

# Summer Wellbeing

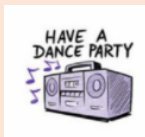


## Good Mental Health for everyone:

It can be difficult coping with the lack of our usual routine during the summer holiday, but it is important to use this time to recharge, relax and look after ourselves both mentally and physically.

**Top Tips:** A good night's sleep is closely linked to our mental health. Try to stick to a bedtime routine, a bath, a story, and a cool dark bedroom. For more info visit [Home - The Sleep Council](#)

## Mood Boosters



Create a playlist of your favourite songs. When you feel you need a boost listen to your music and have a dance.



Practise mindfulness by blowing bubbles. Blowing the bubbles can have a calming impact on the nervous system while watching them gives us a feeling of calmness.



Nurture your mind with nature. Whether you plant a seed in the garden or in a pot, plants help our memory, decrease anxiety, and promote a feeling of wellbeing.

AGE GROUP	RECOMMENDED NUMBER OF HOURS OF SLEEP
Newborns (0-3 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5)	10-13 hours
School-age children (6-13)	9-11 hours
Teenagers (14-17)	8-10 hours
Young adults (18-25)	7-9 hours
Adults (26-64)	7-9 hours
Seniors (65 and older)	7-8 hours

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## Make some washable outdoor pavement paint:

- 1 cup of bicarbonate of soda
- 1cup of cornflour
- Food colouring
- Warm water

Mix the bicarbonate of soda and cornflour together. Add the warm water a little at a time until you get the consistency you want. Add the food colouring. Head outside you're ready to paint!



Click this link for information about what SouthTyeside Council have to offer during this summer:

[:Summer holiday food and activities - South Tyneside Council](#)