

HEALTH AND WELLBEING

A CREATIVE GUIDE TO HELP

**Community
Curated**



Youth Led Edition



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Hi,

We've created a **wellbeing** pack to help **occupy** your time and provide you with some **tools** and **resources** to support you during this uncertain period.

We know this has been an incredibly difficult and turbulent time and we **understand** that this everchanging situation can be anxiety provoking. Please continue to take the **steps** that you need to stay **healthy, safe** and to look after your **well-being**.

This pack has been created by some of the wonderful **Young People** that **The Prince's Trust** have worked with. It includes information, tips and activities based around lots of different areas, so there's something for **everyone!** All the **authors** have taken part in one of our courses and have written about that theme or something that they are **passionate** about.

Please look at the **government guidance** on how we can all work **together** during this time to help support the NHS and keep yourselves and your families safe. For the latest advice please take a look at the **NHS** and **Government websites**.

If you have any questions or feel like you need to speak to someone, remember we're only a **phone call** away!

Stay **safe** and **look after** yourselves 😊

Best wishes,
The Prince's Trust



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Meditation

Meditation is a form of **mindfulness** that many people use to **centre** themselves and for **calmness**. It can help with many psychological disorders such as depression, anxiety and stress. It also has other **benefits**, such as:

- Improving **breathing** quality
- **Slows** down thinking processes which increases **focus** and **attention**

How to do it :

There are different ways of meditating and some focus on bodily sensations however I would like to focus on **breathing** meditation.

The **steps** are as follows:

1. Getting into the **right position**:
 - If you're in a chair make sure your body's **upright** and **straight**
 - Legs can be crossed or in front of you
 - Hands can rest on legs
 - The way you sit is **important**- standing, sitting or lying down is ideal
2. Noticing your **breathing**
 - **Inhale** (breathe in) for 8 seconds
 - **Exhale** (breathe out) for 8 seconds
 - Focus on the **breath** and how it feels throughout your body
 - Do this repeatedly for 15 minutes (but you can do this for a length of time that suits you)
3. Notice **thoughts** and **emotions**
 - Try returning to focus on the breath when the mind wanders off

Recommended link:

- Click [here](#) to listen to some guided meditation.

Some **other** ways to help **create** a sense of **calmness** :

- **Drawing/colouring**: for me personally it gives my hands something to do and distracts my mind with a different task
- **Music**: music can be very relaxing depending on what type of music you choose



Mindsets

Growth Mindset

'Love challenges, be intrigued by mistakes, enjoy effort and keep on learning'
Carol Dweck

A growth mindset begins with the belief that it can be developed. It's a consequence of thinking that your intelligence or personality is something you can develop rather than something that is fixed.

Whereas a fixed mindset is the belief that your intelligence and personality are carved in stone and cannot be changed (As defined by Carol Dweck in 'Mindset, changing the way you think to fulfill your potential').

Here is an exercise for developing fixed mindset statements into growth mindset statements:

Fixed Mindset	Growth Mindset
I can't get this job i'm not good enough	I see my failures as stepping stones towards success
I'm no good at Mathematics	Mathematics has just been challenging for me
I'm a failure	I can get the job, I can learn the skills required
Exercise	To Fill (...)
Other people's success gets me down	
I know everything I need to know	
I can't get opportunities	
I want to improve but I can't	



The POWER OF YET!

On the **Explore** course the word **YET** was discussed. Yet is holding the **belief** that something is **possible** and what you want to do, but it'll still take time to learn and practise. BUT it's **achievable**, a direction of travel! It might change the **feelings** of disappointment we feel from "no" and **turn** it to more **hopeful** feelings of anticipation and thinking not yet. Have a **think** about some things you might say not yet about? For example- Can you run 5K? **Not yet**.

Mindset around exercise

Exercise, whether it's a brisk walk, a run, a cycle, a gym routine or anything to get the blood pumping is a **big boost** to **wellbeing**. A word I love which changed my way of thinking is '**eustress**' which is... "a positive form of stress having a beneficial effect on health, motivation, performance, and emotional well-being." Good + Stress?! That's what **exercise** can be, but also it doesn't need to be punishment. Here are some tips:

- **Showing up** is what counts and keeping that **habit** going gives you the opportunity to push harder.
- **Fitness** apps - they can be motivating but if you get home and feel disappointed remember the ultimate **success** is that you did something and that should be **celebrated!**

People change best by feeling good, not by feeling bad, so when you finish you could literally give yourself a **pat** on the **back**.

- Write a **journal** about how you feel after the exercise. It seems easier to notice what goes wrong instead of what goes right unless you focus on it.
- Go to the local **park** where they have outdoor **machines** and can give it a try!
- **Listen** to funny podcasts/music and watch the world go by!
- **Couch to 5k** (really recommend their post run stretch video) available on :
- **Google** / **Apple** app stores and **Youtube**



Health & Fitness

So everyone knows that exercise **improves** your physical health by lowering blood pressure, controlling your weight and increasing your energy. There are also so many **psychological** health **benefits**, for example, exercise helps with anxiety by reducing stress, tension and improves your **mental health** by releasing good chemicals like **endorphins** and **serotonin** in your brain.

Wellbeing and lifestyle

Exercise can help you with the way you experience life by:

- Giving you a **better** view of yourself
- **Improve** your attitude towards yourself and life in general
- Increase your **autonomy**
- Exercise can allow you to **grow** as a person
- Improve your **relationships** with others
- **Increase** your confidence, attention and decision making
- Offer you a sense of **control** in difficult situations



Healthy eating

A big part of being **successful** in achieving your exercise goals and improving your overall **physical** and **mental** health is your eating habits. Making the **right choices** when it comes to what you eat is difficult due to how easy and accessible take-aways and junk food are nowadays. However, eating **healthier** is a choice you can make, not necessarily to cut out junk food but to **reduce** your weekly intake of **foods** that are not good for you and **replace** them with **healthier** options. Removing something from your diet completely just encourages failure as that becomes something you want desperately. Which is why so many diets fail. But if you **allow** yourself to have something you **enjoy** once or twice a week your less likely to binge eat it when you have a bad day.

