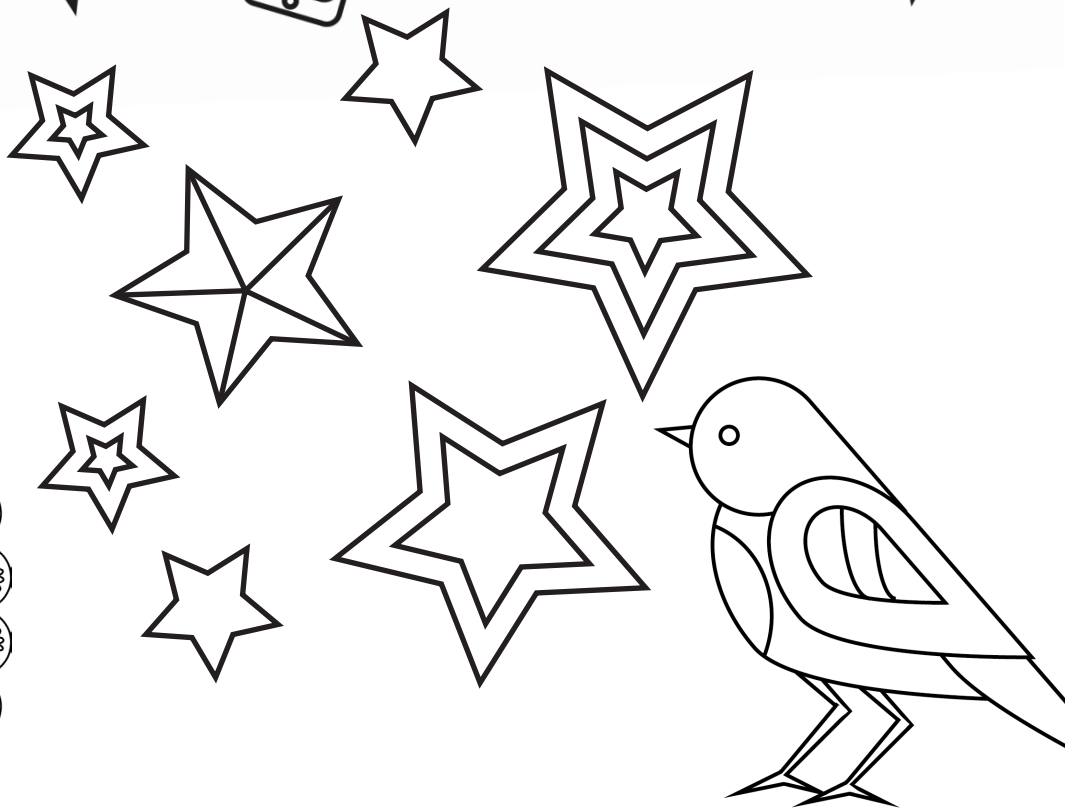
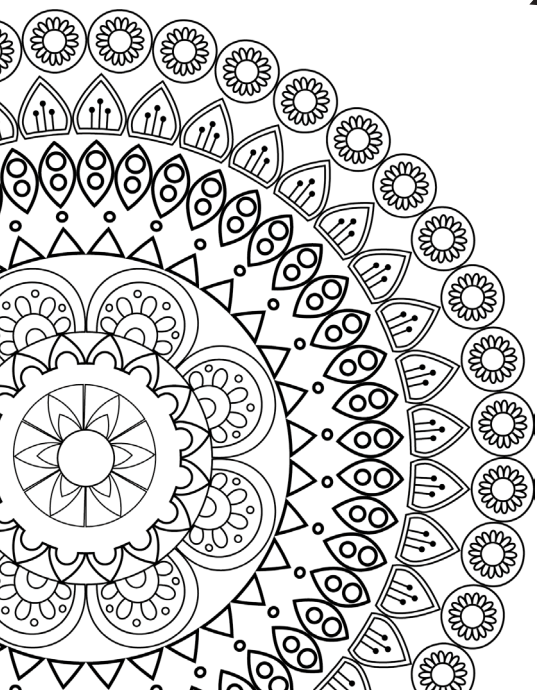


# CASS Colouring and Activity Book

      
**Five Ways**  
 **to Wellbeing**   
     



**Welcome to the Community Access Support Service Colouring & Activity book! We've put this together to give you a tool to support your wellbeing. Being creative and the mindfulness that comes from colouring in is a great way to reduce stress and anxiety, and introduce self-care into your day.**

## **What is mental health and emotional wellbeing?**

Mental health issues affect 1 in 4 of us at some point in our lives. The term 'mental health' isn't one we use every day so when we see those words together we can have different ideas about what it means.

We all have mental health though, just as we all have physical health. We often use terms like 'stressed', 'anxious', 'sad' or 'angry'. If these feelings are overwhelming, last for extended periods or are being fed by life events it's important to get the right support and advice.

**Stress** is tension which builds up in the body and mind in response to something happening in our lives. Some stress can be good for us, helping us to work harder and focus. After a difficulty passes, the feelings of stress usually fade. However, if you are constantly stressed, your body and mind will stay on 'high alert' and you might develop symptoms which are hard to live with.

**Anxiety** is a feeling of unease, such as worry or fear, that can be mild or severe. It's normal to feel worried and anxious about sitting an exam or having a job interview. However, some people find it hard to control their worries. Their feelings of anxiety affect them all the time in their daily lives.

**Depression** is a low mood which lasts for a long time and can be mild or severe. Most people have times when they feel down but when you're depressed you feel unhappy for weeks or months rather than a few days.

CASS have produced booklets where you can read more about this. If you would like some, please get in touch using the details on the back cover.



# Behind the Mask

This activity helps us think about how what we're feeling on the inside can be different to what we show on the outside.

## How to play:

- Trace the oval shape with the dotted line running down the middle to represent your face, sketch out the shape yourself, or download a template here - [www.cassbristol.org/download/behind-the-mask-activity/](http://www.cassbristol.org/download/behind-the-mask-activity/)
- Get creative - draw a face in the space! On one side draw or write emotions of you show to others on the outside. On the other, draw or write the emotions you often feel on the inside

## Things to talk about:

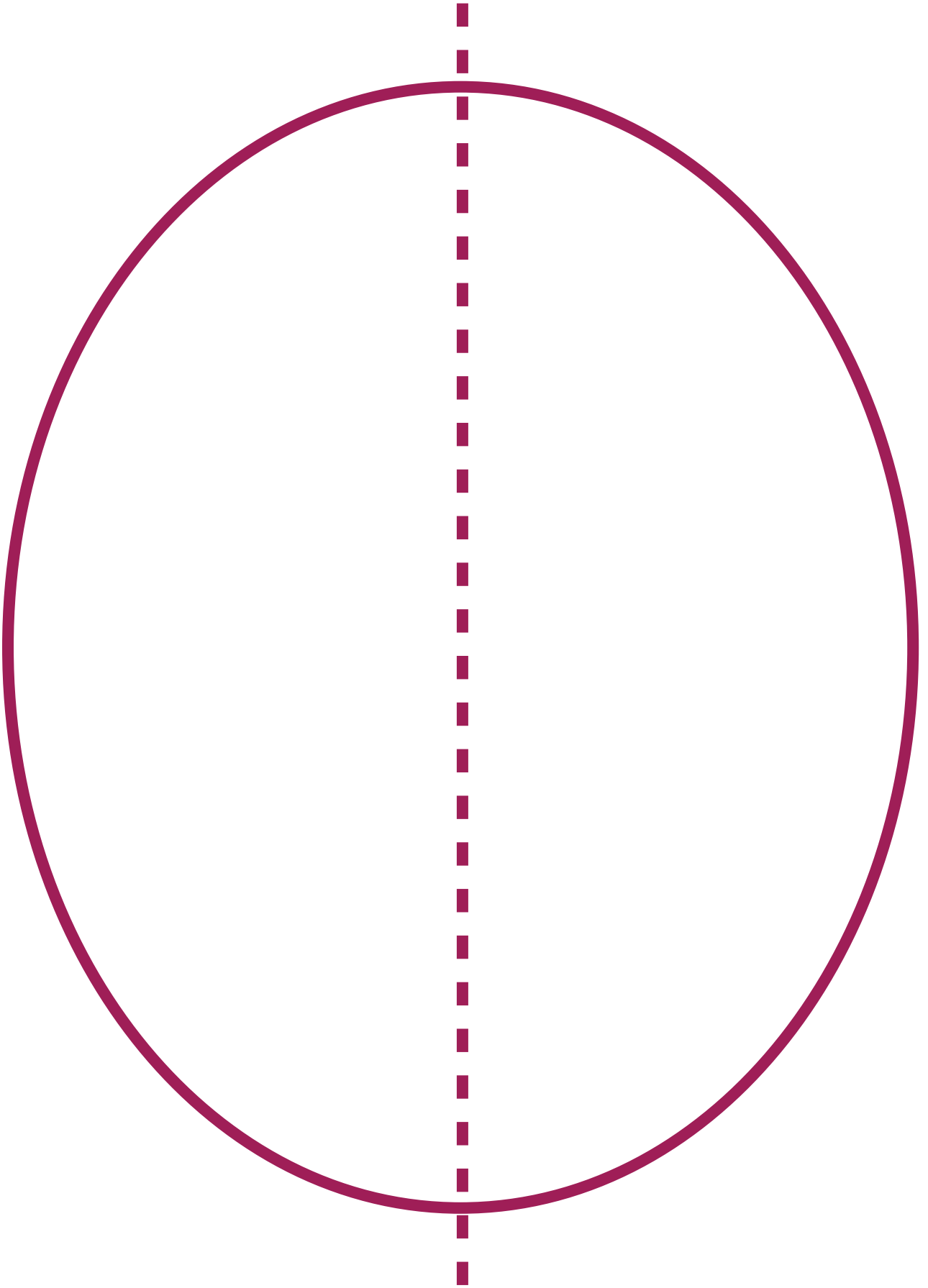
Is there a difference in the emotions you display and that you hide in different situations?

