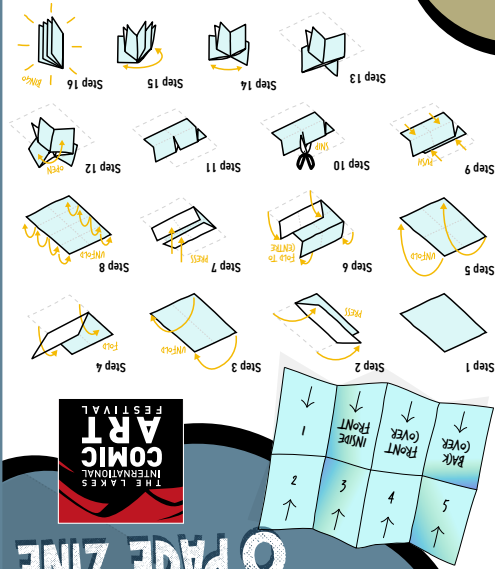




Which objects do you use first thing in the morning?



HOW TO FOLD A SHEET OF PAPER INTO AN 8 PAGE ZINE



This zine offers an opportunity to consider the everyday objects, the places & spaces around you, and the ways they affect your wellbeing. This Zine Belongs to



www.youngminds.org.uk support for young people's mental health

APPS - HEADSPACE, MOODGYM, CALM, STOP BREATHE THINK

www.nhs.uk/mental-health

www.nhs.uk/livewell

www.youngminds.org.uk

www.mind.org.uk

THE MIX (0808 808 499)

CHILDLINE (0800 1111)

SAMARTANS (116 123)

HELPLINES

SPEAK TO A TEACHER

VISIT YOUR GP

IT'S GOOD TO TALK

The relationship we have and the connections we make with people can help maintain positive wellbeing.

Imagine a 'good' day.

What are the places you visit, the spaces you occupy and the material things that you use that form part of a positive day?

What objects or spaces contribute towards negative feelings?

Which spaces, places and things do you visit or use to relax?



What contributes towards your bedtime routine?

Can you now identify clear examples of material things and physical places which affect your mental health both negatively and positively?