Tips:

- Create your **favourite** meals from scratch, this is much **healthier** as it allows you to know what ingredients you use and limits your use of **“bad”** ingredients and allows you to **create** meals that you enjoy.
- Having a **'balanced'** diet, meaning you don't need to cut food groups out but eat them in moderation (unless you have a medical condition).
- Make sure to drink plenty of **water** especially when exercising to reduce the risk of dehydration.

Self-care

Have a **self-care** checklist that includes all of the things that you enjoy and make you feel **happy** and **calm**. Things like a bubble **bath** or **shower**, cuddling on the **sofa** with a hot chocolate, **reading** a good book or **listening** to your favourite song.

Exercising

It is suggested that you should spend at least **2.5 hours** a week on exercise that gets your **heart-rate** going. If you **break that down** it's about **20 minutes** of exercise, **5 days** a week. While this can be disheartening, if you're someone who struggles with exercise, it can be hard to find the will to start working out. Often the **motivation** comes from small actions creating a feeling of **accomplishment** which **encourages** you to keep continuing.

My suggestions on how you can **improve** your exercise to succeed in your goals in life are:

- Making a **set time** to exercise daily so that you build a **routine** makes it easier for you to get into **good** exercise **habits**.
- Set apart **10 minutes** each day to exercise and after that you can see if you still feel like **exercising**, but if not you still have the feeling of having tried and this will **help** you get into good practices.
- Choose practical, achievable **goals** because it's important to be **realistic**. If not you will fail and that will discourage you from continuing
- Also choosing goals that will help you **achieve** the results you need in the **best** and **healthiest** way.
- Start slowly, don't push too hard and choose exercise that are on your skill level.
- Do **easier** exercises such as **walking** and **climbing** stairs and generally not sitting for as long.



Workout

Here are some **exercises** that you can easily do at home:

Warm-Up/Pulse raiser

It's very important to do a **warm-up** before exercise. Here are some ideas:

- **Marching** on the spot for **3 minutes**
- After **30 seconds** start **speed** marching on the spot
- **10** star-jumps
- **10** squats/squat jumps if you can
- Followed by gentle **stretching**

Work out mode- Jogging

It's important to get some **fresh air** and **jogging** is a great way to do that. It can be tough and an intensive **exercise** to do, so if you don't warm up for this it could cause some serious muscle injuries. Set yourself a **challenge** whilst you go for your jog. As a **beginner**, these are the best things to do:

- Do **not** set a high target
- Try to **walk** for a bit then run again if you're getting tired
- Maybe set yourself a **5 minute** challenge
- Do **not** over run yourself

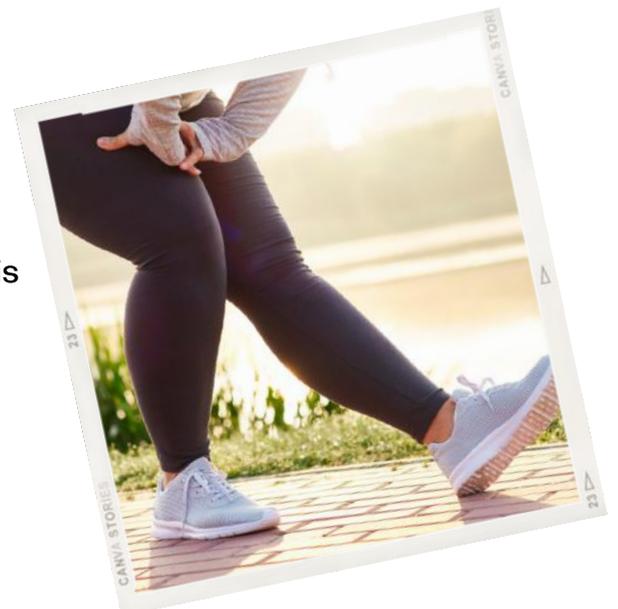
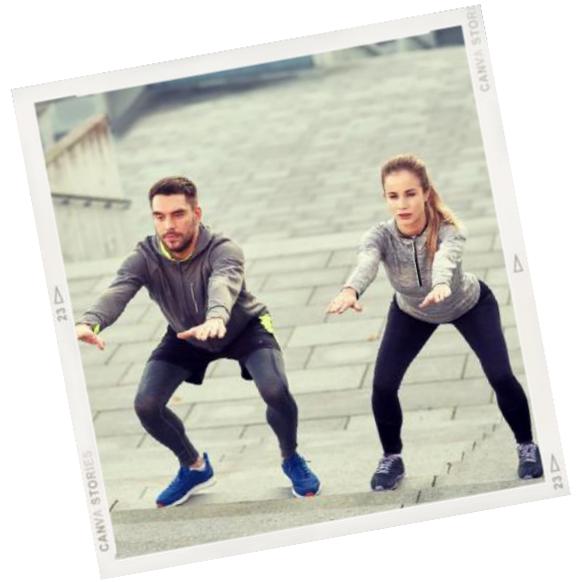
If you are someone that does this on a regular basis what you could do is:

- Jog for **15 minutes** non-stop
- Try to increase your **time** every you jog
- Increase **speed**

Cool down exercise:

Cooling down is very important because when you go jogging your **heart rate** goes very **fast**, so now it is very important to bring it **back** down. So I will give you some tips down below:

- **Walking** towards the **end** of the jog
- Try some **yoga** poses
- **5-10** minutes of **stretching**
- Cold bath/shower



Stargazing

Why look up and notice the stars?

When we look up and take stock of what is in the **night sky**, we can find ourselves lost in awe. This is a **fantastic** distraction from the anxieties of daily life, and can help to ground us and bring us to the present moment instead of living in the worried world of our heads. If nothing else, watching **satellites** and keeping an eye out for **shooting stars** is a cure to quarantine-induced boredom! To get the best seat in the **stargazing** show, find some place dark away from the lights of the cars and street lamps, and then look skywards.

