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# **CLEAN BREAK**

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## **FESTIVE ACTIVITY PACK**



**USEFUL RESOURCES TO HELP SUPPORT YOUR  
WELLBEING & KEEP YOU BUSY  
DURING THE FESTIVE BREAK**

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**Dear Members,**

**Welcome to our Festive Wellbeing Pack. We hope that it finds you safe, well, and looking after yourself during these difficult times. It's the end of a tough year and we commend you all for your resilience and determination to see it through. Your perseverance and endless creativity have inspired us at the hardest times and for that we are extremely grateful.**

**Yet despite the challenges of 2020 we're feeling hopeful about the New Year to come, and hope to inspire you in return with this booklet of resources, activities, recipes, and helpful information to support you during the Festive Break.**

**We are thinking of you all and look forward to seeing you all again in the New Year.**

**Clean Break x**

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## USEFUL CONTACT NUMBERS

## HERE TO HELP WHEN YOU NEED IT

**No matter what you may be going through there is always someone there who can help. Here is a list of useful contacts that you can contact, where you can find advice, guidance and support.**



### **Samaritans: 116 123**

You can get in touch with the Samaritans about anything that's troubling you, no matter how large or small the issue. They're here to listen, for free, at any time day or night, 24 hours a day, 7 days a week, 365 days a year.



### **Domestic Violence Helpline: 0808 2000 247**

Run in partnership with Women's Aid and Refuge. The 24h freephone is available 24 hours a day, 7 days a week.



### **Alcoholics Anonymous: 0800 9177 650**

If you need help with a drinking problem phone the national helpline. Open 7 days a week.



### **Narcotics Anonymous: 0300 999 1212**

The NA Helpline is open until midnight, seven days a week. If for some reason you get an answer-phone, please leave a message and they will get back to you as soon as possible.



### **Mind Info Line: 0300 123 3393**

The Mind infoline team provides information on a range of topics including: types of mental health problems, where to get help, medication, alternative treatments and advocacy. Lines are open 9am to 6pm, Monday to Friday (except bank holidays).



### **SANE Line: 0300 304 7000 | [support@sane.org.uk](mailto:support@sane.org.uk)**

SANE is an out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness. They are open every day from 4:30 pm – 10:30 pm. Leave a message or email and one of their trained operators will call you back.



### **Shout: 85258**

Shout is a free 24h text service, for anyone in crisis. It's the place to go if you're struggling and you need help. Text 'Shout' to 85258 and someone will get back to you.



## GROUNDING TECHNIQUES

## SOME EXERCISES TO QUIET LOUD THOUGHTS

**If you're feeling anxious, overwhelmed or under pressure, why not try some of these grounding techniques to bring you a sense of calm?**



### The grounding chair...

Sit down in a comfortable, cosy chair, preferably one where your feet reach the floor. Close your eyes and focus on your breath. Breathe in slowly for a count of 5, then exhale. Let it all out. Bring your mind's focus to your wonderful body. How does it feel sitting in that chair? Scooch your bum right to the back of the seat so that the whole length of your back is pressing into the back of the chair. How does it feel to have your body connect with the surface of the chair? If the chair has arms, touch them. Is the material smooth or textured? Soft or firm? If your chair doesn't have arms, touch the material on the seat. How does that feel?

Next, push your feet into the ground and imagine the energy draining down from your mind, down through your body and out through your feet into the ground. Picture it as a warm light filling your body from top to toe. Feel the light radiating from you. Feel your heart and the positivity that shines from within. Take another deep breath and open your eyes when you feel ready.



### Visualise your favourite place...

Think of your favourite place, whether it's the home of a loved one or a foreign country. Use all of your senses to create a mental image. What can you see? What can you smell? What can you hear? What sensations can you feel on your skin? Remember the last time you were there. Who were you with, if anyone? What did you do? How did you feel? Let the feeling of positivity wash over you.



### Dance!

Sometimes you might have too much energy to concentrate on a conventional grounding exercise. It might be good to kick-start the calming down process by doing something physical like dancing to get that pent-up energy out and then come back to a grounding technique. So put on your favourite song, turn up the volume and dance like no one's watching!

