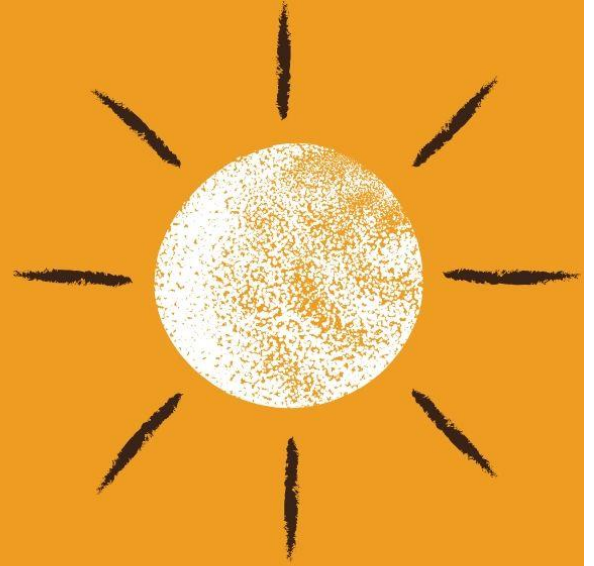


YMCA



# Lockdown Booklet



# Contents Page

Hey guys!

We have made this booklet to try and help you maintain your emotional & mental health during lockdown. We have put some mindful colouring in, recipes, app suggestions and things to fill in that can help you during this tough time.

If you are really struggling please get in contact with your support worker, youth worker or community connector. They are there to help you and point you in the right direction for help.

Also follow our YMCA Exeter Instagram, as we are running Wellbeing Wednesday's on our stories, including helpful tips and discussion about wellbeing, as well as other things that are featured during the week.

Look after yourselves and be kind to yourselves.

*From Martha and the YMCA team*



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# SELF-CARE CHECK-IN

## SELF CARE CHECK IN FOR LOCKDOWN

- EAT REGULARLY AND TRY NEW RECIPES
- GO ON A 24-HOUR SOCIAL MEDIA OR NEWS DETOX
- FIND A HAPPY PLACE FOR JUST YOU
- WRITE 3 THINGS YOU ARE GRATEFUL FOR TODAY
- SHOWER & PUT CLEAN CLOTHES ON EVERY MORNING
- LISTEN TO GOOD MUSIC
- EXERCISE - MIX UP YOUR ROUTINE
- CATCH UP WITH A FRIEND
- CALL/FACETIME A FAMILY MEMBER
- SPEND TIME OUTDOORS, TAKE A DEEP BREATH OF FRESH AIR
- TREAT YOUR SELF & HAVE SOME YOU TIME
- MAKE A PLAN FOR YOUR WEEK IF YOU GET OVERWHELMED
- TRY SOMETHING NEW
- READ A BOOK