Stargazing in this manner urges us to get out into the natural world, to find new places and to recognise the **beauty** that is both in the sky and often on our **doorsteps**, which may well help provide relief to those who are suffering from depression. Our **creative minds** can be suppressed by the tasks of daily life, so look up and allow your mind to run away with you. The stars you see are millions of light years, **trillions** of miles away; I wonder what planets orbit that star? Do those planets have life too? If so, what sort of life? **Astronomy** is one of those subjects where, once you have one **question** answered, three more questions pop up!

In these times, it has never been more important to feel **connected** to one another. It is possible to find **comfort** in the fact that when we look at the **sky**, we all see the same thing. It may also be comforting to know that our grandparents, and their grandparents saw mostly the same night sky as you see. Looking to the **stars** is something our **ancestors** have been doing since the dawn of time, and such activities are built into our minds to be **calming** and **cathartic**. Much of the **ancient** architecture, like Stonehenge and the Pyramids of Giza, were constructed in part to monitor the **skies** and pay tribute to the stars, which were once thought to be gods.

Many of us live in **urban** areas which unfortunately limits what we can see, but even in major cities there are several easy to find objects in the night sky we all share. Pointing out **planets** or **constellations** can be a fun party trick or a **relaxing** way to spend a night and being able to navigate by the stars might help you if you're lost.



Tips

Observing stars

Stargazing is easy, simply look to the sky. But there are ways to enrich the experience:

- If the **moon** is full, or close to full it can appear very bright and so hinder your eyes' ability to adjust to the dark. So, position yourself so the moon is behind a tree or building. It might take a while for your eyes to adjust, but you'd be amazed by how many more objects you can see in the sky if you really allow them time, so **patience** is key.
- Try to avoid looking at your phone or lower the brightness while you wait
- You will find that it's easier to see faint **stars** if you look slightly to the side of them instead of directly at them. This is because the sides of your eyes are more sensitive to light.
- Apps can help easily guide you to points of interest in the sky, like **planets**, **stars** and even other **galaxies**. For example, **Star Tracker** and **Star Walk 2**.



Meteor showers (shooting stars)

These are chunks of rock that **glow** as they burn up in Earth's atmosphere. Here are some **useful tips** to spot them:

- There are two especially good times to spot one. These periods occur during a **meteor shower**, when a field of debris arrives at earth each year at roughly the same time. The best time to see them is between **midnight** and **2am** but they can be seen any time of night.
- The best meteor shower for observers each year is named the **Perseids**. This happens in **August**, with the peak around the **9th-13th**.
- Happening between the **4th-17th** of **December** each year, the **Geminids** meteor shower is named after the Gemini constellation, the point in the sky where they appear to emerge from.
- Remember, even during a meteor shower **patience** is important. You need to let your eyes **adjust** for 20 minutes or so, and you may be unlucky before seeing multiple **shooting stars** within in a few minutes, so hang in there.



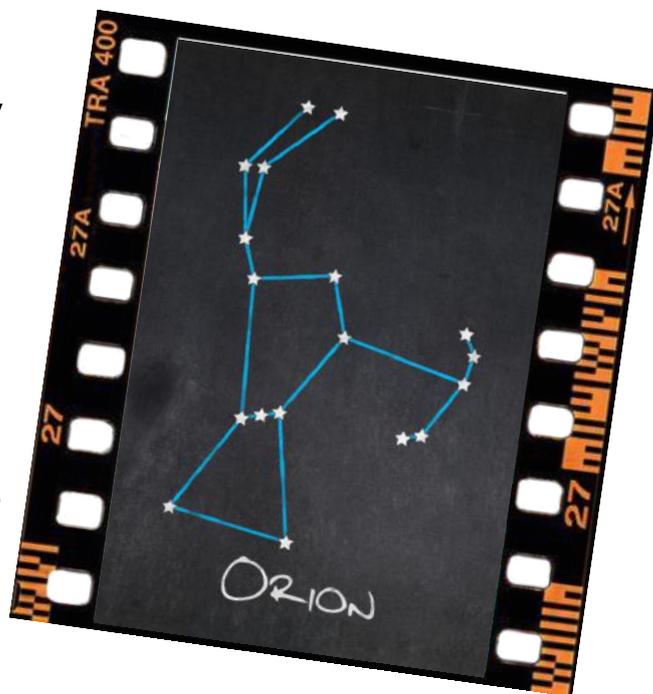
Constellations

The following **constellations** are bright and should be relatively easy to find, even in a city. Technically, the following well known shapes made up by stars are known as **asterisms**. A constellation is the section of sky the asterism lies in.

Orion

Orion is probably the easiest constellation to spot, here are some tips:

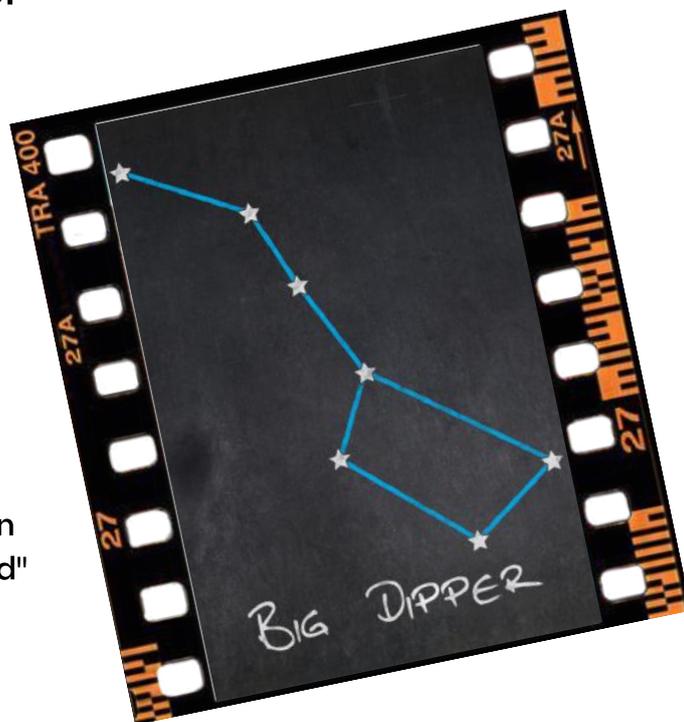
- **Orion's belt** is made up of **three stars**, roughly equal distance apart in a straight line.
- In the northern hemisphere it's best seen in the winter months but starts to appear at the start of autumn.
- The **bright star** that makes up Orion's right shoulder (assuming Orion is facing us) is **Betelgeuse**. This is one of the brightest stars in our sky and has a slight reddish colour compared to other stars. Betelgeuse is a red supergiant star in the dying phase of its life.
- The orbits of our galaxy mean Orion won't be visible from Britain in 12,000 years, so enjoy it while you can!