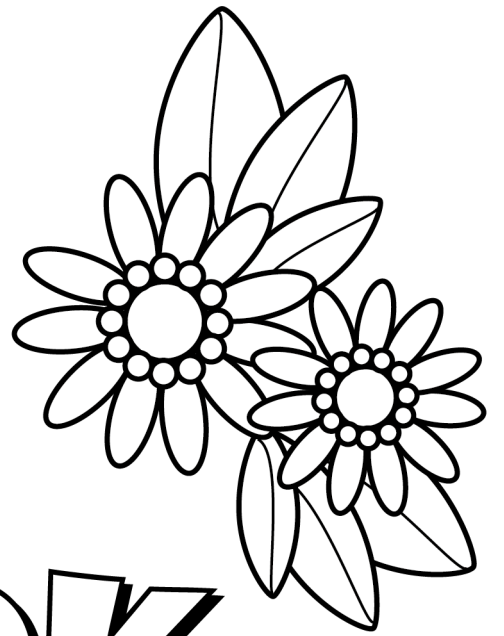
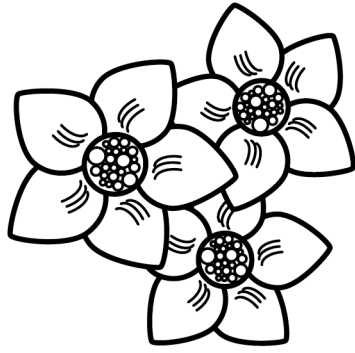
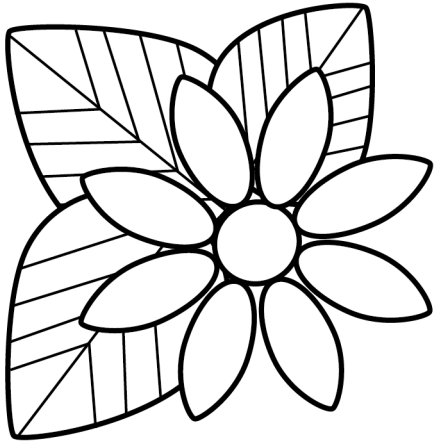
Are there certain emotions you're not comfortable expressing? Why is this?

What makes you more comfortable showing the emotions you feel inside?

Can we always tell what someone is feeling just by looking at them?



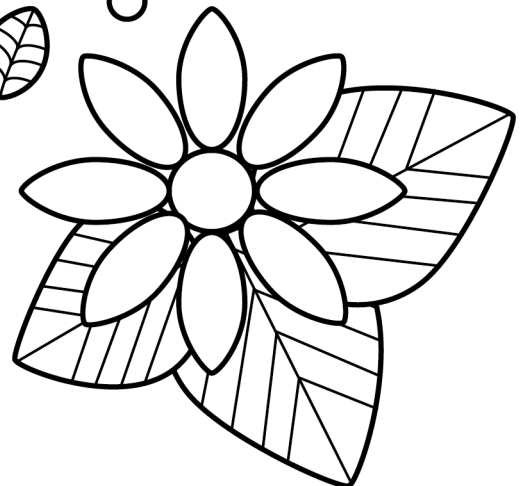
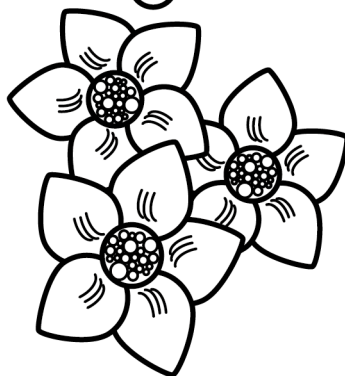
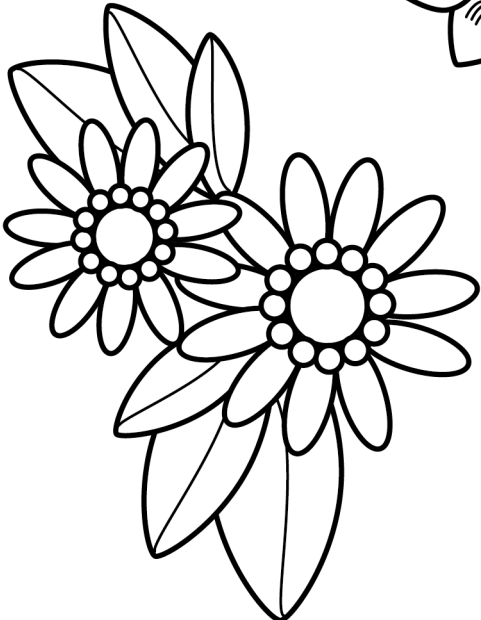
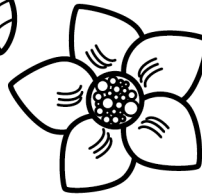
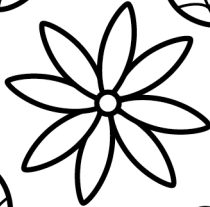
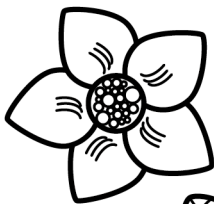
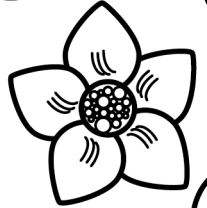
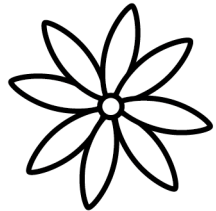
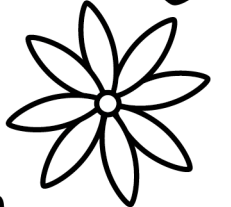
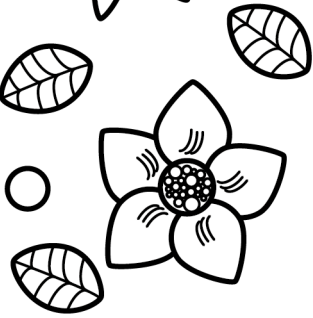
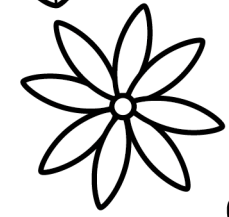


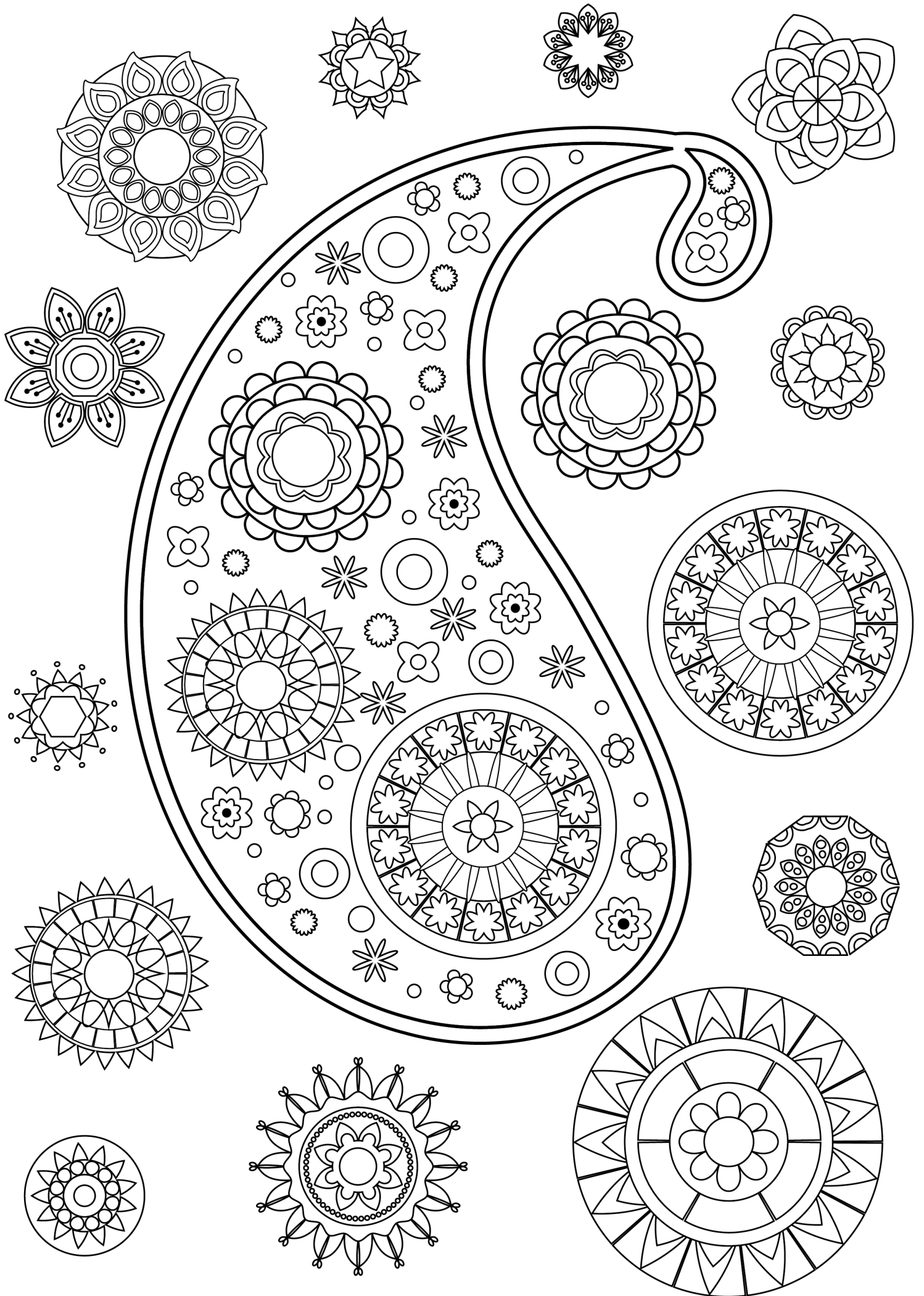


**It's OK**

**to not**

**be OK**





# Pass the Parcel of Chat

## Key message:

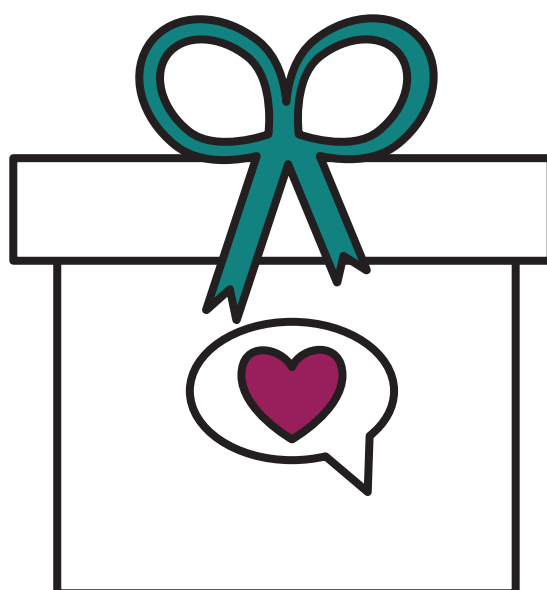
Single conversations about mental health may not be enough to actually break down stigma. But encouraging many people to have these small conversations can, over time, build to a substantial number of conversations happening. And the more we talk about mental health, the less stigma surrounds it.