**YMCA**

Make it a habit to take care of yourself,  
YMCA Exeter



# YMCA

TOP 10

*feel-good songs*

1

2

3

4

5

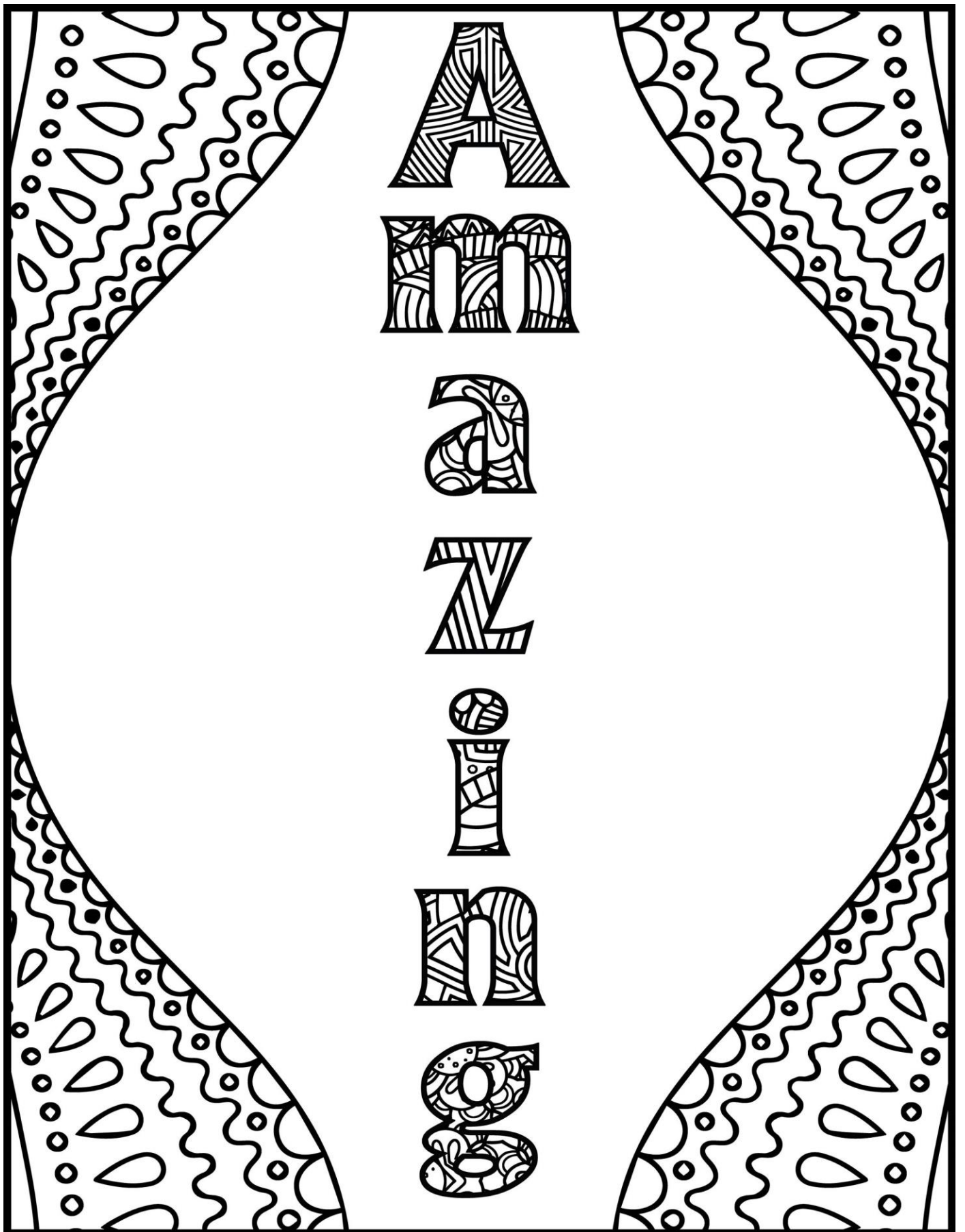
6

7

8

9

10



## A POP OF POSITIVITY

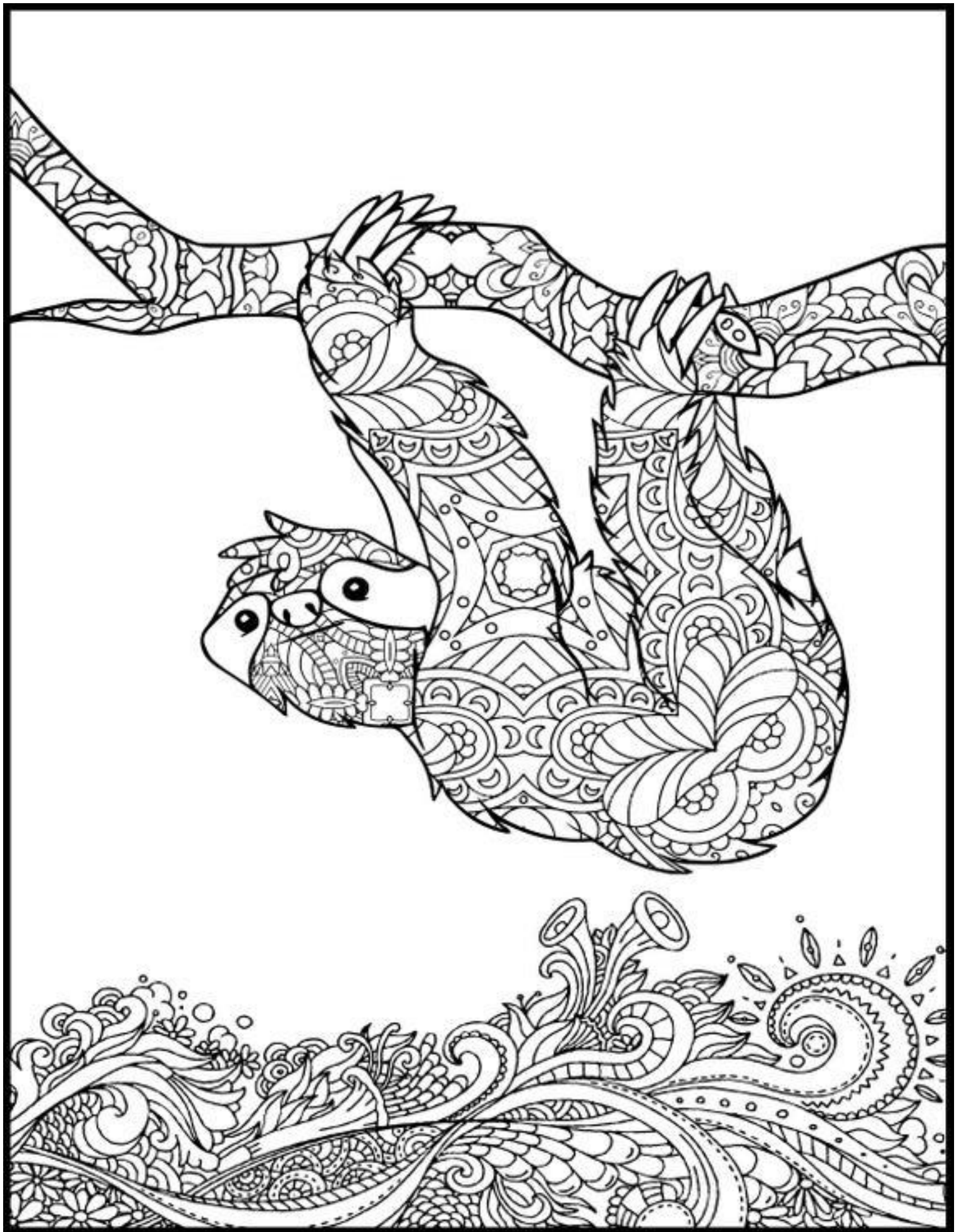
my mantra

best way  
to relax

my fave  
healthy snack

today's small  
achievement

### top 3 instant mood boosters





# Mac & Cheese Recipe –

Taken from BBC GOOD FOOD ([https://www.bbc.co.uk/food/recipes/macaronicheese\\_83521](https://www.bbc.co.uk/food/recipes/macaronicheese_83521))



## Ingredients

- 250g/9oz macaroni
- 40g/1½oz butter
- 40g/1½ plain flour
- 600ml/1 pint 1½fl oz milk
- 250g/9oz cheddar, grated
- 50g/2oz Parmesan (or a similar vegetarian alternative), finely grated

## Method

1. Cook the macaroni in a large saucepan of boiling salted water for 8–10 minutes. Drain well and set aside.
2. Melt the butter over a medium heat in a saucepan slightly larger than that used for the macaroni. Add the flour and stir to form a roux, cooking for a few minutes.
3. Gradually whisk in the milk, a little at a time. Cook for 10–15 minutes to a thickened and smooth sauce.
4. Meanwhile, preheat the grill to hot.
5. Remove the sauce from the hob, add 175g/6oz of the cheese and stir until it is well combined and melted.
6. Add the macaroni to the sauce and mix well. Transfer to a deep suitably-sized ovenproof dish.
7. Sprinkle over the remaining Cheddar and the Parmesan and place the dish under the hot grill. Cook until the cheese is browned and bubbling. Serve straightaway.



# Chocolate cookies recipe

(Taken from Jamie Oliver

<https://www.jamieoliver.com/recipes/chocolate-recipes/chocolate-chip-cookies>)