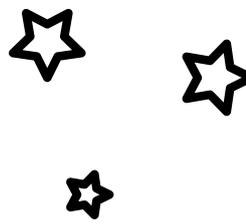
The Big Dipper/The Plough/Ursa Major

Another relatively easy constellation to find is known by many names but has a recognisable shape. Here are some tips:

- It is the most useful constellation for navigating in the northern hemisphere.
- Consisting of **seven stars**, three make a **"handle"** and four make up a **"bowl"**.
- The big dipper has been widely recognised by many cultures throughout history and has many **cultural associations**, including the flag of Alaska and the coat of arms of Madrid.
- Follow the Drinkin' Gourd is an African American folk song first published in 1928. The "Drinkin' Gourd" is thought to refer to the Big Dipper. Folklore has it that escaped southern slaves in the United States used the **Big Dipper** as a point of reference to go north.



Facts



Here are some of my favourite **facts** about the universe to get you started on your **cosmic** journey:

- Our **Sun** is a star that exists in the **Milky Way**, our home galaxy. The Milky Way contains about **300 billion** stars, like our Sun. Though some are bigger, and some are smaller. All of the stars you see exist in the Milky Way galaxy. New stars are being born, and older stars are dying all the time.
- The Milky Way galaxy is one of 200 billion other galaxies, all varying in size. It is estimated that the **universe** contains 2 Septillion Stars. That is a 2 with 23 0's behind it. A big, big number! The Universe is about 13.5 billion years old, whilst our Earth is about 3.8 billion years old.
- The Earth is not the only planet in our solar system to have rain, both **Uranus** and **Neptune** both have clouds, and rain too! Only, they have more of a hailstorm; not of ice, but of **diamonds**! You read that correctly, it really rains diamonds on Neptune.
- If we wanted to build a **Motorway** to the edge of the **Sun**, we would have to build 150 million km's of it! If we drove a car at 100mph for 24 hours of each day, every day, it would take us about **106** years to get there.
- Many of us have heard that we are '**made of the stars**' – this is literally true as it is also metaphorically true. When Stars die, they can explode; this is called a **Supernova**. When a Supernova happens, all of the Stars materials are blasted out into space. Everything on Earth is made out of **metals** that once belonged in a Star and over the course of billions of years formed into the planet and lifeforms we know today – including us.
- Useful **videos** we recommend from **Youtube**:
 - '[How To Navigate Using the Stars](#)' by **Atlas Pro**
 - '[How to View a Meteor Shower](#)' by **California Academy of Sciences**



Music

Music and Wellbeing

- Not only is **listening** to music **entertaining** but it also has the **power** to impact moods, for some it makes you **forget** about your problems, others it makes you feel **happy** and it can also help with anxiety.
- Music **therapy** also helps people cope with stress and emotional health.

First, notice which part grabs your **attention** – which parts of the music do you like?

- Instrumental
- Lyrics
- The meaning behind the song
- How the song made you feel

Inspiration

When you **listen** to music it can give off **vibes** and that's what we go by, certain songs can make you feel different types of **emotions** or take you back to certain times in your life or locations or bring back memories of people. How you **connect** with music can bring up a wide range of **emotions** and **experiences**.

When you start to think about the **purpose** of your music, what **message** do you want to put out? Who is your **audience**? What gives you **inspiration**? Which type of music **motivates** you to make music? You can be **creative** in many ways through music, the visuals can help bring together the **purpose** and show a clear **visual** scene of the **story** you are telling.

Instrumentals

You can also learn an **instrument** or if you play an instrument already try and create something or freestyle. These new instruments can later form into an **instrumental**. The instrumental is the **beat** behind the lyrics. For example, if you like the sound of drums, violins or pianos, you then can **create** a beat that you like and record it for someone to sing over. However, not all beats need to have lyrics over it. From a listening perspective you may **connect** more to the instrumentals **more** than lyrics, which would mean you might have more fun creating **beats**. You can also use many different **instruments** and **sounds** to **create** the beat.

Song-writing

The **best** part about creating music is that it is a **form** of **art** where you can **express** yourself in many ways. Sometimes it can be hard to talk about your **feelings** and **emotions**, however it might be easier to put it down in **words** how you feel. You might even want to **write** down your emotions and think of words that rhyme with it, from there you can always either **create** a **song** or **poem** that then creates **lyrics**. From a listener's perspective, you might be someone who loves to **notice** lyrics and lyrical talent. Sometimes you can **relate** to music because of what they are **singing** or **talking** about. Have a go at **song-writing** and then **listen** to some **beats** to see how you can create a way for them to work together.

When it comes to art it is important to be **original** and understand the **vision** of where you are and where you want to take your **craft**. Here are some **tips** that might be useful:

- Writing about your **experiences**
- Expressing your **emotions**
- Creating a memorable **rhythm** that's catchy
- Finding something that **inspires** you to write about
- Song **structure** can either be verse, pre-chorus, chorus or verse, chorus or sometimes it can even start with a chorus.

There are also some music **apps** that could be useful to create **tracks**:

- BandLab: Music StartsHere
- GarageBand
- Loopermand- Free loops, acapellas and vocals

We joined as a **band** during the **Get Started** in **Music** course and all chose the **roles** that stood out to us.

Moesha



Alice



Cleopatra



Mariana





Music Activity

Music is such a diverse yet unique **art** that can be used to help you **express** your **feelings** and **thoughts**.

Below is a few examples of **songs**.

