 2: If you like, melt the reduced fat spread and golden syrup in a large microwaveable bowl for 40-50 seconds on HIGH, then add the remaining ingredients as above.

Tip 3: Choose high fibre porridge oats to provide extra fibre in your diet.

Nutritional information:

Per adult portion (i.e. ¼ recipe)

121kcal/506kJ

2.5g protein

19g carbohydrate of which 9g sugars

2.5g fat of which 1.2g saturates

1.5g fibre

50mg sodium equivalent to 0.1g salt

suitable for freezing



Exercise

Exercise helps us to maintain a healthy weight; improves our strength and coordination; boosts self esteem; sleep; concentration, and reduces stress and low mood by reducing the stress hormones cortisol in our brains

Are you getting enough?

Physical activity for children and young people (5–18 Years)



Be physically active



Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

Use the activity diary to track how active you are everyday

	Morning	Afternoon	Evening
Example	20 minute walk to school	played football in the park	walked the dog, mowed the lawn
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Are you concerned about your weight?

We run programmes for young people above a healthy weight. We don't focus on weight but healthy living and will give you the information to make your own healthy lifestyle changes.

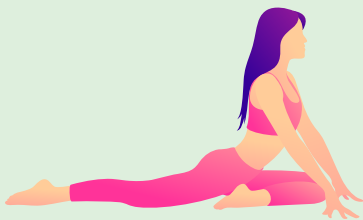
FitFix 13-17 year olds and TriClub 8-12 year olds

Each week you will learn about a healthy lifestyle topic around healthy eating, keeping active and wellbeing as well as setting personalised goals that work for you. You will also get involved in activity sessions including games, movement and sports.

On successfully completing the course you will receive a fitness tracker and a years membership to Medway Park's exclusive youth gym for 8 to 15 year olds and sessional gym slots for 14+ at Strood Sports Centre and Hoo Sports Centre.

Link to ABM page

https://www.medway.gov.uk/info/200230/family_weight_management/609/tri_for_you



QR code for self-referrals

Scan me



Booking on to a Tri for you or FitFix session

Scan our QR code

Call 01634 333741

Email change4life@medway.gov.uk

@Triforyoumedway

Wordsearch

learning a new skill, cooking, doing a crossword, colouring, word searches, playing cards, learning a new language, give us a sense of achievement and builds self esteem.

learning new things can sometimes be challenging; but give it a go and persevere, you may discover a new talent or new friends or rediscover a lost ability.