## How to play:

- Make a parcel with multiple layers and place a treat and a conversation starter about mental health in each layer
- Each person writes their name on a slip of paper, folds it and puts it into a hat. Pick a name out to decide who gets to open a layer of the parcel
- Whoever opens the layer gets the treat, and gets to read out the conversation starter to everyone else. Everyone can then discuss the topic for 2 - 3 minutes before another name is picked

## Ideas for conversation starters:

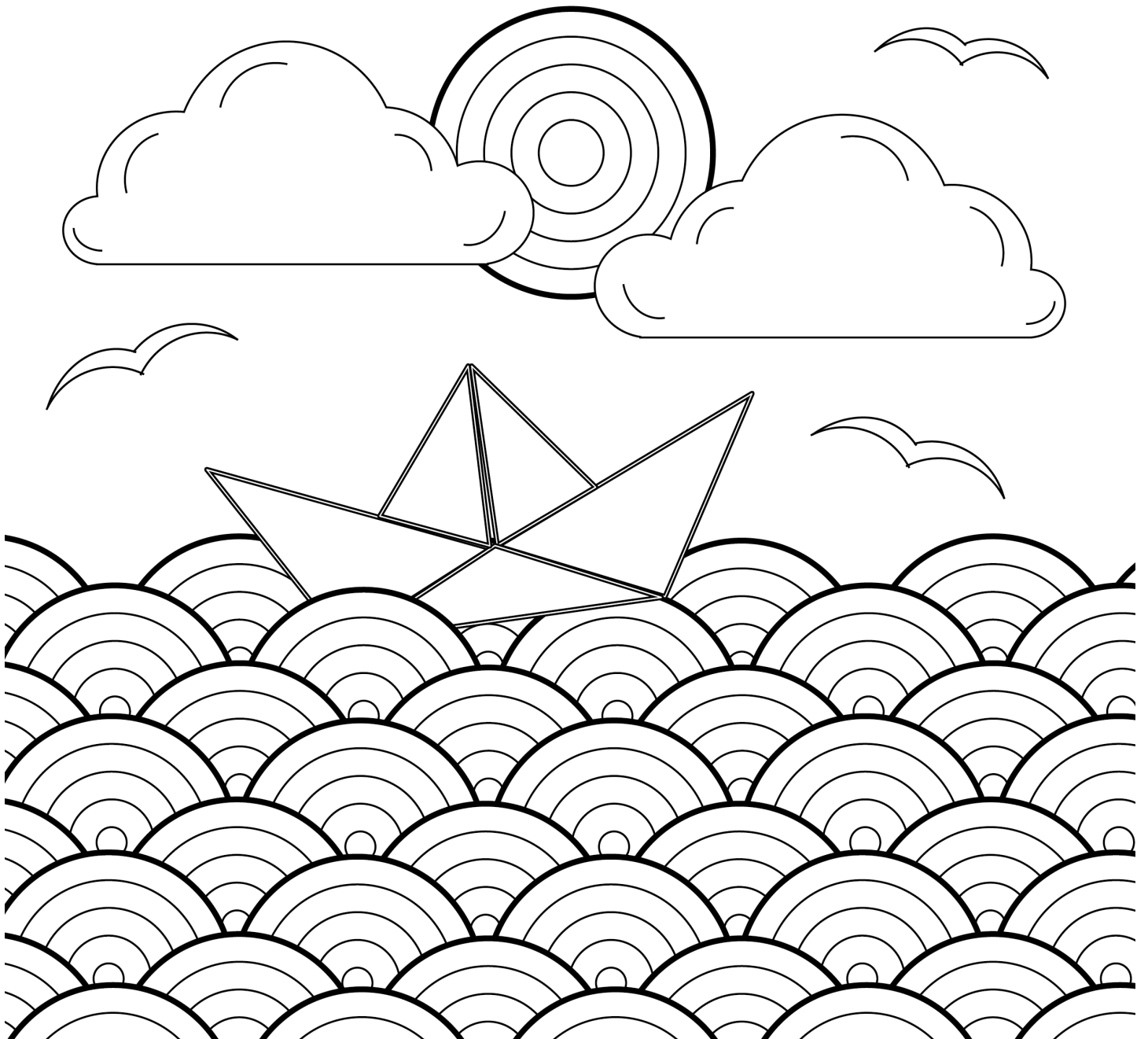
- What experiences in your life, your work, school or your family inform what you believe about mental health?
- In your experience, how are mental health issues affecting people's lives?
- Do you think different cultural backgrounds influence how we think about mental health? If so, how?
- Why is mental health an important or not so important issue for you?
- How does mental health tie in with physical health?







**Storms don't  
last forever**



# Mental Health First Aid - Tips for Talking to Young People

## Key message:

We believe talking about mental health can help you and those around you to be happier and healthier. Anyone who works with or cares for a young person has the opportunity to play an active role in supporting their mental wellbeing. Giving a young person the chance to open up and have a conversation about their mental health can reassure them that help is available and empower them to access appropriate support should they need to. Starting a conversation is the first step on that journey.

## Creating a Safe Space

Give yourself plenty of time so you don't appear to be in a hurry

Talk in a neutral space, in a park or cafe if you can, or even the living room rather than their bedroom

Sit down, even if the other person is standing. It will make you seem less intimidating

Make it clear that the person you're talking to is not in trouble!

## Talking Tips

Keep your body language open and relaxed

Keep the chat positive and supportive, exploring the issues and how you may be able to help

Be empathetic and take them seriously

Don't dismiss what's being said with comments like 'pull yourself together'

## How to Listen

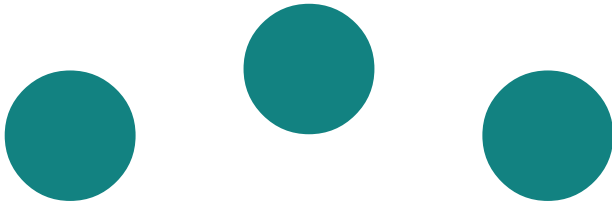
Give the young person your attention and focus on what they're saying

Accept them as they are. Respect the person's feelings, experiences and values although they may be different from yours. Do not judge or criticise because of your own beliefs and attitudes

Listen to their words, and pay attention to their tone and body language for clues about how they're feeling

Don't make a moral judgement. Be genuine – show that you accept the person and their values by what you say and do

Get on their wavelength. Place yourself in the young person's shoes and demonstrate to them that you hear and understand what they are saying and feeling



## Useful Questions to Ask

How long have you felt like this?

How can I help you?

How are you feeling at the moment?

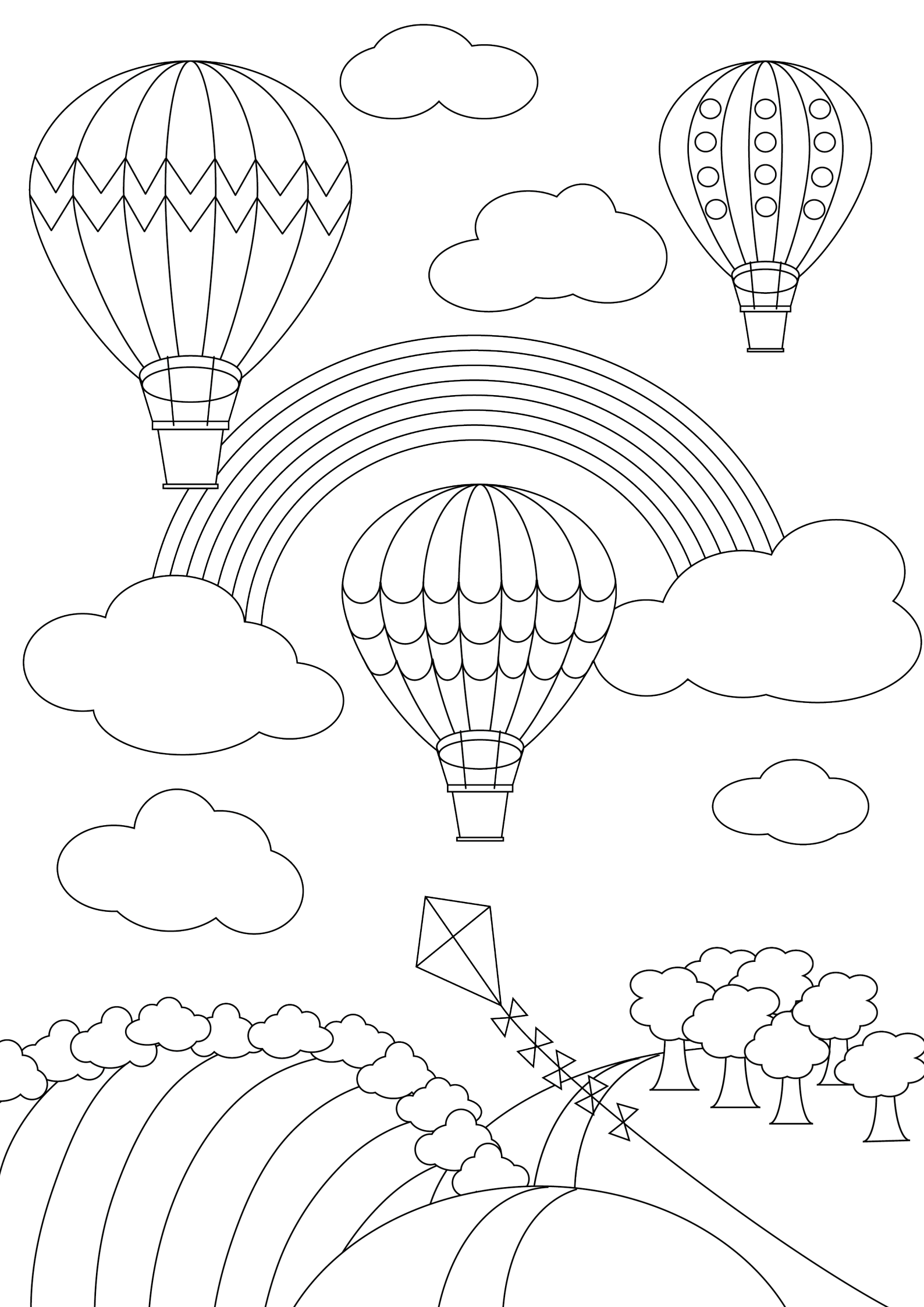
What kind of support do you think might help you?



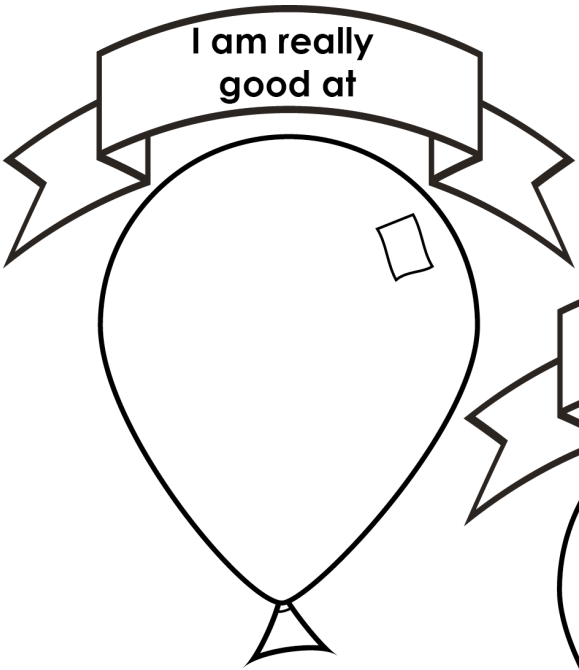
Keep the conversation going – follow up and ask them how they are doing. Reassure them that you are always here if they want to talk, and really mean it.

Give reassurance that there are lots of sources of support and some of these might be available at home through parents/carers, through their place of education, by visiting their GP, or online. If appropriate, offer to go with them to seek support.