Please use the space below to **write** how each **song** made you **feel** and what **lyrics** stood out to you:

Kool & The Gang - Celebration
<https://youtu.be/3GwjfUFyY6M>

.....
.....
.....
.....

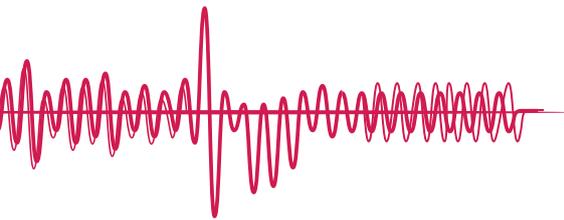
Dido - Thank You
<https://youtu.be/1TO48Cnl66w>

.....
.....
.....
.....

Koffee - Toast
<https://youtu.be/p8HoEvDh70Y>

.....
.....
.....
.....

Each **song** has a **story**. Each **lyric** has a **meaning**. Each **instrument** has it's own **beat**.



Photography

Photography is a great way to **ease** your mind, as well as bringing yourself into the current moment. From searching for picture **opportunities**, to taking the photograph and also the **editing** process if you wish to do so.

Photography helps bring you into the **present** moment, it takes away all the stress and **clears** your mind. It allows you to focus on the world around yourself by giving you an **objective** to find that **photograph** you are looking for and this brings a feeling of **reward** when you take that picture and are pleased with the end product.

You can do it **anywhere**, there is always a **potential** for an amazing photograph, from going out with the **intent** of taking a picture to being on a walk and being able to **shoot** on the **go**. Pandemic or not, there's **nothing** stopping you from taking photographs! All the **photographs** over the next few pages have been taken by **us**.

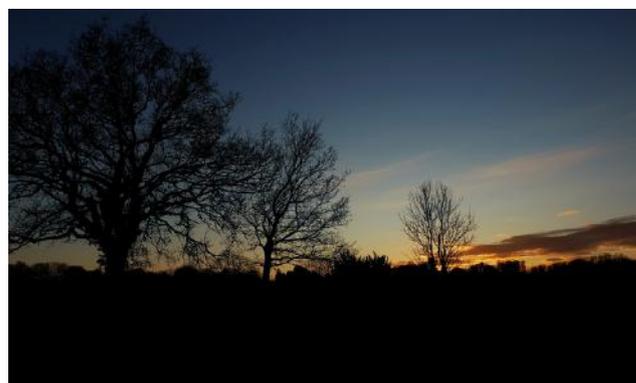
Any camera will do

They say the best **camera** is the camera you have with you. One of the great things about photography is you don't need a big fancy and expensive camera, actually all you need is your daily **smartphone**. Most smartphones nowadays produce **amazing** photographs with their high quality rear camera (or cameras).

Photography is more about taking photographs that you find **interesting**, this can be based on the **style**, **composition** of the shot or even by using a particular **method**. Just because someone has a mid or top level camera, if they do not spend the time to **know** their camera they can be beaten in **quality** of shot by a **basic** camera. Knowing the **rules** of photography can help you compose shots if you can work out what rules to apply but keeping to your **style** may be more **important** than that. I started taking **photographs** on my HTC One V phone (outdated phone from 2012). I later moved to a Nexus 7 2nd Gen tablet, then I got my Canon 1300D camera. This still isn't a top or mid end **camera** but it's about **knowing** the kit, playing with the **settings** and **modes** to know the kit all the better.



Taken in Lake Bohinj, Slovenia on my HTC One V



Taken at sunset on my Samsung Galaxy S9+

Beginner's Tips



- Rule Of **Thirds**- This technique is essentially taking a picture with the main subject **off centre**. Imagine a **3 x 3** square grid and place the subject where the lines would cross.

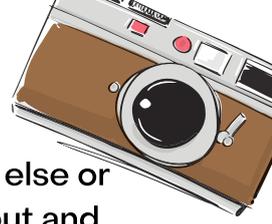


- **Light** in Photography- One of the types of lighting that can affect photos is the **colour** of the **light**. This is most **obvious** outside with the **change** of day light **colour** and **intensity** during the day. From the **darker** shades of night, to the **sun** peeking through the atmosphere, the colours range from the **reds & orange** of **sunrise**, to the rebounding **blue** of main **day light**, back to showing the less energetic colours as the sun falls over the **horizon**. The colour of the light greatly changes the **mood** of your images so it depends what you prefer! You can also edit to your taste. **Warmer** tones of the first picture below bring a more **peaceful** and **tranquil** feel whereas the **cooler** light of the photo on the right brings a **darker** and more **dramatic** mood.



- Using Leading **Lines**- Using lines **draws** the **viewer** through the image and creates **depth** to your photos. Instinctively, people **follow** lines on a photo, therefore you can use lines to **control** where the viewer is **looking** and **combine** it with other **techniques** such as the rule of thirds.





More tips!

- Find Your **Style**- whether it's street photography, portraits, nature or something else or maybe you're an all rounder, once you find **your** style you will know what to **go** out and **look** for and **enjoy** it even more.
- Have **fun**- Most importantly enjoy it, **capture** those **beautiful** moments, look back at your photographs and be **happy** with what you have taken.
- **Working** The **Scene**-Do not be afraid to take too many photos, use **different** angles and incorporate the **rule of thirds**, this way you can find the image you are happy with.
- If your phone has a **pro** or **manual** mode (most camera applications on phones made around 2017 will have this) it will allow you to take **control** of the settings for a more personalised picture. You can find this out by simply looking through your camera's **features** or **googling** if and how to use your phone's manual mode.

Good Apps for phone:

- Snapseed
- Pixlr
- VSCO

You may not even need to download an app to edit your photos, your phones built in **editor** should do the **basics**. The above **apps** are easy to use to make **adjustments** to your photographs and have extra **features** if you wish to play around a little bit more with the **editing**.

ISO, Aperture And Shutter Speed:

Understanding these settings will help taking pictures manually and give you the **control** of the camera.

