



# Winter wellbeing toolkit

There is a lot of joy and happiness associated with the festive season, but for some it may not always be a positive time. The shorter days, colder temperatures and the pressures associated with this time of year can impact many people, adults and young people alike.

In this toolkit, we're sharing resources to help boost winter wellbeing – self-care activities for young people, advice to help them manage their wellbeing, and further sources of support for staff.

## Resources

### For pupils

#### [Seasonal self-care survival kit](#) – Anna Freud Centre

A leaflet for young people with links to different self-care strategies they can employ during the festive period.

#### [Tips for coping with seasonal affective disorder](#) – YoungMinds

A blog from a young person, sharing their experiences with seasonal affective disorder and what has helped them.

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## [My self-care plan: secondary](#) - Anna Freud Centre

This resource walks young people through a series of steps, helping them create a detailed self-care plan that works for them.

## [Young people's wellbeing guide for stressful situations](#) – Children's Society

A guide for young people, by young people, about coping with stressful situations and advice on how to manage them.

## [Self-care form time activities](#) - PSHE Association

A series of activities for Key Stage 3 and 4, introducing them to a range of self-care techniques. You could run these activities in the last week of term ahead of the break.

### For staff

Education Support is a charity supporting the mental health and wellbeing of teachers and education staff in schools and colleges. These resources may be useful for staff to refer to during the lead up to the Christmas break:

- [Saying no – advice for setting boundaries](#)
- [Breathing exercises for beating stress and creating calm](#)
- [Managing anxiety](#)

If you need more direct support, you can call the Education Support helpline on 08000 562 561.



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