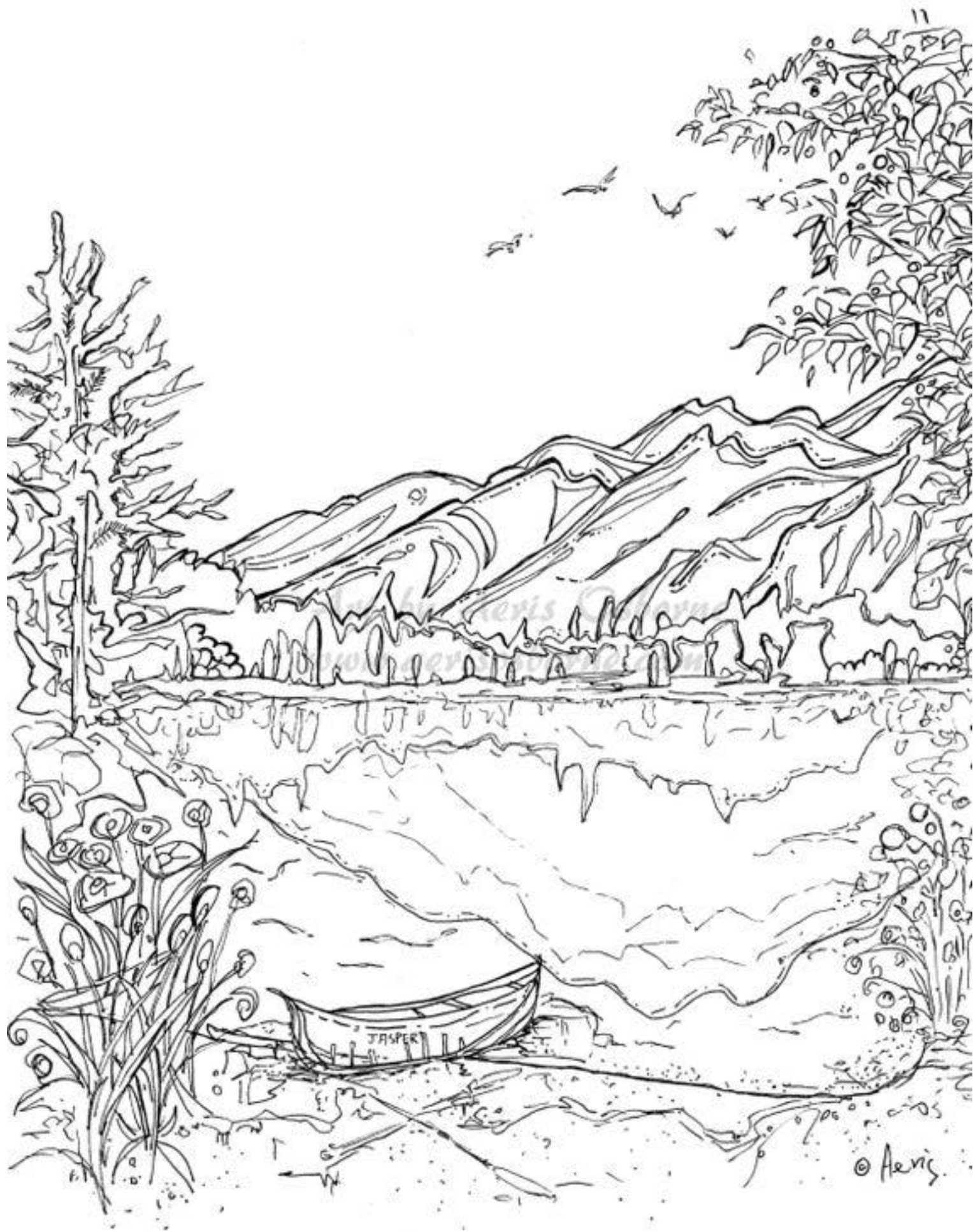


## Ingredients

- 100 g unsalted butter , slightly softened
- 125 g golden caster sugar
- 1 large free-range egg
- ½ teaspoon vanilla extract
- 200 g self-raising flour
- 1 pinch of fine sea salt
- 100 g quality chocolate , (use a mixture of milk and dark, if you like)