- **ISO**- This is the equivalent to **brightness**. The **higher** your ISO, the **more light** but the **lower** the **quality** of the image. The **lower** your ISO, the **darker** your light but **better quality**.
- **Aperture**- this will usually **display** with an **f**, for example **f 3.5**. The **lower** the **f** number, the **more** light will come in and **more blurry** the background will be. A **higher f** number will bring in **less** light and the background will be **less blurry**.
- **Shutter speed**- This determines how **quick** your camera will **take** the picture. The **higher** the **shutter** speed the more **focus** a moving subject will be in. With a **lower** shutter speed a **moving** subject will be more **blurry** and show more motion.

Try using the **tips** you've learnt to **enter** this weekly **photography** competition: [click here](#) .



Spoken Word

Hello, My name is Jay C. C and I am a **poet & spoken word** artist. I have been writing for nearly a decade and I adore **creative writing**. One of the most **beneficial** parts of **writing** and **performing** poetry is that it helps you to **express** yourself in a **creative** way. It allows me to **understand** what I am **feeling** in my life and gives me a perfect **outlet** for that. I find when I am feeling a bit sad or depressed that if I **write** a piece I am getting **rid** of the **negativity** from my **mind** to **paper**.

“Spoken word can **inspire** you
To dive into
Your inner you

The voice that howls into a void
The silence with others when you are annoyed
The hurt, the despair, the disappointment

Or

The ode that jubilantly plays
Inside your head as you exclaim...

“**This is me!**”

The celebration of your loved ones when you see them succeed

The happiness, the calm, the surprise when life turns out **waaaay** better than you imagined

That confidence you feel when you achieve
Is inside of you, waiting to be released

And when you put pen to paper
Know that you can take a weight off

Then look back at what you wrote back then
And see how far you’ve come

Yes! You should feel like you have won!
Yet know this is only the beginning

Keep on writing, keep on winning’

By Sara Wallace



Top tips for getting in the right frame of mind for writing:

- Turn **off** all **electronic** devices! (If you are writing on your phone or laptop that is more than fine, just switch off your notifications to cause less distractions).
- Go for a **walk** (A simple 10 – 30 minute walk helps me **clear** my **mind** from all stress or worries I have in life, enhancing my ability to write effectively).
- **Play** some **relaxing music** (Try to play relaxing music, the best ones to use are music playlist that doesn't have lyrics so that way your mind won't latch onto distractions!)
- Having a **place** to **write** - make yourself a **writing station**! Good choices are: Outside (when it's not raining), by a window for natural light, definitely upright and with a hard flat surface to write on.
- Making sure you're **hydrated**! (Make a nice **cup** of Rosy Lee or Coffee to help assist you to write and make sure it's not on an empty stomach. My personal recommendation is a herbal tea as they don't contain caffeine making your **mind** work **clearer** and more **naturally**).
- **Tell** your people! (One of the biggest distractions whilst writing is making sure you don't have people who live with you **interrupting** your **artistic flow**).

Once all these **steps** are **completed**, you will have the **mind** of a **writer** 😊

Beginner's Tips:

- My main tip to you is **DO NOT** be **critical** of yourself!
- **Trust** inspired **thought**. When you were learning to walk as a child, if you had put yourself down or spoke to yourself negatively after every stumble, you probably wouldn't have been walking long enough to learn to run! **Trust** the **process**. As you **keep** writing, you will **improve**.
- **Speak** it through in your head whilst you write and if possible, out loud. Doing this allows you to gauge the **rhythm** and **tempo** of the words and create a **flow** that you will enjoy.
- **Understand** that every line does **not** have to **rhyme**. A task I shall ask of you is to write a poem that does not rhyme. Not one. This may seem easy, But it isn't! 😊
- Know what your **subject** is and when performing know who your audience is. When free writing it is nice to let **go** and let **flow**. But if you are **performing** to children, you might want to ease up on the swearing there buddy 😊



Tricube Poems

This is a fun **form** of **poetry** which again seems really easy, until you try it out! (Muhahahaha!)

Here are our **rules**:

Each **line** has THREE WORDS (you could even try each line with only 3 syllables)

Each **stanza** has THREE LINES

Each **poem** has THREE STANZAS

An **example**:

Here's a **tricube**
Beginner or newb
It's not easy

Should it rhyme?
Should it not?
Either is **fine**

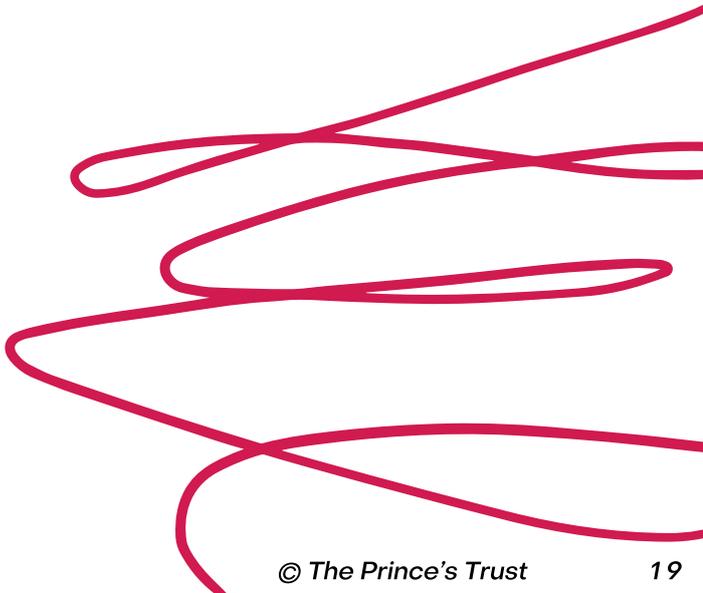
Practice makes better
Keep on going
You've **got** this

Now **you** give it a **go**...

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Acrostic Poems:

An **acrostic** poem is where the **first letter** of the sentences all **add** up to make **one word**. Here you can see the first letters of all the sentences make up the word 'Fun'.

Funny loving, playing in the park.
Uncovering, all my feelings that are dark
Not knowing, where it could start'

Why not try to **write** an **acrostic** poem for yourself? First **choose** the **word** you wish to have appearing at the **start** of the **sentences**.