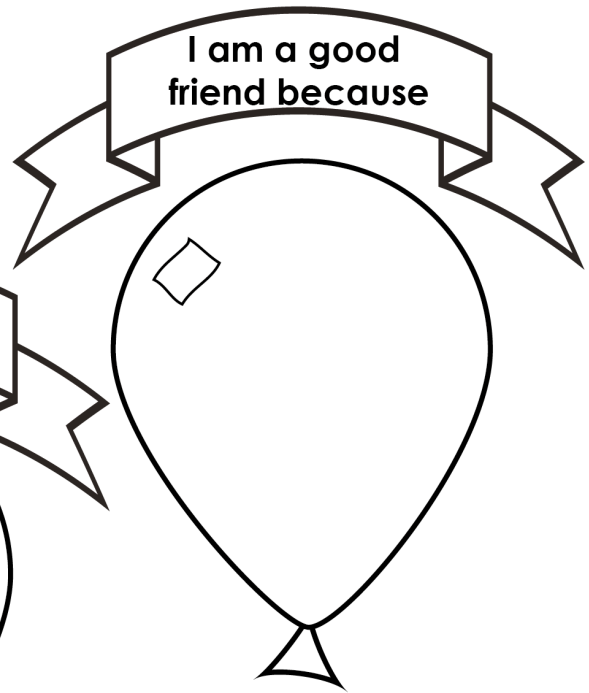
From Mental Health First Aid. For more tips and resources see [www.mhfaengland.org](http://www.mhfaengland.org)