## SIMPLE & EASY RECIPES

### FEELING FESTIVE?

**Why not try out one of these simple and easy Festive recipes? Treat yourself, or give to a loved one as a gift - because cooking up a storm doesn't have to be hard!**

#### Festive Chocolate Truffles

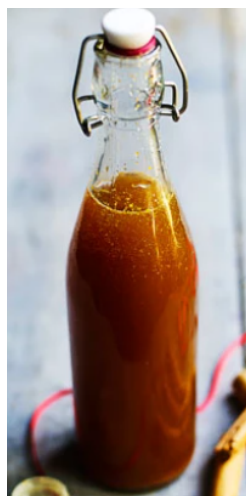
**Ingredients:** 150g dark chocolate, chopped  
150g milk chocolate, chopped  
150ml double cream  
50 g unsalted butter  
flavourless oil (such as sunflower) for shaping  
optional: cocoa powder, sprinkles, lustre powder,  
icing sugar, chopped nuts , for coating



**Method** - **1.** Put the dark and milk chocolate in a bowl, then put the cream and butter in a pan and bring to a simmer. **2.** Pour the hot cream over the chocolate and stir until it melts. **3.** Leave to cool, then chill in the fridge for 7 hours. **4.** Put the coatings into separate bowls. **5.** To shape the truffles, lightly rub your hands with flavourless oil and roll teaspoons of the truffle mix between your palms - this can get messy! **6.** Gently roll the truffles in your coatings until evenly covered, then chill. **7.** Store in the fridge in an airtight container for three days, or freeze up to a month. Defrost in the fridge overnight.

#### Gingerbread Syrup

**Ingredients:** 300g golden caster sugar  
1 tbsp ground ginger  
1 cinnamon stick  
ribbon  
optional: edible gold glitter



**Method** - **1.** Put the golden caster sugar, 200ml water and ground ginger into a saucepan. **2.** Add the cinnamon stick and bring to a gentle boil. **3.** Simmer for 5 mins until the sugar has dissolved, then add in a little edible gold glitter if you like. **4.** Pour syrup into a bottle or jar. **5.** Tie a ribbon around the neck to decorate, if you like. **6.** The syrup will keep for one year.



## POSITIVE ACTIONS

## AN ACTION PLAN FOR TOUGH DAYS

**Having a tough day and need a little boost? Take a look at the positive action plan below to help you ground yourself and get back on your feet.**



THINK OF....

ONE person I can call if I need someone to talk to

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TWO things I can be grateful for today

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THREE things I can do as self-care today

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Some self-care ideas: watch a film, cook a meal, take a bath, read a book, light a candle, drink a glass of water, draw or write something, listen to your favourite song, make a hot drink

## WHY SELF-CARE WORKS

## SO WHAT'S THE DEAL WITH SELF-CARE?

Self-care is time that you dedicate to yourself with the intention of boosting and nourishing your mental, emotional, and physical health. Some people swear by bubble baths, facial masks, and relaxing music, others want to hit the gym, or tidy thier homes. What do you think self-care looks like for you?

## THE 8 AREAS OF SELF-CARE

### 1 PHYSICAL SELF-CARE

Physical self-care involves movement of the body, health, nutrition, sleep, rest, physical touch, and sexual needs.



### 2 PSYCHOLOGICAL SELF-CARE

Psychological self-care involves learning new things, applying consequential thinking, engaging intrinsic motivation, practising mindfulness and creativity.



### 3 EMOTIONAL SELF-CARE

Emotional self-care involves enhancing emotional literacy, navigating emotions, increasing empathy, managing stress effectively and developing compassion for self and others.



### 4 SOCIAL SELF-CARE

Social self-care involves having a supportive group and network of relationships around you whom you trust and turn to when required. Having caring and supportive people around you builds a sense of belonging and connectedness.



### 5 FINANCIAL SELF-CARE

Financial self-care involves being responsible with your finances (i.e. living expenses, income, insurances, savings etc.) and having a conscious relationship with money.



### 6 SPIRITUAL SELF-CARE

Spiritual self-care involves the beliefs and values that are important to you and guide your life. This includes pursuing your noble goals and the practices that support you developing spiritual awareness.



### 7 ENVIRONMENTAL SELF-CARE

Environmental self-care involves having an organised, well maintained and clutter-free work, business and home environment, having clean clothes and a clean and well maintained mode of transport. Also minimising waste and monitoring technology time.



### 8 PROFESSIONAL SELF-CARE

Professional self-care involves sharing your strengths and gifts, having clear professional boundaries, whilst living your purpose.



# SELF-CARE CHALLENGE

## TAKE ON THE CHALLENGE...

It's been a tough year for everyone, so why not ring in the New Year with some well deserved and much-needed self-care? Practicing self-care can help you sleep better, improve your mental health, and support a happier healthier outlook. Try the challenge today!

