



I HAVE A VOICE

# Ambassador Wellbeing Activities



## LEARN NEW SKILLS

Learning new skills and knowledge can improve your mental wellbeing by boosting self-confidence.

**ACTIVITY:** Create a presentation about a topic of interest. Teach it to a friend or share it with fellow ambassadors!



## BE PHYSICALLY ACTIVE

Being active is not only great for your physical health. Evidence shows it can also improve mental wellbeing.

**ACTIVITY:** Follow a fitness app or video at the start & end of each day for 5 minutes.

## CONNECT WITH OTHERS

Good relationships are important for your mental wellbeing.

**ACTIVITY:** Send a message to one of your friends, or an ambassador, and tell them about your day!

## GIVE TO OTHERS

Acts of kindness can help improve our own mental wellbeing by creating positive feelings.

**ACTIVITY:** Spread awareness for an issue affecting someone you know, for example through social media.



## REFLECT ON HOW YOU FEEL

Paying more attention to the present moment can improve your mental wellbeing.

**ACTIVITY:** Do an activity you know will make you happy, or try something new like a mindfulness app, writing a journal or listening to music.



## TAKE BREAKS, REACH OUT

I have a voice is committed to empowering you, including with your mental wellbeing. Simply let us know if you'd like to take a short (or long) break!

**ACTIVITY:** Reach out to Ben or Rebecca, and if you'd like, we can try some of these wellbeing activities together.





# Ambassador Wellbeing Support

## AMBASSADOR WELLBEING CHAMPION (BEN MAHER)

The role of I have a voice's Ambassador Wellbeing Champion is to take action in an educational and promotional way to raise awareness about wellbeing and break down stigma. The Wellbeing Champion also directly supports fellow ambassadors with felling issues. The Wellbeing Champion:

- Raises the profile of the wellbeing agenda
- Reduces stigma by talking about feelings and emotions
- Promotes a healthy lifestyle, positive wellbeing and resilience
- Is approachable (feel free to start a conversation with them at any time!)
- Listens to and supports fellow ambassadors.
- Helps fellow ambassadors with problem solving and finding positive ways to support wellbeing.
- Signposts fellow ambassadors to the most appropriate support services and resources.
- Passes on any safeguarding concerns to Rebecca Deegan, designated safeguarding officer.

The Ambassador Wellbeing Champion is currently Ben Maher, who can be contacted via the Slack Workspace. He is a passionate advocate for positive mental health, and supports Rebecca in ensuring ambassadors are safe, mentally healthy and supported in their roles!

### "I'M DOING OKAY BUT SOME HELP WOULD BE GREAT"

- Visit [elefriends.org.uk](http://elefriends.org.uk)
- Visit [themix.org.uk](http://themix.org.uk)
- Visit [kooth.com](http://kooth.com)
- Download Calm Harm
- Find some mindfulness videos
- Reach out to someone you trust

### "THINGS ARE A BIT TOUGH, I NEED SOMEONE TO TALK TO"

- Book an appointment with your GP
- Talk to ChildLine (0800 1111 or [childline.org.uk](http://childline.org.uk))
- Talk to The Mix (0808 808 4994 or [themix.org.uk](http://themix.org.uk))
- Talk to POPYRUS (0800 068 4141 or [papyrus-uk.org](http://papyrus-uk.org))

### "I AM IN CRISIS AND NEED URGENT HELP"

- Call 999 or go to your nearest A&E if you feel you are at immediate risk to yourself or others.
- Text 'THEMIX' to 85258 for crisis text support.