

# 30 Daily Tasks

for the next 30 days.

<p><b><u>Day 1</u></b> Leave a Happy note for someone else to find in your house.</p>	<p><b><u>Day 2</u></b> Make a card for someone's birthday/celebration coming up</p>	<p><b><u>Day 3</u></b> Call a relative or friend who is far away and have a chat with them.</p>	<p><b><u>Day 4</u></b> Go out into your garden or local park and focus on nature's beauty.</p>	<p><b><u>Day 5</u></b> Make a cup of tea for someone and sit for 5 minutes and have a chat.</p>	<p><b><u>Day 6</u></b> Visit the MindMate website and explore the resources.</p>
<p><b><u>Day 7</u></b> Visit a virtual museum! Go online and explore the collections online.</p>	<p><b><u>Day 8</u></b> Get in contact with a local care home and arrange to send a letter to one of the residents.</p>	<p><b><u>Day 9</u></b> Turn your devices off and enjoy spending some time with a sibling or parent/carer.</p>	<p><b><u>Day 10</u></b> Use your phone or camera to take 5 pictures of objects in your garden or home.</p>	<p><b><u>Day 11</u></b> Say something positive to everyone in your household today.</p>	<p><b><u>Day 12</u></b> Do something helpful for a friend or family member today.</p>
<p><b><u>Day 13</u></b> Do a chore in the house without being asked to do it.</p>	<p><b><u>Day 14</u></b> Send a positive text to all your friends.</p>	<p><b><u>Day 15</u></b> Listen to your favourite song and dance around the room.</p>	<p><b><u>Day 16</u></b> Stay off social media today and keep yourself occupied.</p>	<p><b><u>Day 17</u></b> Take a selfie and note down 5 things you like.</p>	<p><b><u>Day 18</u></b> Play a game that you haven't played in a while.</p>
<p><b><u>Day 19</u></b> Hoover the stairs or a room in your house.</p>	<p><b><u>Day 20</u></b> Go to your local park and play on the swings.</p>	<p><b><u>Day 21</u></b> Bake some buns and sit and enjoy one in the garden.</p>	<p><b><u>Day 22</u></b> Sit down in a silent room and focus on your breathing for 5 minutes.</p>	<p><b><u>Day 23</u></b> Call a relative and have a chat with them.</p>	<p><b><u>Day 24</u></b> Find a workout video online and do it.</p>
<p><b><u>Day 25</u></b> Write a blog about something you enjoy doing.</p>	<p><b><u>Day 26</u></b> Use the internet to research easy to do crafts and try one at home.</p>	<p><b><u>Day 27</u></b> Watch a film with a family member and make sure you turn your phones off.</p>	<p><b><u>Day 28</u></b> Make sure you get 8 hours sleep tonight. Note how you feel the next day.</p>	<p><b><u>Day 29</u></b> Draw a picture of what you see in your garden or out of your window.</p>	<p><b><u>Day 30</u></b> Write down 5 things you are thankful for in your life.</p>

## **Information and guidance to support children and young people:**

### MindMate Website

MindMate is a Leeds website for families, professionals, children and young people around youth mental health. If you're a young person, MindMate can help you understand the way you're feeling and find the right advice and support. If you're a parent, carer or professional, MindMate can help you support a young person you know. We would recommend hovering over the young person's tab, clicking 'games' and then selecting 'stress pot', as this is a timely and helpful activity to do with your children.

### Clear Fear App

Clear Fear is an app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions. You can personalise the app if you so wish and you will be able to track your progress and notice change.

### Calm Harm App

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.

### Young Minds

Take 20 Parent Activities Talking to your child about how they're feeling can be hard. By taking 20 minutes with them to do an activity you'll both enjoy, you'll create a relaxed space to start that conversation. Here are some ideas of #Take20 activities that you could do in 20 minutes.

### Anna Freud Self-Care Strategies

Anna Freud consulted with a wide range of young people to create a portal of self-care strategies to help young people to manage their wellbeing. Advice to give to young people: It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else. And you can help Anna Freud build an evidence-base for these activities by letting them know what works by clicking on the 'Did this activity help your mental wellbeing' button on each page. This will help them decide which ones to research further.