## THE SELF-CARE CHALLENGE

<b>DAY 1</b> Create a Gratitude Journal	<b>DAY 2</b> Go for a mindful walk	<b>DAY 3</b> Drink all 8 glasses of water today
<b>DAY 4</b> Watch an inspiring TedTalk	<b>DAY 5</b> Call a friend and have a catch up!	<b>DAY 6</b> Work on removing a limiting belief
<b>DAY 7</b> Have a digital detox day <small>One week complete!</small>	<b>DAY 8</b> Map out your goals	<b>DAY 9</b> Try a morning yoga session
<b>DAY 10</b> Chill out to your favourite music	<b>DAY 11</b> Develop some positive affirmations	<b>DAY 12</b> Have a good clear out!
<b>DAY 13</b> Binge watch your fav programme	<b>DAY 14</b> Start journaling! <small>Two weeks down!</small>	<b>DAY 15</b> Make a healthy meal plan for the week
<b>DAY 16</b> Create a wish list for things you want to do	<b>DAY 17</b> Have a mid week pamper night	<b>DAY 18</b> Spend 30 mins doing something creative
<b>DAY 19</b> Learn to say 'no' to work on your self worth	<b>DAY 20</b> Learn mindfulness meditation	<b>DAY 21</b> Catch up on sleep! <small>Three weeks through!</small>
<b>DAY 22</b> Go an entire day without complaining	<b>DAY 23</b> Wear an outfit that makes you feel great	<b>DAY 24</b> Start a new book
<b>DAY 25</b> Look after your skin!	<b>DAY 26</b> Stretch out all the tension in your body	<b>DAY 27</b> Learn something new
<b>DAY 28</b> Sort through your social media <small>We're nearly there!</small>	<b>DAY 29</b> Write a letter to your future self	<b>DAY 30</b> Create new, healthy habits! <small>CHALLENGE COMPLETE!</small>





## WRITING PROMPTS

## GET SOME CREATIVE INSPIRATION

**Did you know that writing not only allows you to express yourself creatively, but it also builds confidence, improves your empathy and communication skills, and contributes towards better emotional and physical health? Try some of these writing prompts to give yourself a boost!**

1. **Eye-Contact:** Two people seeing each other for the first time.
2. **Sisterhood:** An important relationship you share with another woman.
3. **Greeting:** Start a piece with the word “Hello”.
4. **The Found Poem:** Find a book and circle some words on a page. Use those words to inspire your writing.
5. **Eavesdropper:** A conversation you’ve overheard.
6. **Closed Doors:** What’s behind the door? Why is it closed?
7. **Good Vibes:** What makes you smile? What makes you happy?
8. **Jewellery:** Write about a piece of jewellery. Who does it belong to?
9. **Sounds:** Sit outside for about an hour. Write down the sounds you hear and find inspiration from these sounds.
10. **What you don’t know:** A secret you’ve kept from someone else, or how you feel when you know someone is keeping a secret from you.
11. **Just say no:** The power you felt you felt when you told someone no.
12. **Photograph:** Write something influenced by a photograph you’ve seen.
13. **Refreshed:** Think of a time you’ve felt really refreshed and renewed or a situation that helped you relax and start again.
14. **Acrostic:** Choose a word and write an acrostic poem where every line starts with a letter from the word.
15. **Silver Lining:** Write about the good that happens in a bad situation.
16. **Gratitude:** Write something about all the things that you’re thankful for.
17. **Longing:** Something that you very much want to do.
18. **I am:** A motivational piece about positive traits that make you who you are.
19. **Interview:** Write based on a recent interview you’ve read or seen on TV or heard on the radio.
20. **Strength:** A time when you’ve been physically or emotionally strong.
21. **Supermarket:** Write about an experience at the supermarket.
22. **So close:** Coming close to reaching a goal.
23. **Breathing:** Take a few minutes to do some deep breathing relaxation techniques. Once your mind is clear, write non-stop for 5 minutes.
24. **Determination:** Write about not giving up.
25. **Rainbow:** Why there are so many songs about rainbows?



## **2020 REFLECTION**

### **A MOMENT OF REFLECTION...**

**At the end of year, it's important to look back, reflect on our experiences, and see how far we've come. Reflection gives us an opportunity to pause amidst the chaos, recognise our accomplishments, reflect on the lessons we've learned and sort through experiences to find meaning that is crucial to our growth and development.**

So put on some of your favorite music and take some time out of your day to answer the questions below. You can answer them all, just a few, or use them as inspiration to come up with your own reflective questions. You can write them in a journal, or on loose pieces of paper which you put in a jar with other items that reflect your year.

## **REFLECTIONS**

**One challenge I overcame this year?**

**One thing I'm grateful for this year?**

**One thing I've learned about myself?**

**One thing I've appreciated about others?**

**One thing I've accomplished this year that I'm proud of?**

**What is my best memory of the year?**

**What was a song that I listened to on repeat this year?**

**One thing that made me laugh hard this year?**

**One thing I can do today that future me will be grateful for?**

**One thing I'd like to accomplish next year?**



# HAIKU

## WHAT IS HAIKU?

**Haiku is a type of short-form poetry originally from Japan. It is a 3 line, beautifully descriptive, form of poetry, intended to be read in one breath. If read in Japanese, most traditional haiku would have 5 syllables, or sounds, in the first line, 7 in the second, and 5 in the last. Today, it is viewed as a useful tool for a moment of reflection.**

### Example

In the twilight rain  
these brilliant-hued hibiscus  
- A lovely sunset.

