



January can feel overwhelming after the festive season. The young people from Hampshire SEND Youth Forum have listed some steps you can take to improve your mood this new year.

Set Kind Goals, Not Pressure

- 01** Swap big resolutions for “small and achievable” steps e.g., “I’ll walk for 10 minutes twice a week” rather than setting really big goals that feel hard.

Talk It Out

Share how you’re feeling with someone you trust like friends, family, or mentors. They might surprise you with helpful encouragement!

02

Sleep Routine, Eat Well & Take Screen Breaks

- 03** Aim for consistent bedtimes. regular sleep boosts mental wellness and. Pair this with a balanced diet full of fruits, vegetables, and hydration to keep your energy and mood steady. Finally, take regular breaks from screens—step outside, stretch, or do something creative to give your mind and eyes a rest.

Express Yourself Creatively

Try drawing, poetry, music, or crafts. These activities are calming, fun, and let you process feelings without words.

04

Volunteer

- 05** Get involved in community events or volunteer groups—they’re a great way to connect, learn new skills, and combat isolation. The Hampshire SEND Youth Forum is looking for new members so please get in touch!

Get Support

- **Shout** : Access quick, anonymous support when needed: Text HANTS to 85258 for emotional support from the team
- **Kooth** - A free online platform for 11-25 year olds with mental health and wellbeing
- **Mental Wellbeing Hampshire** - Hampshire's one stop shop for information and advice - [click here](#) or scan the QR Code

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