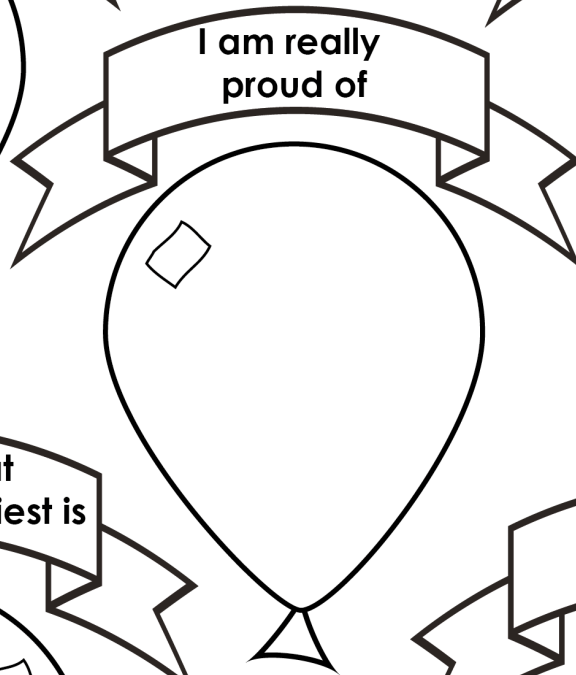
**I am really good at**



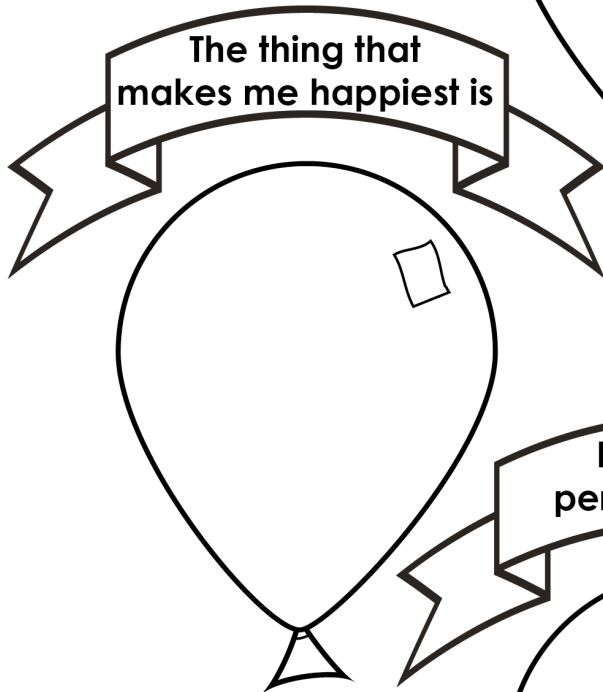
**I am a good friend because**



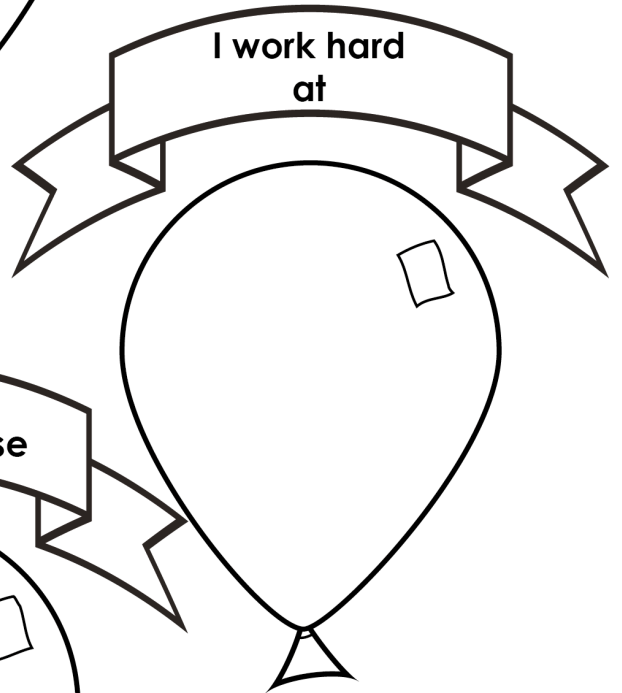
**I am really proud of**



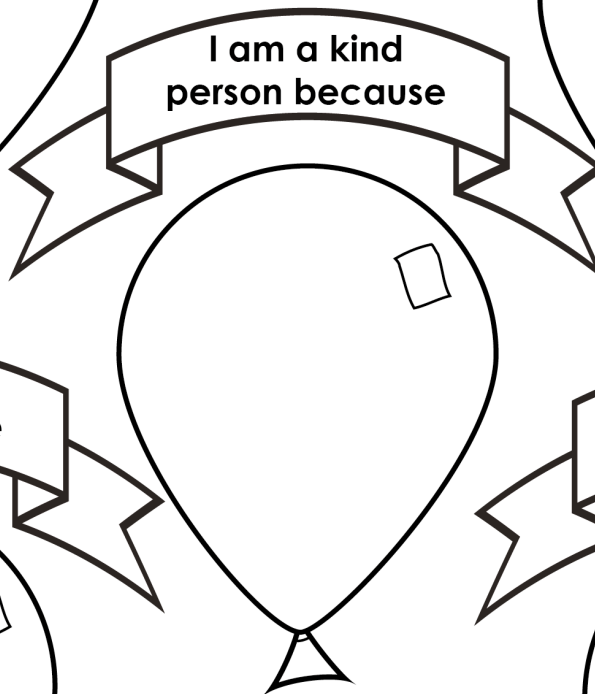
**The thing that makes me happiest is**



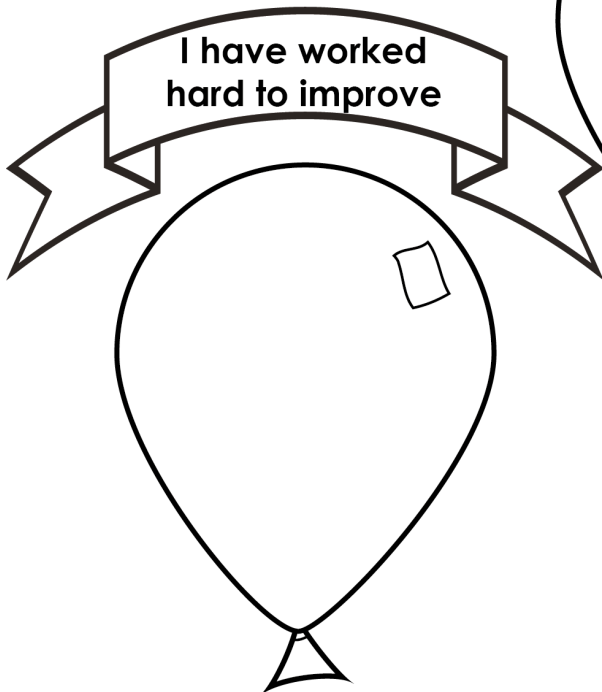
**I work hard at**



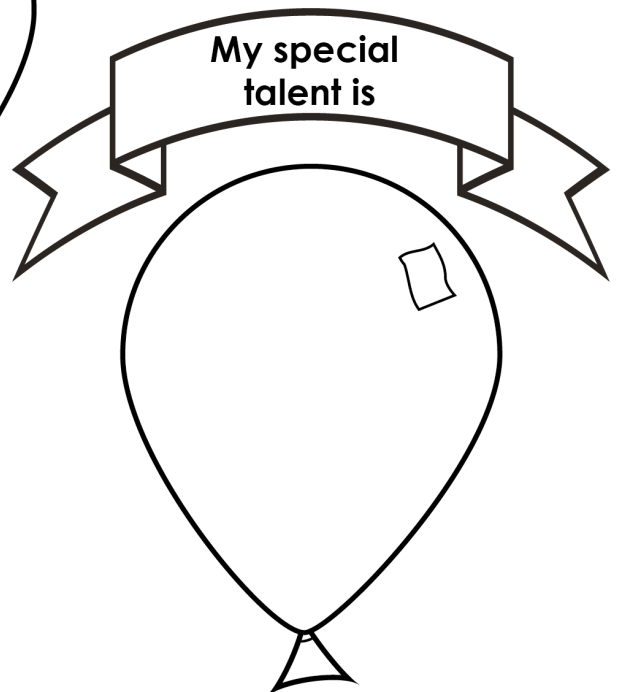
**I am a kind person because**

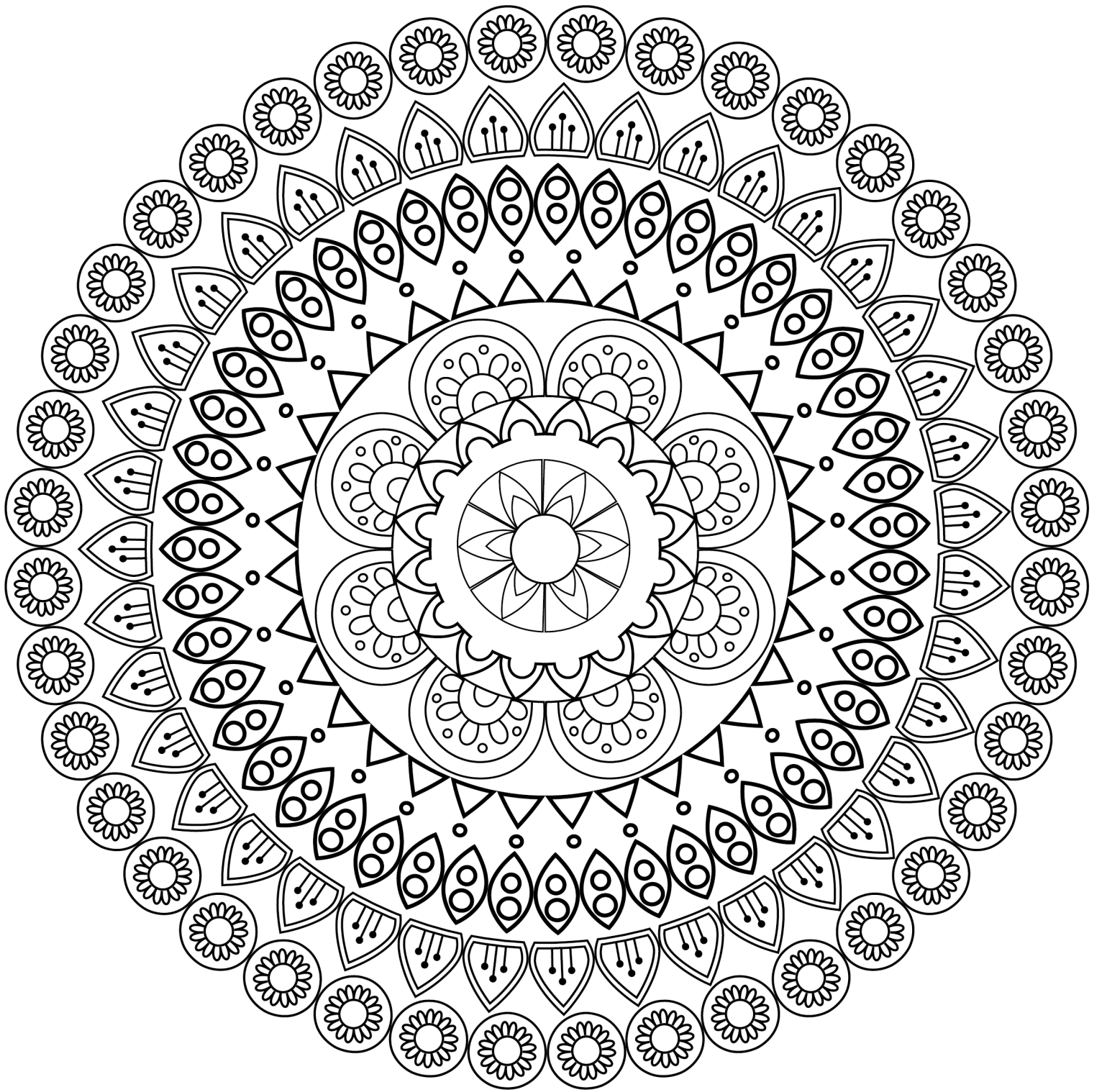


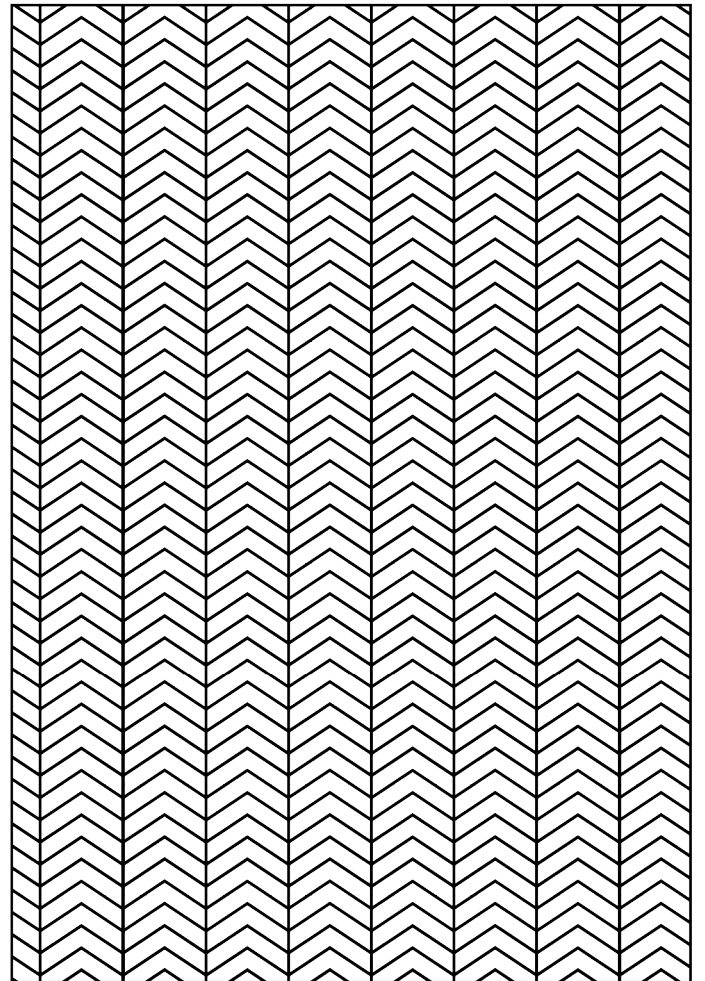
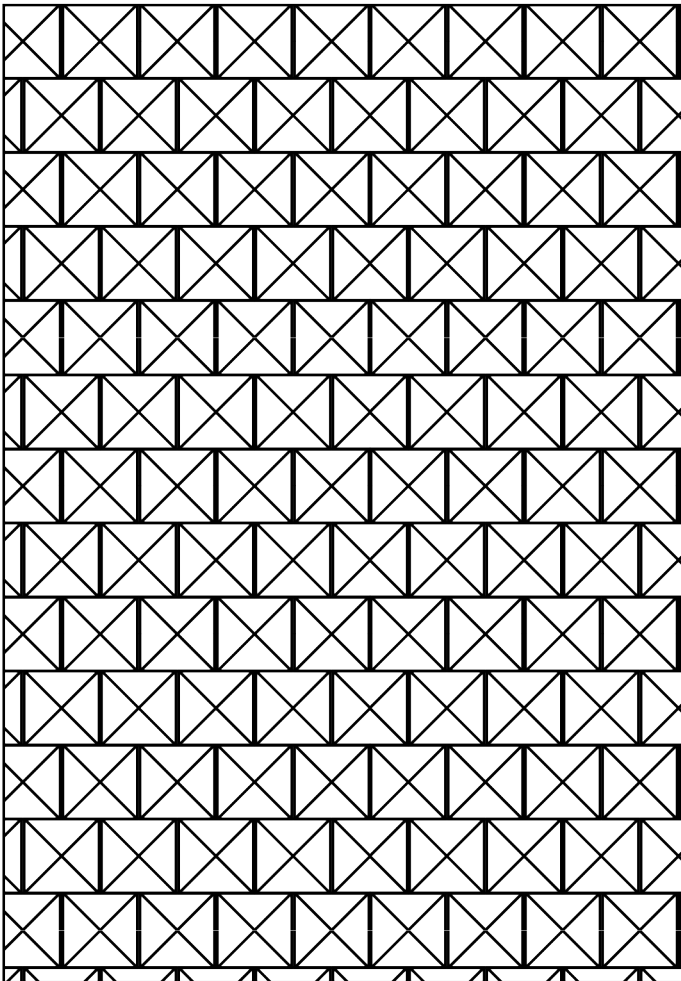
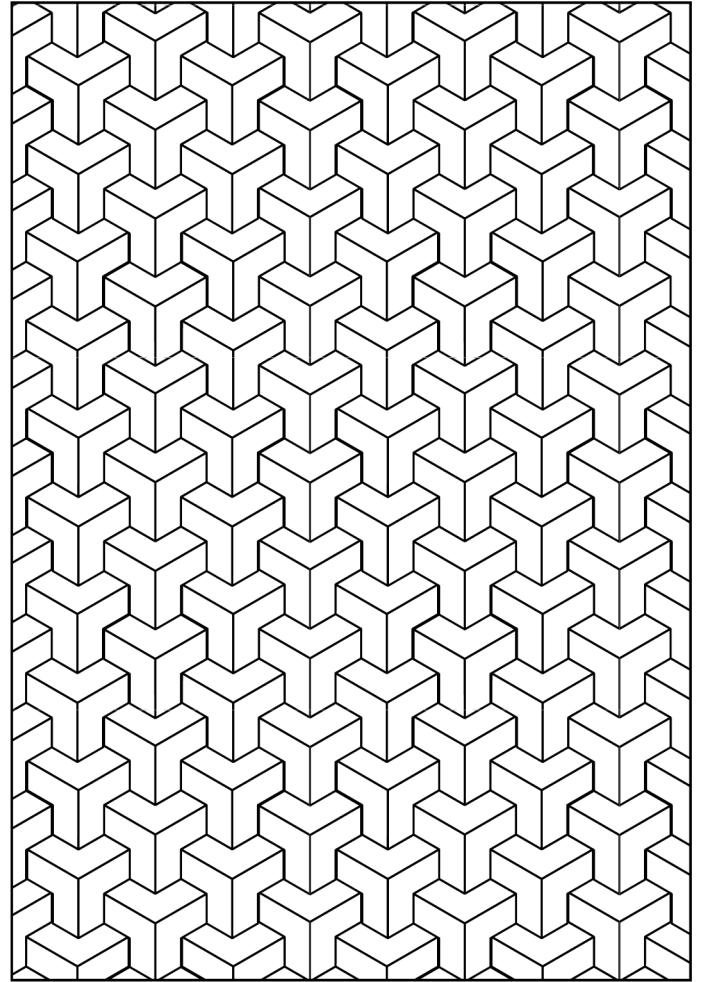
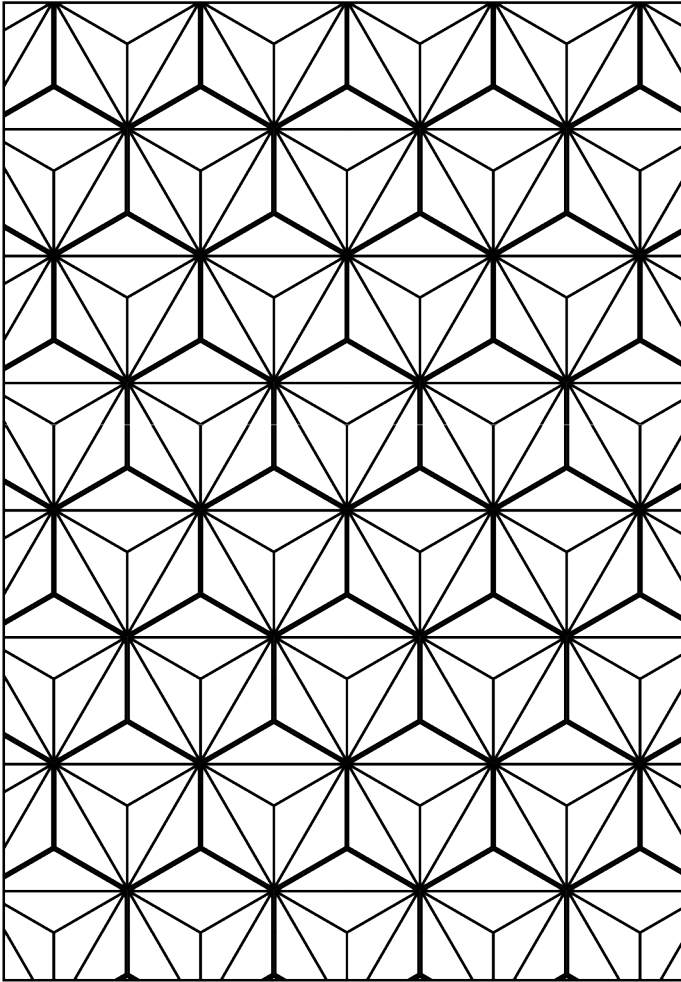
**I have worked hard to improve**









**My special talent is**






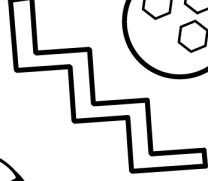
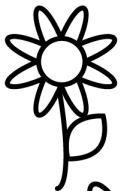








  **Five Ways**    
 **to Wellbeing** 

       
 **Connect**  

       
  **Learn**  

  **Be active**    
       

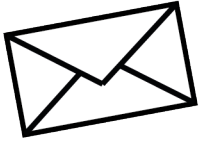
 **Take notice**    
     

   **Give**     
 



# My Ways to Wellbeing

When we're feeling down, it can be hard to think of things to do to make ourselves feel better. Why not come up with some ideas when you're feeling positive and create your own Ways to Wellbeing toolkit?