### Exercise

1. Think about the topic of FREEDOM.
2. Take a few seconds to clear your mind. Close your eyes. Count to 4 breathing in. Hold your breath for 7 counts. Then, finally, release your breath for 8 seconds. Repeat once more: breathing in for 4, hold for 7, then out for 8. Open your eyes.
3. Don't worry about structure, language, anything other than what the subject is about - just allow yourself to speak.
4. Write down what you have just said.
5. Now, edit 1 or 2 words, altering the syllables in those words to try to match the haiku format of 5 syllables or sounds, in the first line, 7 in the second, and 5 in the last.
6. Now, think about ways you can alter the story by using more descriptive language?
7. Play around with your haiku until you are happy, trying to get it to fit with the 5,7,5 structure described above. To play means to have fun!
8. When you are finished, write it down on a piece of paper - You can also add illustrations to your haiku to make it a visual piece. Stick it up somewhere you can see it, to provide inspiration, calm or any other emotion it evokes within you. and be proud of your work.

**Now - why not try and write about another topic, like: HOPE**

# MINDFULNESS

## WHY NOT TRY SOME MINDFULNESS?

Mindfulness has roots in Buddhism and is the practice of purposely focusing your attention on the present moment. Mindfulness can help you to enjoy life more and understand yourself better. It improves wellbeing, physical and mental health, decreases stress, improves focus and builds resilience.

Not sure where to start? Try some of the simple mindful exercises below.

### THINK BREATHING



Breathe in, hold for three counts and exhale. Count seven breaths.



### MINDFUL DRINK

Kick start your body, mix hot water, lemon and cayenne pepper. Taste It!

### DO ONE THING AT A TIME



When eating, just eat, when checking emails, just check emails.



### NOTICE YOUR SENSES

What are two things you can taste, touch, smell, hear, right now?

### DEEP LISTENING



Listen completely and contemplate your response.



### MINDFUL EATING

Turn off all distractions, explore the textures, flavours and temperatures

### MINDFUL WALKING



Feel your feet connecting with the ground.



### BODY SCAN TIME

Bring your attention to your body, send the breath to any areas of tension.



## VISION BOARD

### WHAT IS A VISION BOARD?

A vision board is a collage of images, pictures, words and affirmations of one's dreams and desires, designed to serve as a source of inspiration and motivation. It is a creative process to set clear intentions and goals for what you want in your life, so you can grow and transform yourself.

## CREATE YOUR OWN BOARD

### 1. Create a list of goals you'd like to achieve in the next year

Spend some time thinking about exactly what you want your life to look like, and what you need to accomplish in the next 12 months to launch you closer to your goals.

### 2. Collect a bundle of old magazines with beautiful pictures

If you're not a magazine reader you can use newspapers or ask your friends to give you any they no longer want.

### 3. Find pictures that represent your goals and inspire you

Schedule a couple of hours one evening or weekend to go through the magazines and cut out pictures that represent your goals and speak to your heart in some meaningful way. They don't have to be physical objects or literal interpretations of what you want in your life - instead, focus on how the images make you feel?

### 4. Make a collage out of your photos

Once you have collected enough photos, it's time to make your vision board! Find a large piece of card - maybe cut up an old delivery box, then glue, tack, or tape your pictures to the board in a way that is visually pleasing to you.

### 5. Add motivational "affirmation" words that represent how you want to FEEL

Your vision of your ideal life should also focus on how you want to feel. Find words such as "joyful", "powerful", "fearless", or "loved". Search for these words in your magazines, or write them yourself then add them to your board.

### 6. Put your vision board somewhere you can see it and take a few moments to contemplate it every day so you are motivated to achieve your goals



## POETRY

## REFLECT ON A POEM

# STILL I RISE

Maya Angelou

You may write me down in history  
With your bitter, twisted lies,  
You may trod me in the very dirt  
But still, like dust, I'll rise.

Does my sassiness upset you?  
Why are you beset with gloom?  
'Cause I walk like I've got oil wells  
Pumping in my living room.

Just like moons and like suns,  
With the certainty of tides,  
Just like hopes springing high,  
Still I'll rise.

Did you want to see me broken?  
Bowed head and lowered eyes?  
Shoulders falling down like teardrops,  
Weakened by my soulful cries?

Does my haughtiness offend you?  
Don't you take it awful hard  
'Cause I laugh like I've got gold mines  
Diggin' in my own backyard.

You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.

Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?

Out of the huts of history's shame  
I rise  
Up from a past that's rooted in pain  
I rise  
I'm a black ocean, leaping and wide,  
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear  
I rise  
Into a daybreak that's wondrously clear  
I rise  
Bringing the gifts that my ancestors gave,  
I am the dream and the hope of the slave.  
I rise  
I rise  
I rise.



**CLEAN BREAK**