Tips:

- If you are **struggling** to pick a word, here are some **examples**: Love, Summer, Winter, Family, Animals, Friends.
- **Lay** out the **word** you've chosen on your page.
- Then you can start **thinking** of **lines** to add to it to make your **masterpiece** of a **poem** complete.

Example:

Lights, camera, action..
Oval eyes pierce on me...
V
E

Now you give it a go..

W
I
N
T
E
R



Recipes

Baking is a great form of **self-care**, it allows you to show your **creativity** in various forms and **create** something fun and delicious. It invites room for **togetherness** and **generosity** and gives a sense of **achievement**. For me, baking is something I do to **unwind** and **share** with others. I **enjoy** making chocolate **cupcakes** and **cookies**.

Cookies

Ingredients (for 12)

150g **Butter**

150g Caster **Sugar**

1 **Egg**

1 tsp **Vanilla** Extract

190g Self-Raising **Flour**

Choice of chocolate chips, raisins, smarties, m&m's etc



Preheat the **oven** to **180°C** (gas mark 5) and **line** a baking tray with baking paper.

Step 1

Mix the **sugar** and **butter** together until it's **smooth** and then **add** the **egg** and **vanilla extract** until it is all combined.

Step 2

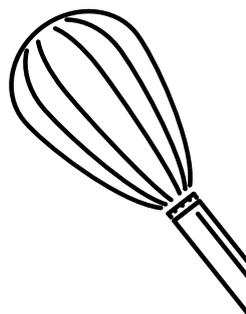
Next, **add** the **flour** and **filling** of your choice to the mixture and **stir** together until a dough is formed.

Step 3

Separate the **dough** into balls and **place** onto the baking tray and **put** into the oven to **bake** for 10-15 minutes.

You will know that the **cookies** are done when the **edges** are **crisp** and the **middle** is **soft**.

Tip: If you have too much cookie mix you can **freeze** the mixture and use it again another day.



Chocolate Cupcakes

Ingredients (for 12)

110g **Butter**
110g Caster **Sugar**
2 **Eggs**
75g Self-Raising **Flour**
25g **Cocoa** Powder

Icing

120g **Butter**
45g **Cocoa** powder
180g **Icing** sugar
2tbsp **Milk**
100g Milk **chocolate**



Preheat the **oven** to 180°C (gas mark 5) and **line** a cupcake **tin** with **12** cupcake **cases**.

Cupcakes

Step 1: **Mix** the **sugar** and **butter** together until it's **smooth** and one at the time, **add** the **eggs**.

Step 2: **Sieve** together the **flour** and **cocoa** powder into the mix and **fold** until it's fully **combined**.

Step 3: Once the **mixture** is **combined**, **pour** or **spoon** the mix into the cupcake **cases** and place in the **oven** to **bake** for 20–25 minutes.

Tip: You will know when the **cakes** are **ready** if you **stick** a skewer/toothpick/fork into the cupcakes and it comes out **clean** or touch the top of the cupcakes and if they bounce/spring back they are **ready**.

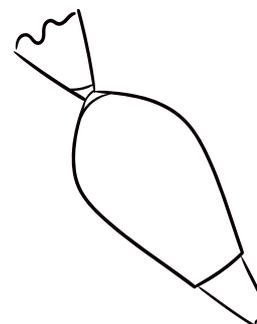
Be **careful** not to constantly open the oven door whilst the **cupcakes** are **baking** as the air will cause the cupcakes to go flat.

Icing

Step 1: **Mix** together the **butter** and **icing sugar**. Whilst mixing, **melt** the **chocolate** in a separate bowl in the microwave or over a pan of boiling water.

Step 2: **Sieve** the **cocoa** powder into the mixed butter and sugar. Once the chocolate is melted and cooled down, **add** it to the mix alongside the milk and **stir** until it is all **combined**.

Using a spoon or piping bags, **ice** your **cakes**!



Journaling

Journaling is a useful way to **reflect** on our life and be able to **see** things more **clearly**, because its **written** down. Beginning to journal can be difficult with a blank piece of paper, so I thought **breaking** it **down** to a **few** specific **tasks** would help ease you into it. I myself have been journaling for two years now, and now I am beginning to **process** things **without writing** it down. So, for example on a **bad** day I will automatically **think** 'what am I **grateful** for'.

Today I am grateful for...

Try to **think** of at least **five** things and this could be something as **simple** as 'I am **grateful** for the **nature** around me.'

After **completing** this task, you can **choose** to **create** a **note** or **space** on your phone to **write** down what you are **grateful** for every day

Day 1

- 1.
- 2.
- 3.
- 4.
- 5.

Day 2

- 1.
- 2.
- 3.
- 4.
- 5.

Day 3

- 1.
- 2.
- 3.
- 4.
- 5.





Task:

Below are **two** specific **tasks** that will help you to **reflect** on **positive** experiences in your **life**. Use the space below to **complete** the **tasks**.

Write a **love** letter to yourself

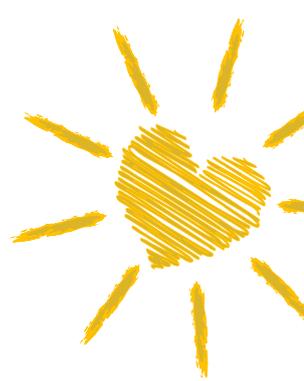
This may feel **odd**, because we don't usually take time to **acknowledge** the things that we are **proud** of.

If it **helps**, you can think of it like you are **writing** to your best friend.



Things that make me feel **good**

Try to think of all the **things** that **bring** you **happiness**, for example **buying** something new for yourself, **going** on a walk or **watching** something you love.



Employability

Job-searching can be very **stressful** so it's **important** to use **strategies** that can be positive for your wellbeing. I find that having a **plan** but also being your **authentic** self is a great way to stay **balanced**. I'm going to **share** some of the **top tips** I learnt from the Prince's Trust Employability course that I find really **help** me during the job searching process.

Top tips for job searching:

- Learning how to set long and short-term **SMART** goals properly has helped me acknowledge what I need to achieve and gain in order to move forward in life.