Connect

Learn



Be active

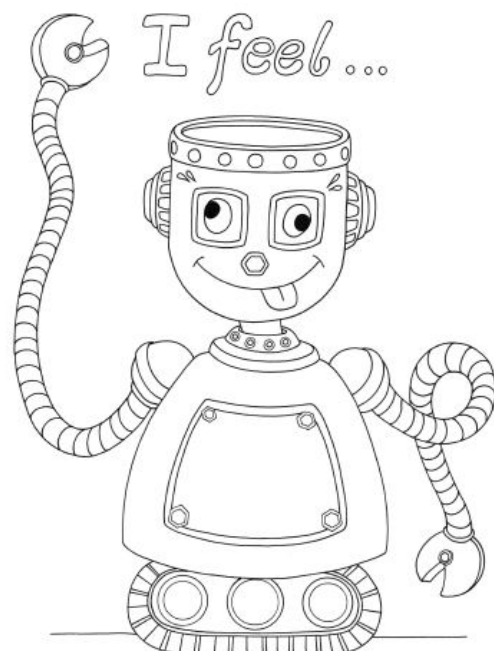
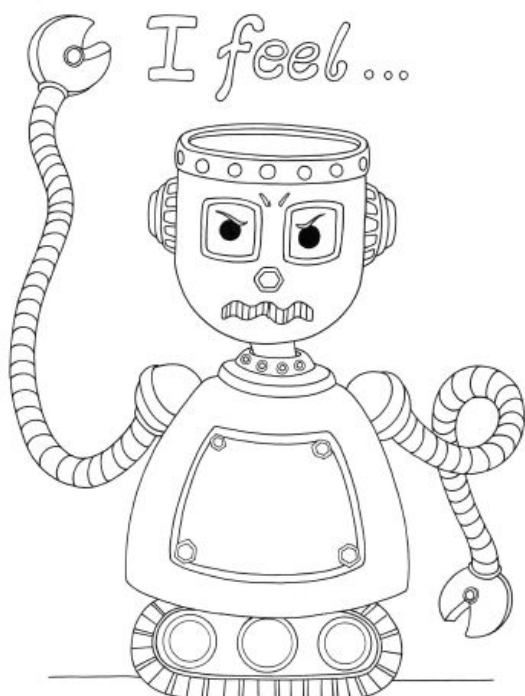
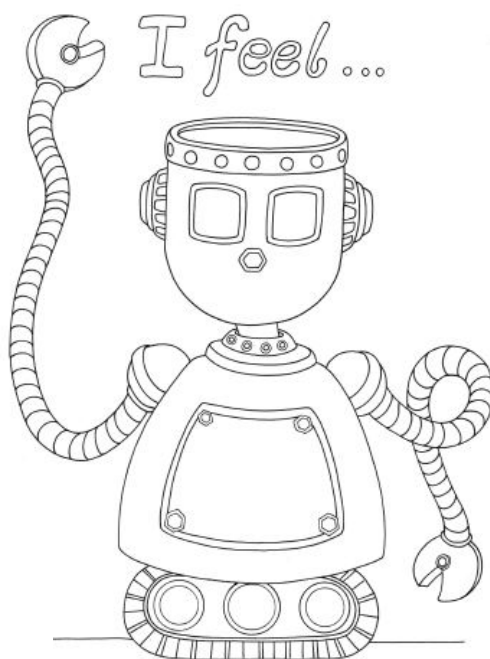
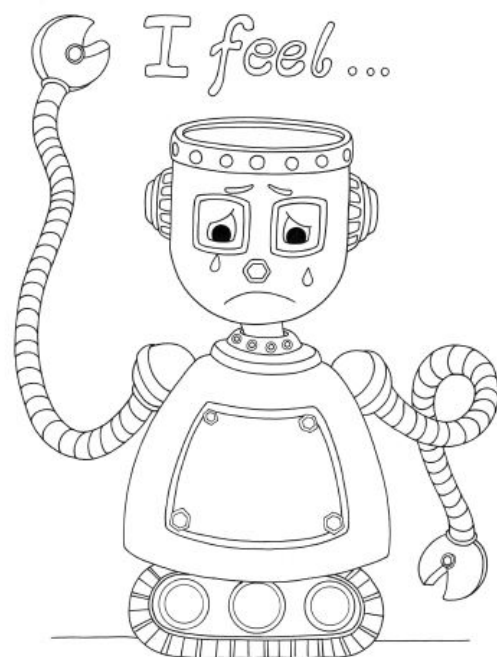
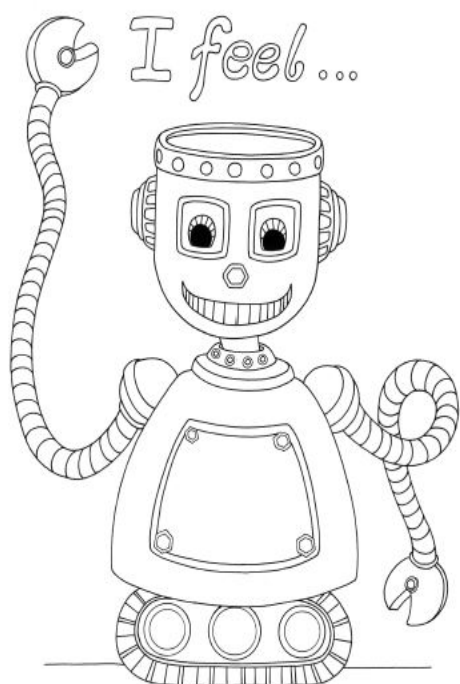


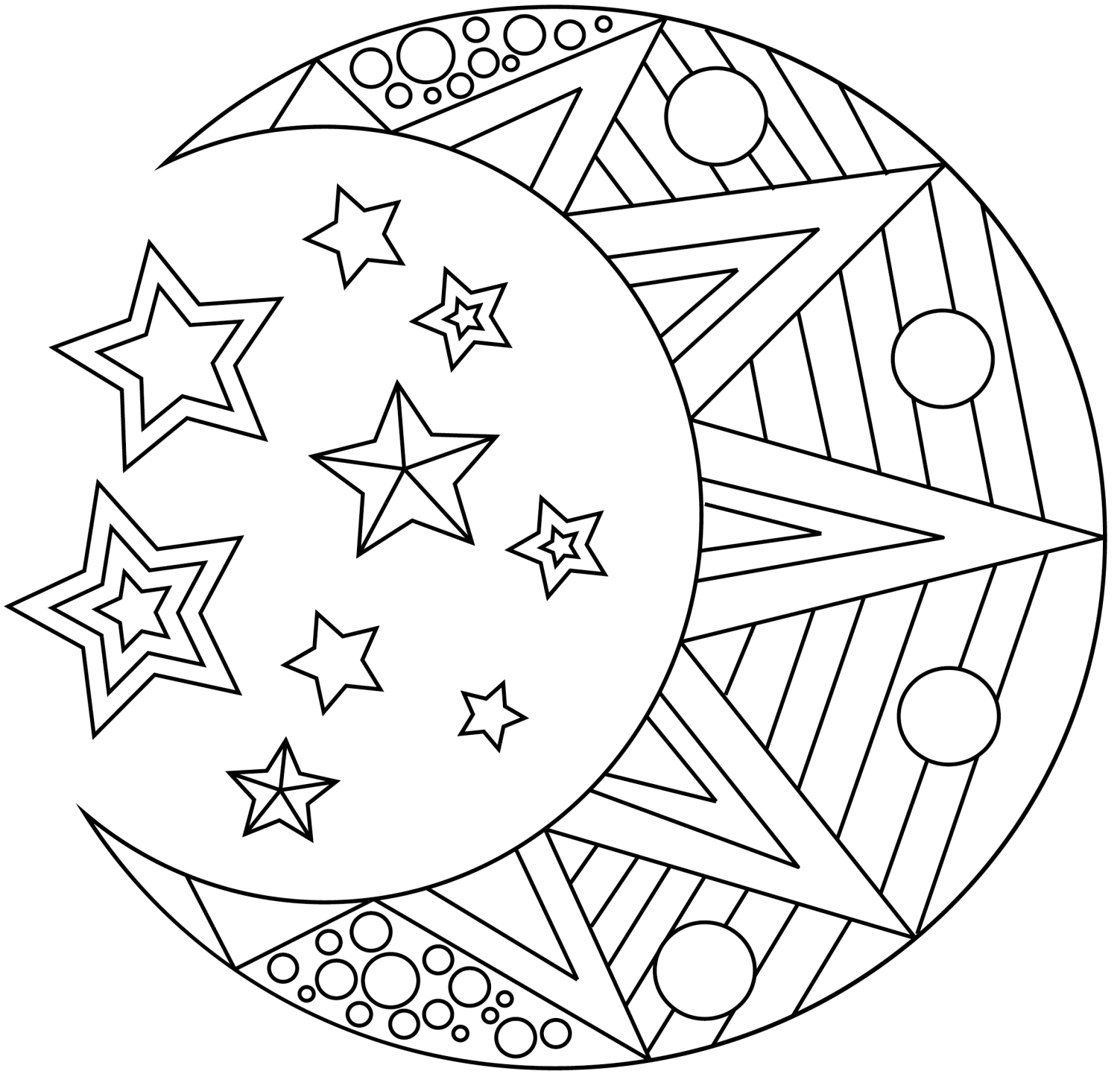
Take notice



Give

How do the robots feel? Colour them in and write the feelings on their tummies! Use the middle robot to show how you feel today. Which of the feelings do you enjoy feeling the most?