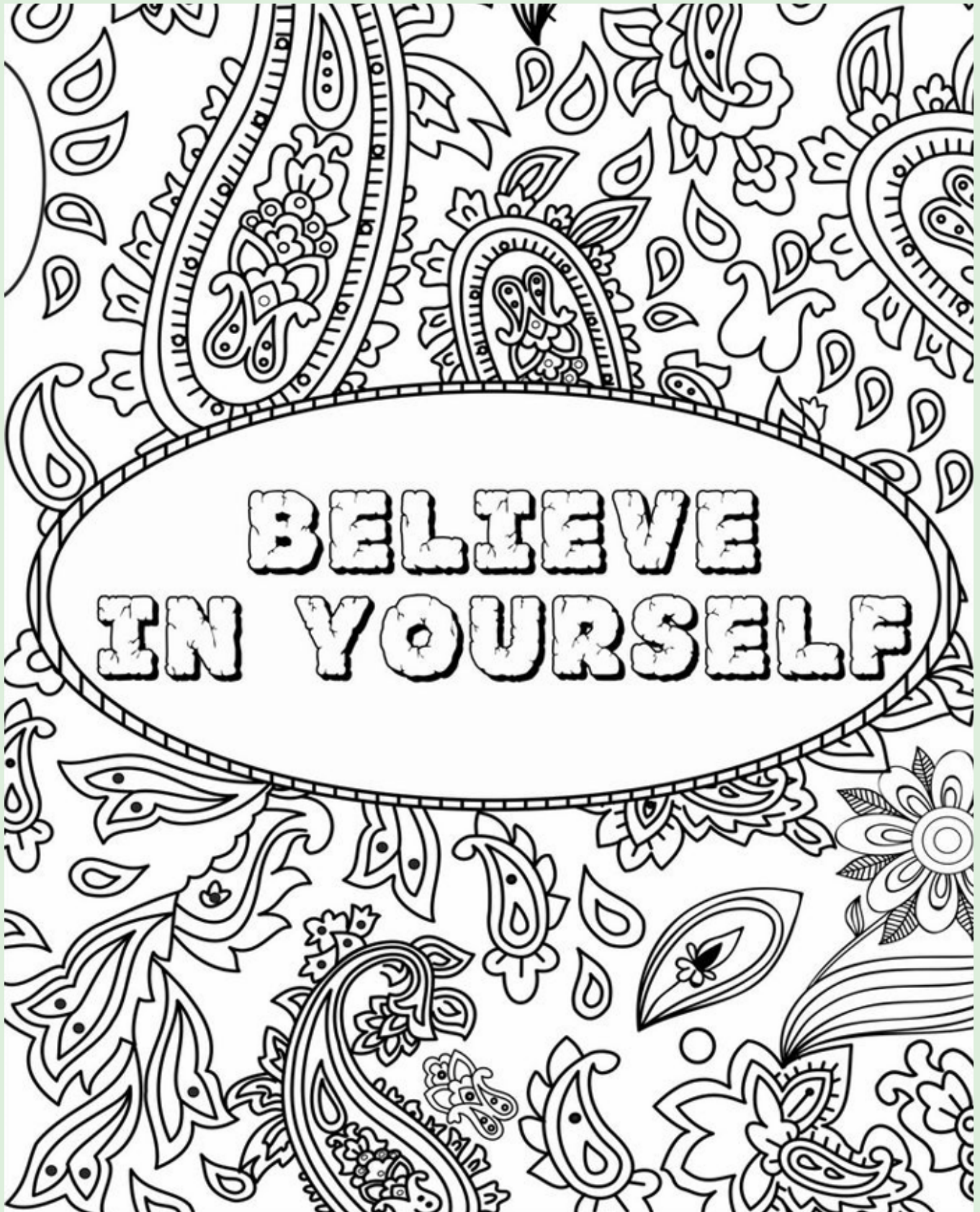
a	p	e	e	l	s	h	l	n	s	l	e	a	r	n	y	u	s
z	l	c	b	q	r	t	m	o	a	j	k	f	g	e	t	i	u
m	x	n	o	t	i	c	e	f	d	c	s	z	g	x	c	v	n
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u	e	j	z	y	z	m	a	f	g	h	t	s	h	a	r	e	a
g	u	p	t	o	a	a	s	a	a	d	y	u	i	b	v	c	d
h	v	z	f	k	o	l	o	m	d	c	b	n	m	k	q	y	e
i	a	q	d	g	h	x	c	i	w	q	a	s	x	c	z	o	g
f	q	s	j	w	t	y	c	l	o	p	h	o	n	e	s	t	y
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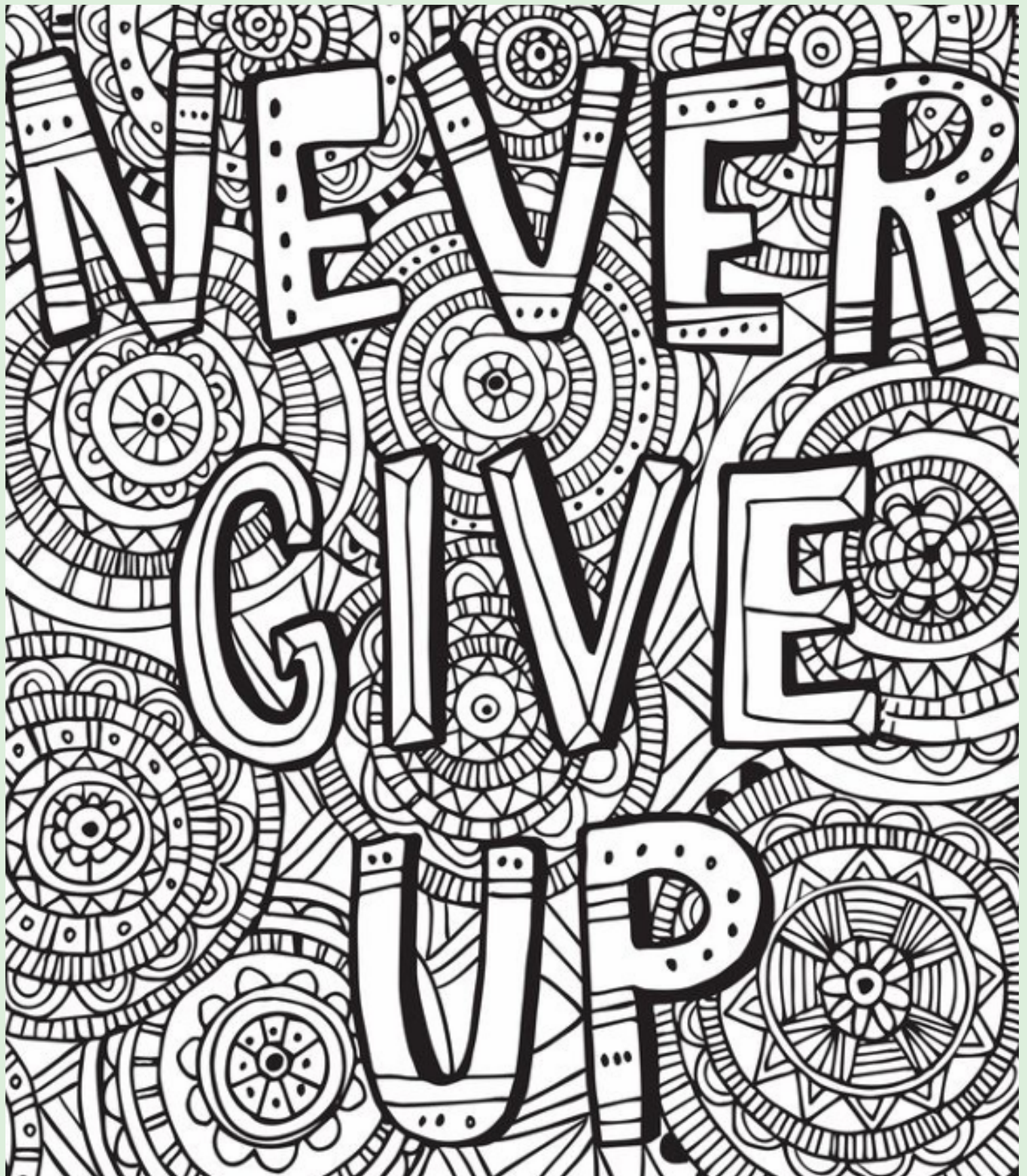
Mindful Word Search