SMART:

Specific– simple, sensible and significant

Measurable– meaningful and motivating

Achievable– agreed and attainable

Relevant– realistic, reasonable and results- based

Time bound- time limited, how much time you will spend on it



- **Planning** tasks **step by step** has helped me become more productive and focused on my goals. For example, when prepping for an interview, I would create a **schedule** of tasks I need to complete and stick it on my wall so it reminds me of what I need to do next. If this doesn't work, you can find your **own way** that works for you!

- Answering questions using the **STAR** technique helps you answer **behavioural- based** questions that you will get asked in an interview. Since learning this technique I now have a better understanding of what a company is looking for within those answers.

STAR with an example:

Situation– Set the **scene** (in my previous Marketing role at an Events company my manager noticed that we haven't had much online interaction with their target audience)

Task– **Describe** the task (I decided that my task was to create awareness of the upcoming event and strengthen our online presence)

Action – Explain **what you did** (I went through our old blog post, adding in content upgrades that included information about the event and company and made a strategic plan to market directly to our audience by creating leaflets to hand out)

Result– Share the **outcome** (There was a dramatic increase in our online following, we successfully sold all of our online tickets and it led to a 20% increase over our estimated profit figure.)

Affirmations

Affirmations are **positive statements** that can help you **overcome** self-sabotaging and **negative** thoughts. When repeated often we then start to believe in them and once you believe, you can make **positive changes** to your life and the way you think.

Here are some **tips**:

- First **analyse** the thoughts or behaviours that you'd like to change in your life.
- Then **write** down a few that are **credible** and **achievable**. You can find some online or you can make up some of your own, just make sure they are **realistic**, for example "I possess the qualities needed to be extremely successful".
- When **engaging** with your negative thoughts you are subconsciously planting a seed, a self-doubt in your mind which can have an impact your **self-esteem**. You may find affirmations to be unrealistic at the start, but remember the **power** of affirmations lies in repeating on a regular basis.
- Once you have your **list** of affirmations, it's good to say them with **passion** in the morning, which can help start your day right, as you are developing a **positive outlook** on your life.
- They are also a very good way to keep the brain **active** as the positive mental **repetitions** can **reprogram** our thinking patterns so that over time we can begin to think and act differently. This can also help with **decreasing** the effects of **stress** as it can help people with low self-esteem.

I find the **power** of **affirmations** quite refreshing as it allows me to start my day with a **positive** vibe. During my time at University I would use them before I had a presentation to **improve** my chances of a **successful** outcome. Statements such as; "Relax, you can do this" or "I'm smart, a good speaker and it will go by in no time" helped calm my nerves down on many occasions. Feeling **proud** of my small accomplishments that have contributed to my overall goal, I am happy about the direction and action I am doing. Hopefully these **lifestyle** tips can **help** you in the near future.



Our Authors

Thank you to our **wonderful** authors who created some **fantastic** pieces, completely independently. They **led** the process from start to finish and with their **knowledge** and **experience** they have created some really **inspirational** pieces that will hopefully keep you **busy**! Here's a little bit more **information** about them...

Daniel Kludje, Lucy Greenfield and **Owen Harvard** all took part in various **Explore** programmes. They chose to talk about **topics** they had learnt about on the **course** and found to be particularly **useful** and **enjoyable**.

Jeffrey Thompson and **Helen Hennessy** took part in one of our **Get Started** with **Health** and **Fitness** programmes together with **Luke Hayter Fitness**. They spoke about the aspects of the course that **interested** them most and what they thought would be most **useful** for our readers.

Joel Gunner and **Harley Tsioupra-Lewis** took part in our **Get Started** with **Stars** and **Space** programme together with **The Royal Astronomical Society**. They have a lot **expertise** in this area and decided to focus on the links between **Stargazing** and **wellbeing** and **key** Stargazing **tips** that all readers can engage with.

Alice Masih, Mariana and **Moesha Douglas** all took part in our **Get Started** with **Music** programme together with **The Irene Taylor Trust** and formed a **band** along with another member. They wrote about key **tips** they picked up from the course and different ways in which you can **appreciate** music.

George Mayfield and **Blayne Short** took part in two of our **Get Started** with **Photography** programmes together with **Benjamin Film Photography**. They wrote about **essential** photography tips and also shared some of their **incredible** work.

Sara Wallace and **Jamie Christian** took part in two of our **Get Started** with **Spoken Word** programmes together with **Poetic Unity**. They wrote about the **basics** when it comes to **Poetry** and **Spoken Word** and also included some of their **own work** as well as some **activities** for you to engage with!

Chantelle Wiredu also took part in the **Explore** programme but wrote about a passion of hers, which is **baking**. We were lucky enough to be **led** by Chantelle in the **kitchen** as she ran her **own** session on baking during the course!

Sara Hussain has taken part in various programmes including **Get Started** with **Photography** and **Make-Up**. She decided to write about **Journaling** which has had a really **positive** impact on her **wellbeing** and she wanted to **share** that with you.

Celine Paul took part in our **Get Into Employability** programme. She has included lots of **different** tips that she learnt from the course and wanted to **share** with the readers as we know there are many young people **looking** for **employment** at the moment.

Anne Manuales took part in our **Get Into Digital Marketing** programme together with **WYK Digital** and designed the fantastic **front** and **back** cover. She also gave lots of **training** and **ideas** for the rest of the pack.



We are providing this pack in order to help you (a young person supported by the Prince's Trust) look after your personal wellbeing during this time. This pack is not to be published online, shared or used commercially.

The third parties that we list in this pack are to signpost you to the help which is out there. They are not connected to The Prince's Trust and we are not listing them as official partners. Whilst we believe they may be of help to you, we cannot guarantee or be responsible for their advice or actions or for the content of their websites and it is for you to make any further enquiries and decide whether any of these organisations are suitable for you.

Please remember to use registered counsellors and therapists if these are suitable for your needs. The Prince's Trust and the organisations we sign-post can be good supplementary help, but should never be used instead of treatment by registered professionals.



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