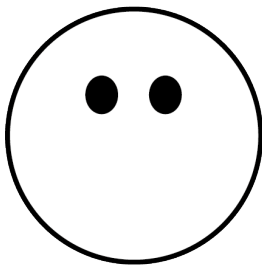




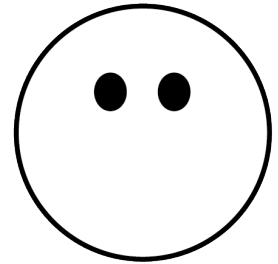
**Psst, you're  
doing great!**

# Feelings Thermometer

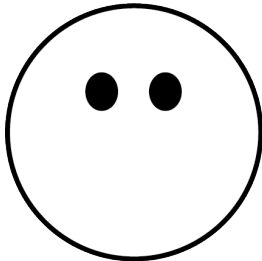
Fill in the faces to show the feelings. What colours could you use to show these feelings?



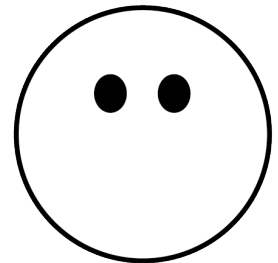
**Angry**  
**Cross**  
**Mad**



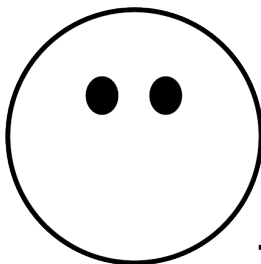
**Frustrated**  
**Annoyed**  
**Irritable**



**Anxious**  
**Worried**  
**Unsettled**

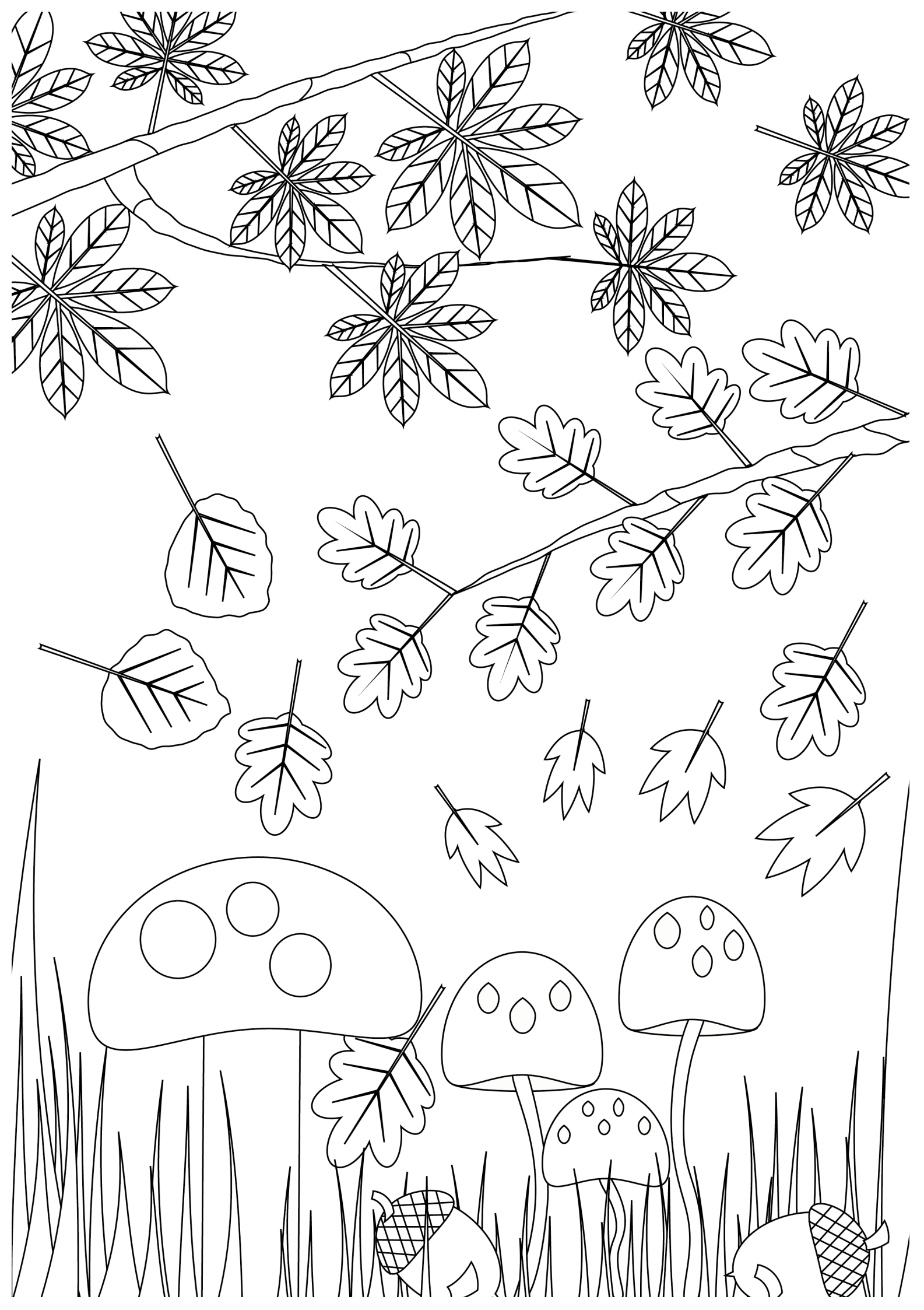


**Upset**  
**Sad**  
**Anxious**



**Happy**  
**Calm**  
**Content**

**How  
are you  
today?**



## Getting Started With Art!

Art can be a great way to practice mindfulness as you're in the moment while focussing on colours, textures and shapes, rather than worrying. This can reduce stress and anxiety levels, while helping you develop a new skill and create something that's totally unique. You may discover a hidden talent or a new hobby, or just a fun way to relax after a busy day!

You could make postcards to send to friends, greetings cards, something to hang on your wall, or just fill a notebook with your own artwork!

The lovely people at [www.creativeshift.org.uk](http://www.creativeshift.org.uk) were funded by one of our partner organisations, Knowle West Health Park, to put together some great ideas for getting started with art. If you're ready to move on beyond colouring or using a pencil and you'd like some tips, read on for inspiration on different materials you can use!

Some other tips from Creative Shift to get you started:

Choose to create work which supports you to think about positive things and supports your wellbeing.

Remember, there are no mistakes in art making, it is all about play, experimentation and discovery!

Be positive in the way you look at your own work. Be kind to yourself.

Be inspired by other work, things you've seen in books, magazines, nature or objects around your home.

It's OK to just think about ideas and not do them! Give yourself space.

Give yourself a break from your mobile phone, social media and the news. Switch off devices or leave them on silent whilst you enjoy your art making.

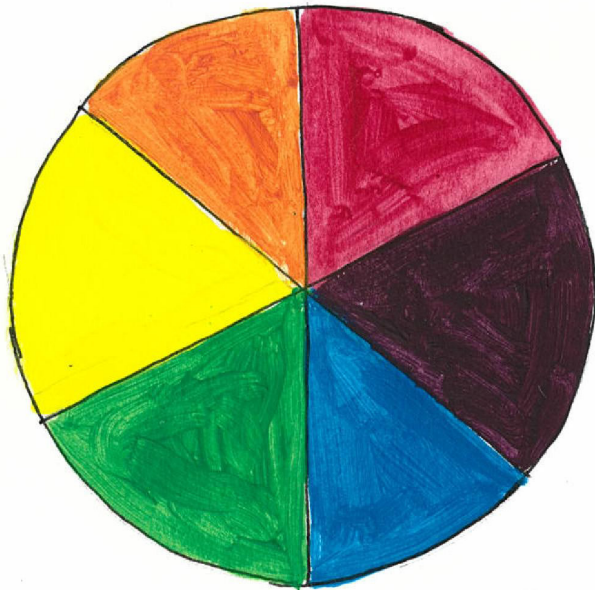
Have fun!!!

**creativeShift** CIC  
innovative arts to promote wellbeing

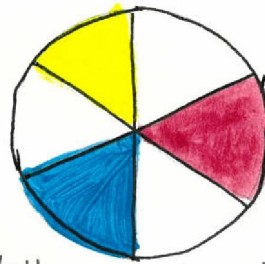


# Acrylic Paints

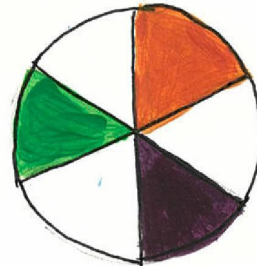
Can be mixed with water or used straight from the tube!



This is the colour wheel  
Have a go at making one!



Yellow, Red and Blue are  
Primary colours



Green, Purple and Orange  
are Secondary colours



When you mix two Primary colours together you make a Secondary colour



The colours opposite each other on the colour wheel are called  
'Complementary' colours



Warm Colours

Add white to change  
the 'Tone' of a colour

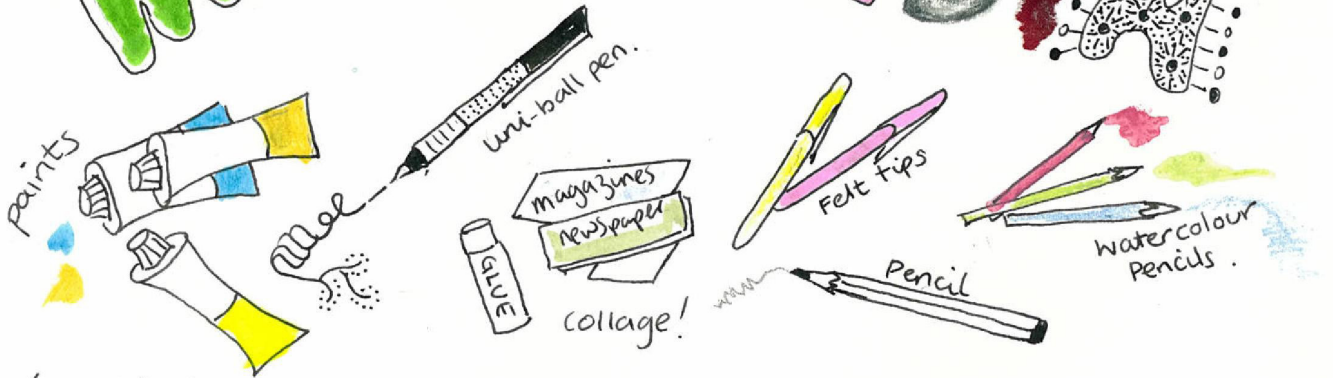
When you mix  
Primary and Secondary  
colours together, you  
make new colours.  
You will be amazed at  
how many beautiful  
colours you can make



Cold Colours

'Tone' means the  
darkness or lightness  
of a colour.

# Mixed Media



'Media' is the materials you choose to use to make a picture

Play around with  
Shapes and patterns  
and see what happens!



"Art is as natural as sunshine and as vital as nourishment"  
Mary Ann. F. Kohl.



# DRAWING and PAINTING with MUSIC

Choose your favourite song/music and make marks to the sounds. Images may come in to your head, fast marks, slow marks, marks that go up and down, round and round  
Just feel it, and go with the flow!