- | | |
|------------|-------------|
| 1. Polite | 13. Connect |
| 2. Kind | 14. Share |
| 3. Happy | 15. Helpful |
| 4. Smile | 16. Sleep |
| 5. Listen | 17. Sing |
| 6. Joy | 18. Dance |
| 7. Trust | 19. Read |
| 8. Loyal | 20. Family |
| 9. Honesty | 21. Friends |
| 10. Laugh | 22. Sun |
| 11. Give | 23. Notice |
| 12. Learn | 24. Calm |
| | 25. Breathe |

Mindfulness colouring

Mindful colouring can help to reduce stress and anxiety it can induce the same state of mediating by reducing restless thoughts and nurture attention and focus.





Getting enough sleep?

Sleep plays a crucial role in tissue repair, hormone regulation, and overall health. Getting enough sleep boosts brain power, improves weight management, and reduces stress and inflammation.

It's recommended that teenagers get around 8 to 10 hours of sleep each night.

Try some of these to help get better sleep.

Be active during the day.

Putting away electronic devices for at least a half-hour before bed and keeping them on silent mode to avoid checking them during the night.

Creating a consistent pre-bed routine to help with relaxation.

Try relaxation and breathing techniques.

keep your bedroom cool, dark and quiet.

prepare for the next day.

Avoid energy drinks and caffeine especially in evening.

Write down any worries before bed.

Support

www.youngminds.org.uk

www.mind.org.uk

www.medway.gov.uk/youth

Kooth

Free, safe and anonymous support

<https://www.kooth.com/>

Cove

Clinically approved to help you self-manage your mental health using music therapy principles in an easy and enjoyable way.

<https://cove-app.com/>

AMPARO

A new specialist service in Kent and Medway for anyone who has been bereaved by a suicide.

<https://amparo.org.uk/our-locations/kent-medway/>

KMPT – Need Help?

Kent and Medway NHS and Social Care Partnership Trust (KMPT) signposts to a range of different services depending on your age, location and illness.

<https://www.kmpt.nhs.uk/need-help>

NHS- Medway Safe Haven

The Medway Safe Haven can offer face-to-face support and is available to anyone aged 16 and over.

https://www.medway.gov.uk/info/200231/mental_wellbeing/966/suicide_prevention/2#Medway%20Safe%20Haven

The Samaritans

The Samaritans helpline provides confidential, non-judgmental emotional support 24/7.

You can contact them by:

- Phone: 116 123
- Email: jo@samaritans.org.

<https://www.samaritans.org/>

Notes



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