## Method

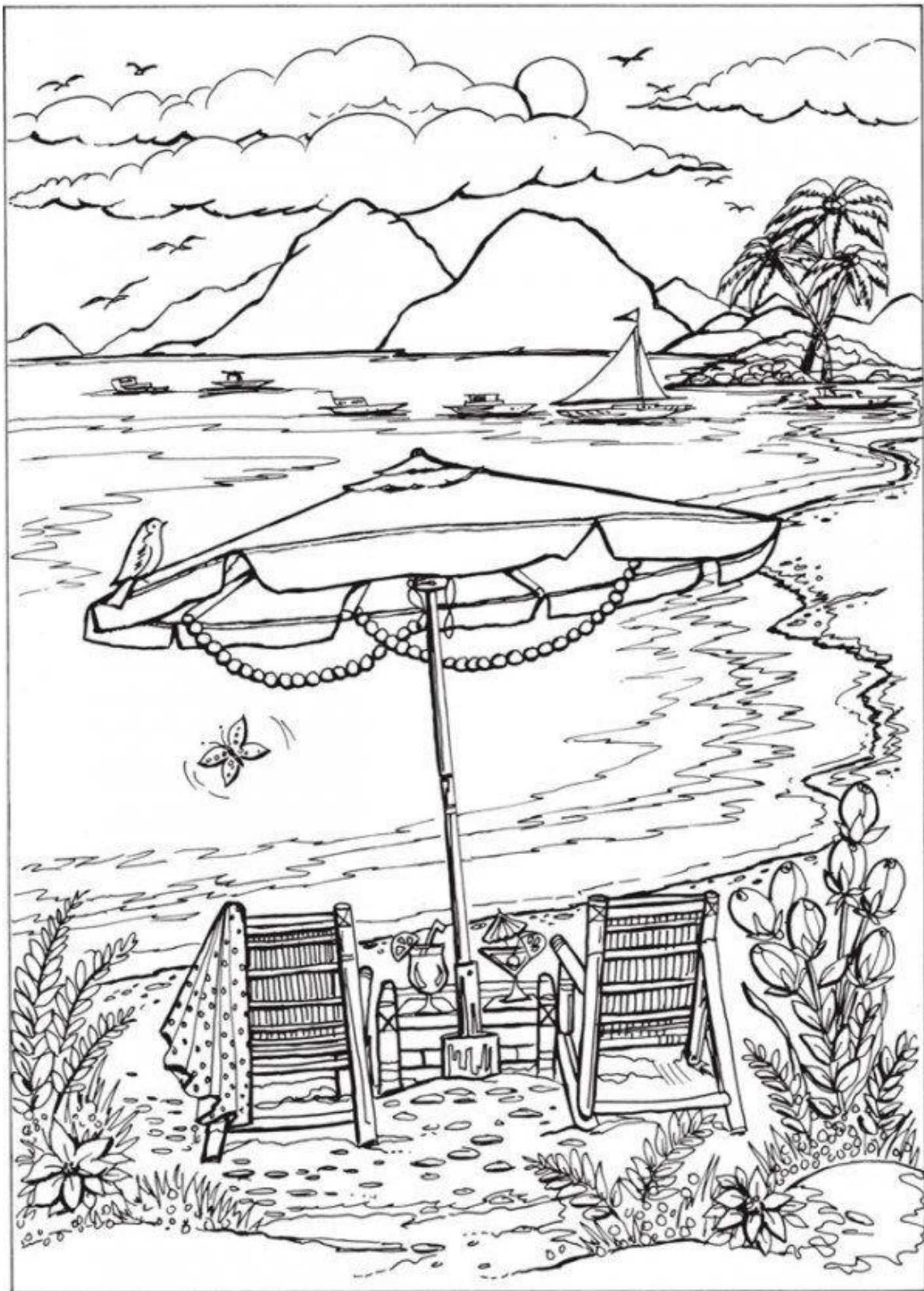
1. Preheat the oven to 170°C/325°F/gas 3. Line two baking sheets with greaseproof paper.
2. Beat the butter and sugar in a large bowl until pale and creamy. Crack in the egg, add the vanilla and mix well. Sift in and fold through the flour and salt. Roughly chop and stir in the chocolate.
3. Roll tablespoons of the dough into balls and place onto the lined trays. Cover and chill in the fridge for 15 minutes.
4. Flatten the balls slightly with your fingers, then place in the hot oven for 10 to 12 minutes, or until lightly golden (make sure you don't overdo them – the chewier the better). Leave to cool completely, then serve with a glass of cold milk.



# Top Tips

## TO HELP YOU SLEEP

- USING A APP SUCH AS CALM
- LISTEN TO RAIN/NATURE SOUNDS WHILE GOING TO SLEEP
- EXERCISE DURING THE DAY
- NOT USING A SCREEN AN HOUR BEFORE YOU PLAN TO GO TO SLEEP
- HAVING A WARM BATH BEFORE GOING TO BED
- WRITE A 'TO DO' LIST TO HELP ORGANISE YOUR THOUGHTS
- READ OR LISTEN TO A BOOK BEFORE TRYING TO GO TO SLEEP
- DO SOME MUSCLE RELAXATION MEDITATION BEFORE TRYING TO SLEEP
- TRY TO HAVE A REGULAR SLEEPING PATTERN
- MAKE YOUR BEDROOM SLEEP FRIENDLY



# Apps that can help your wellbeing



## Daylio

- Mood Tracker
- IOS/Android



## Cove

- Create music to reflect feelings
- IOS



## Smiling Mind

- Meditation & mindfulness
- IOS/Android



## SAM

- Self Help with anxiety management
- IOS/Android



## My Possible Self

- Learn to manage fear, anxiety & stress
- IOS/Android



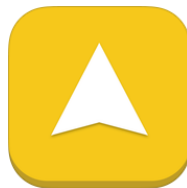
## DistrACT

- Easy, quick info on self harm/suicidal thoughts
- IOS/Android



## Feeling Good: positive mindset

- Lifting mood, creating calm & positive vision
- IOS/Android



## Stress & Anxiety Companion

- Helps you handle stress & anxiety on the go
- IOS/Android



## WorryTree

- Note, record & manage your worries
- IOS/Android



## MoodSpace

- Self help at your fingertips
- IOS/Android



## Pzizz

- Help for you to sleep
- IOS/Android



## Couch to 5k

- A app for beginner runners
- IOS/Android



Be **Supportive**  
Be **Careful**  
Be **Alert**  
Be **Kind**



Source: World Health Organization

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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.