"I want to make paintings that look as if they were made by a child"  
Jean-michel Basquiat

# collage

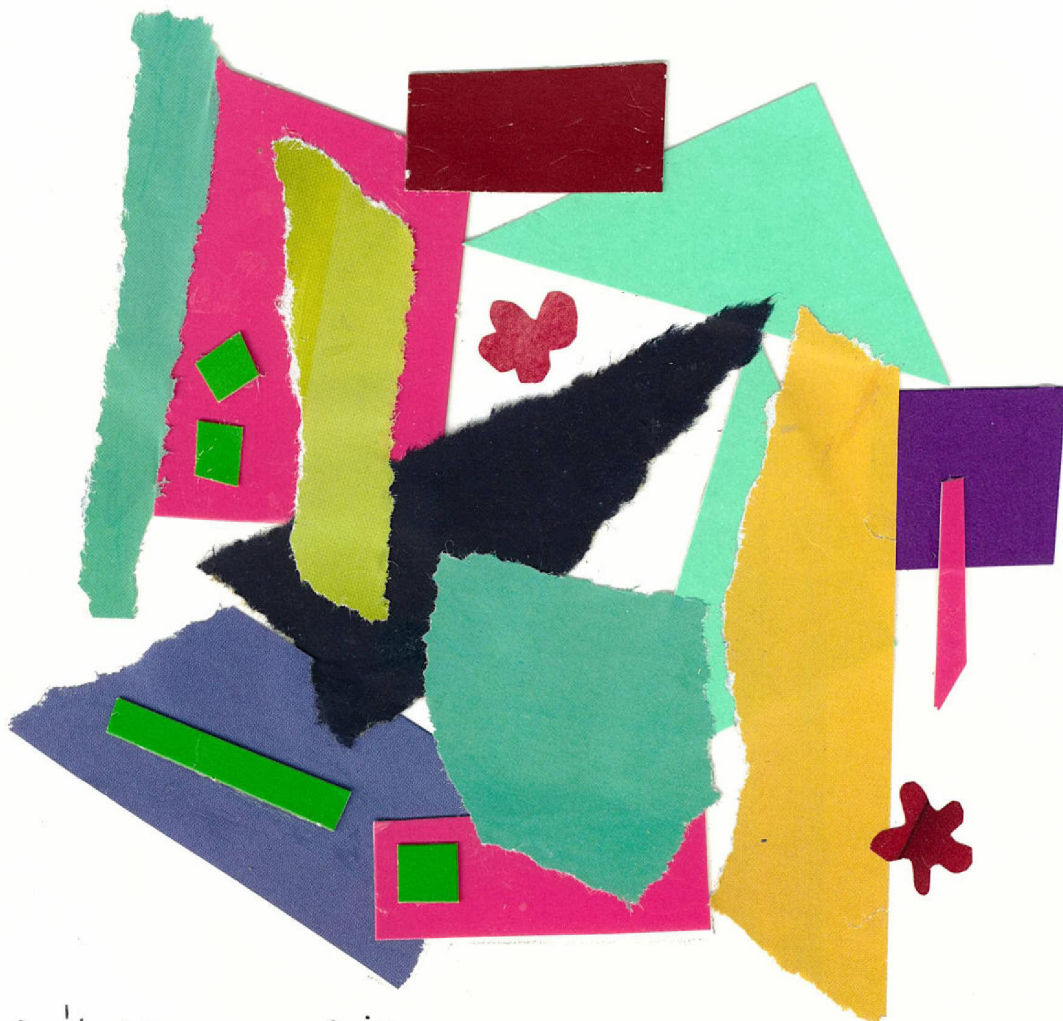


Things you could use

Cut shapes with scissors or rip to make softer edges

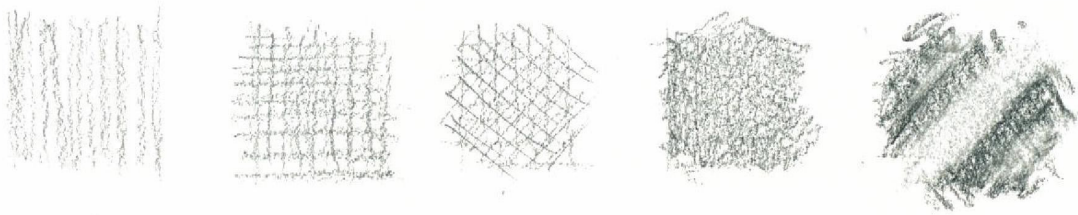


Play around with the shapes and colour. Stick down when you like the 'Composition' (where the shapes are on the page) you can draw around the shapes to keep them in place before sticking.



"You can't use up creativity. The more you use the more you have"  
Maya Angelou.

# oops! Drawing with a rubber & Pencil



Bug Shape!  
3 blobs!  
with legs.



rub rubber over drawing  
different directions  
to give effect of movement

you then can  
go back over  
with your  
pencil, leaving  
some rubber  
marks.



Surprises  
happen with the  
rubber, you make  
greys, different  
lights to play  
with.  
Play with  
darks and  
lights.



Abstract picture,  
filling page with  
pencil and draw  
with the rubber,  
go back in with  
your pencil, add  
different marks.



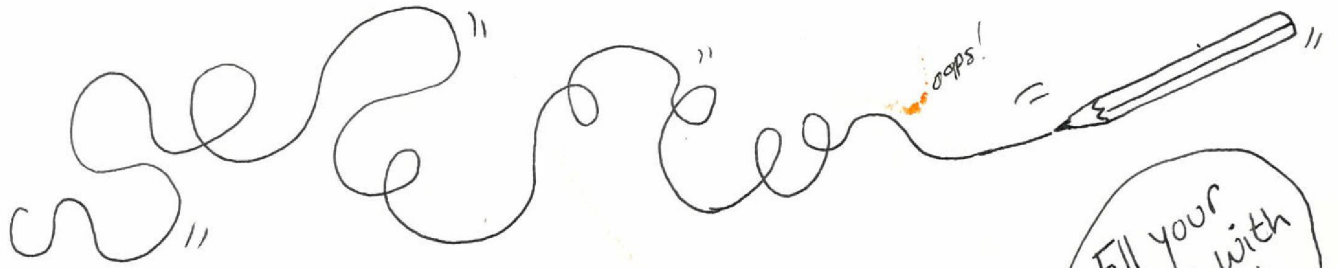
If you squint,  
at your drawing  
you can see dark,  
and lights easier



" Art washes away from the soul the dust of everyday life "

Pablo Picasso.

# Take a Line for a Walk



Fill your  
Pattern with  
beautiful  
colours!  
😊



"There is no must in art because art is free!"  
Wassily Kandinsky

creating

# TEXTURE With Paint

Adding texture to your painting can enhance its look. You can use sponges, bubblewrap, combs, toy cars, card pen-tops. Experiment with anything! Mix some beautiful colours and stamp, Scrape, push, drag and discover!

Exciting! 😊



"A thimbleful of red is redder than a bucketful"  
Henri Matisse

# Painting With COFFEE



Mix coffee with a little warm water  
Thick



Keep adding more water to change the 'Tone'



'TONE' is the darkness or lightness of the colour



Lemon juice can be used to take out colour



make up landscapes

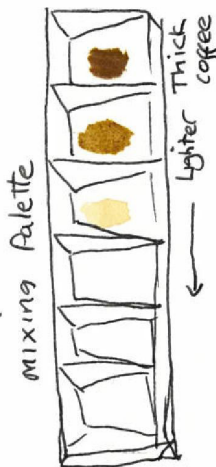


Play about with doing a face  
It's fun!



Lemon juice blobbed on takes colour back to white or creams

What other foods could you paint with?



Squinting your eyes helps you to see darks and lights

When you use the lemon juice on wet coffee it flows and finds its own edge. Try it on dry too!



Use a tissue to take off and mop up. Keep adding coffee mixer and taking off with lemon juice!

Just have fun, experiment, discover you can not do anything wrong!

oops! smudge

"We don't make mistakes, just happy little accidents"  
Bob Ross.

## Key Contacts

**In life-threatening emergencies, call 999 immediately.**

Anyone can contact the following if they are feeling distressed:

**The Samaritans** 24/7 on **0117 983 1000**

**Bristol Mindline** Wednesday to Sunday, 8pm to Midnight on **0808 808 0330**

**Other sources of advice and support:**

**Bluebell** supports families through depression and anxiety related to pregnancy or birth. Call **0117 922 0746** or email [info@bluebellcare.org](mailto:info@bluebellcare.org)  
[www.bluebellcare.org](http://www.bluebellcare.org)

**Bristol Mind** offers a variety of support services, including low-cost counselling and advocacy. Call **0117 980 0370** or email [admin@bristolmind.org.uk](mailto:admin@bristolmind.org.uk).

**Men's Crisis House** self-referral via **0117 934 9848**.

**Nilaari** provides counselling, advocacy and support primarily to Black Asian & Minority Ethnic (BAME) adults and young people in Bristol. Call **0117 952 5742** or visit [www.nilaari.co.uk](http://www.nilaari.co.uk)

**Off the Record** provides free and confidential mental health support to young people aged 11 to 25. **0808 808 9120** or visit [www.otrbristol.org.uk](http://www.otrbristol.org.uk)

**Self Injury Self Help (SISH)** runs a support group for anyone who self-harms currently or has done in the past. Email [sishbristol@gmail.com](mailto:sishbristol@gmail.com) or visit [www.sishbristol.org.uk](http://www.sishbristol.org.uk)

**Somerset & Avon Rape and Sexual Abuse Support (SARSAS)** supports people who have experienced sexual abuse at any point in their lives. Call **0117 929 9556**

**WellAware** provides a comprehensive directory of local mental health organisations and support groups, along with advice agencies in Bristol, including debt, benefits and housing advice agencies. Visit [www.wellaware.org.uk](http://www.wellaware.org.uk) or call **0808 808 5252**

**Women's Crisis House** (Link House), which offers 24 hour supported accommodation. Self-referral via **0117 924 6459**, lines open 8am to 6pm daily.



[www.cassbristol.org](http://www.cassbristol.org)

[info@cassbristol.org](mailto:info@cassbristol.org)

[@CASSBristol](https://twitter.com/CASSBristol)

The Community Access Support Service works with community, faith and equality groups to improve knowledge, confidence and awareness of mental health and support in Bristol. CASS works directly with groups to provide information on:

Current mental health services

How to signpost group members to appropriate support

Starting conversations about mental health and emotional wellbeing

Challenging mental health stigma

Feeding back to mental health service providers on how services can be improved.

If you are a member of a community, faith or equality group and you would like a CASS Networker to work with your group, just email us at the address above.

We also produce resources to help support mental health and emotional wellbeing, suitable for anyone living in Bristol. All resources are available from our website.

This booklet has been produced with funding from the Bristol Libraries Innovation Fund.



**Bristol Libraries**  
[www.bristol.gov.uk/libraries](http://www.bristol.gov.uk/libraries)

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