



Wellbeing

Maintaining  
good well-being  
whilst in  
lockdown

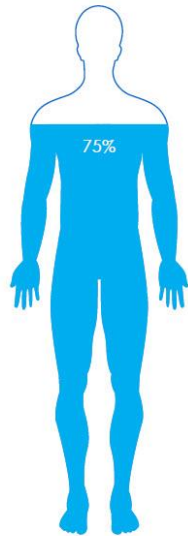


# Did You Know?

- There is strong connection between your physical well-being and your mental well-being
- Whilst we are in lockdown, there are several ways to help you maintain both
- So each week we will be providing you with some facts and inspiration to help you take control of your well-being and boost your mood!
- This week's inspiration is all about ...

# H2....Oh really?!

## Your Body Is Mostly Water



- 💧 Lungs: 90% Water
- 💧 Blood: 82% Water
- 💧 Skin: 80% Water
- 💧 Muscle: 75% Water
- 💧 Brain: 90% Water
- 💧 Bones: 22% Water

<https://water.usgs.gov/edu/propertyyou.html>

- Water is probably one of the most essential components for our bodies and brains to operate at 100%. Many of us fail to drink enough water in a day. You are not alone in that. It is such an issue that apps have been designed for you to track how much water you have drunk. There are even water bottles with an alarm to remind you to drink!



## Did you know water can help you regulate stress and worry?

- We all know that looking at the sea is very relaxing. You feel the wind, hear the water's roar, and take in its salty air. It's not just seeing water that affects your emotions, though. **Drinking water has a big impact too.**
- It's simple: you increase your brain's temperature and get rid of toxins and dead cells. It also **helps balance all your brain chemicals, like a "mental restart"**
- Now, drinking water isn't a kind of fast-acting cure-all. Drinking two glasses of water in a row won't make problems go away.
- **But, stay hydrated. Take small sips throughout the day.** This way, your cells will stay active and find a good balance. This balance will **also help regulate your stress and worry!**

# Here's a quick quiz to find out what you know!

1. How much of your body is made up of water?

65%

2. How should you drink your daily intake?

Little sips, very frequently

3. How much water does simply breathing in and out use up each day?

1 pint





4. Which of these is a sign of dehydration?

Being really hyper,

Needing to pee,

A head ache

5. Which of the following can your body use to meet fluid needs?

Tea,

All of these,

Lettuce,

Coffee

6. How many glasses of water should you drink each day for good hydration health?

Around 6

# Can you get more water this week?

This week, see if you can drink more water yourself and encourage others too. Things which may help:

- Just once a day, switch your regular drink for water
- Find a water bottle you love!
- Use a straw
- Drink it hot or cold



## Hydr8 with a M8

- Ok, so we know we can't actually be together at the moment with our friends but why not help someone you live with stay hydrated by making them a cup of tea or soft drink they enjoy?
- A random act of kindness will also help to boost your mood too!







Speaking of  
mood  
boosting acts  
of kindness...

In the UK we have freely available access to clean drinking water however, did you know that half of the world's hospital beds are filled with people suffering from a water-related disease?

Most of these water-related diseases aren't found in developed countries because of the sophisticated water systems that filter and chlorinate water to eliminate all disease carrying organisms. But typhoid fever, cholera and many other diseases still run rampant in the developing parts of the world.

# How can you help?

We know that with current lockdown restrictions it's hard to maintain a good mood and well-being. Helping others will often help lift our mood, give us a sense of purpose and develop our self esteem:

## Get involved:

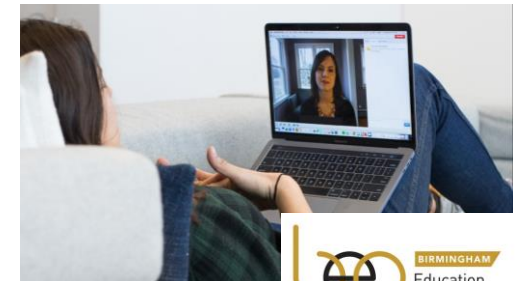
- <https://thewaterproject.org/why-water/health>
- <https://www.toilettwinning.org/> (yes this is a thing!)
- World Water Day 22<sup>nd</sup> March 2021;
  - <https://www.worldwaterday.org/>
  - <https://www.un.org/en/observances/water-day>



# Kooth

Kooth is a safe, confidential and anonymous way for you to access emotional wellbeing and mental health support. It is widely used across the country and is well rated by other young people. It is free for you to use. Check it out here:

<http://www.kooth.com/>



# Useful Organisations

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

<https://www.myh.org.uk/helpline>



## Birmingham Mind Help Line

We are here for you

Current Opening Times - 7 Days a Week  
9:00am — 11:00pm

**0121 262 3555**

**help@birminghammind.org**

**Supporting people living in and around Birmingham**

Registered Office: Birmingham Mind, 17 Graham Street, Hockley, Birmingham, B1 3JR.  
Registered Charity No: 1003906



Pause is here for you, if you are under 25 and have a Birmingham GP. We offer a non-judgemental listening ear, self-help strategies plus skills for managing difficult situations and feelings. We are open 10am-6pm, seven days a week.

Drop us an email on [askbeam@childrenssociety.org.uk](mailto:askbeam@childrenssociety.org.uk) or call 0207 8414470 and we will arrange for one of our friendly team to call you back.

For more info check out <https://www.forwardthinkingbirmingham.org.uk/>

**Pause.**

# Take Care of yourself too!

It is really normal right now to be feeling lots of different feelings about what may be happening around you. Sometimes though, everyone needs a bit more help. For more help, advice and support don't be afraid to contact:

<https://www.forwardthinkingbirmingham.org.uk/>