

You deserve better sleep



This booklet was made by ST4R group*, a group of young refugees in Leeds who work together to help other young people. ST4R group is safe home, ST4R group is better life.

*Winta, Linh, Rocio, Elsa, Yara, Hajra, Ousmane, Chris, Badreldeene

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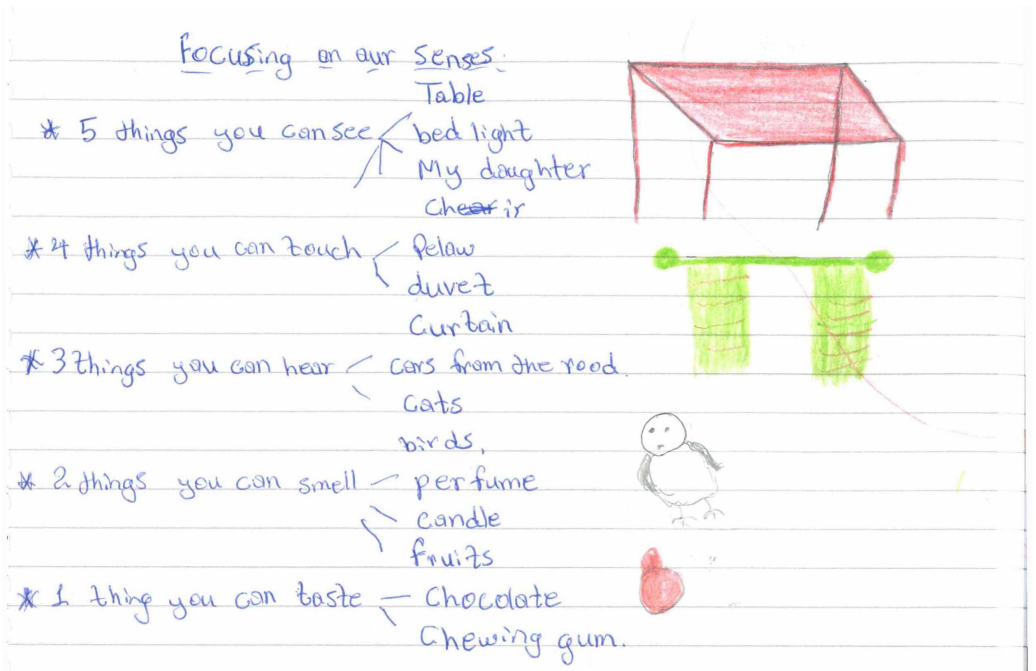
Mind

When your mind is very busy, you can find it difficult to sleep. Here is an activity to help calm your mind.

Focus on your senses

Think about:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

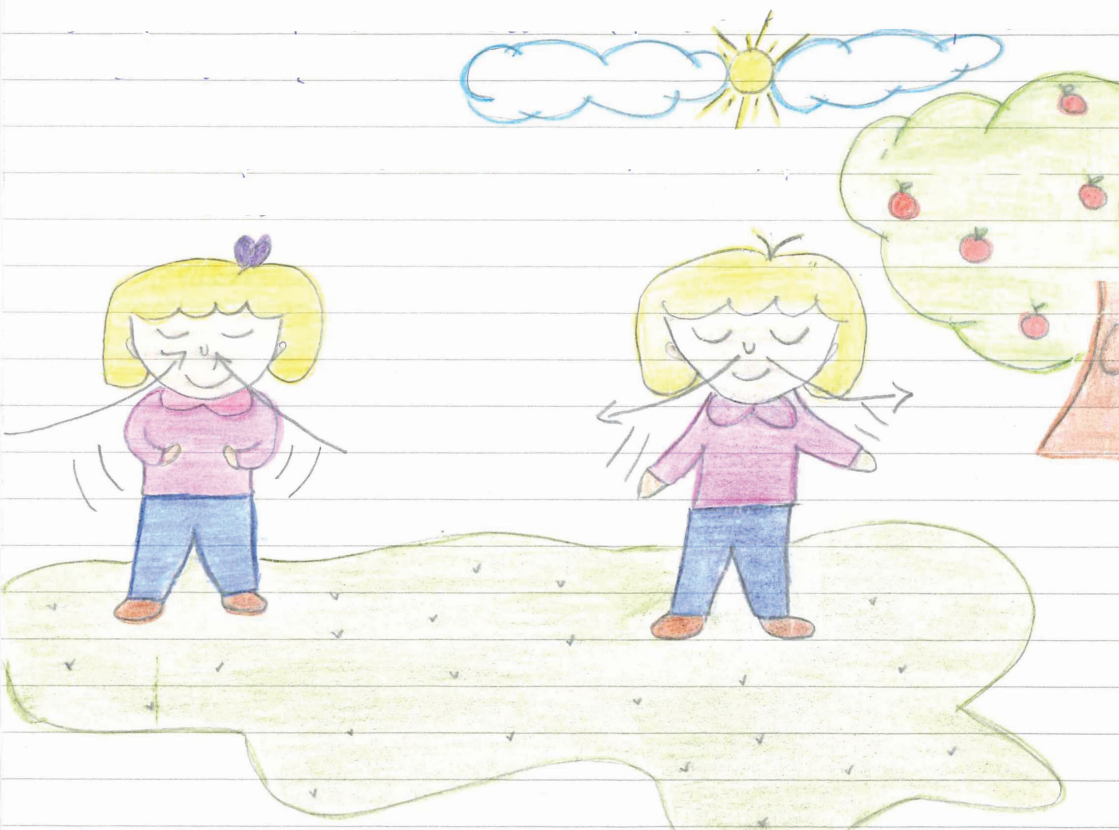


Body

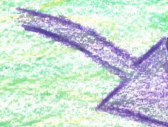
When your body is relaxed, you can find it easier to sleep. Try this activity to help you relax.

Breathing exercise

- Breathe deeply and count to 8
- Breathe out and count to 8
- Repeat 20 times

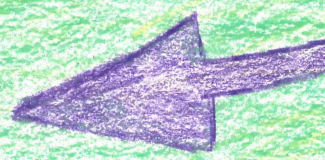


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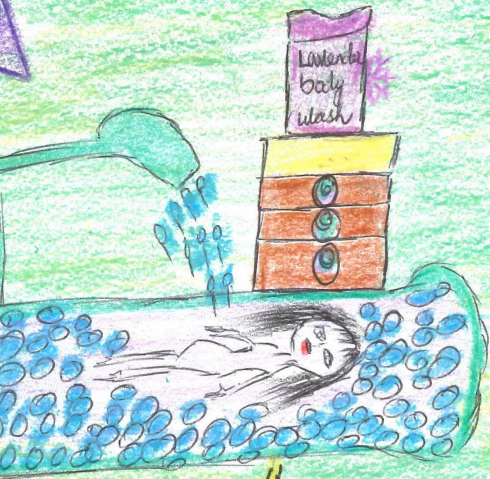


3

N N N N N N N N N N



2



I am feeling so much
peace in this hot bubble
tub & this lavender body
wash is making me
very sleepy.

Heart

Try this activity focusing on your feelings to help you feel ready to sleep.

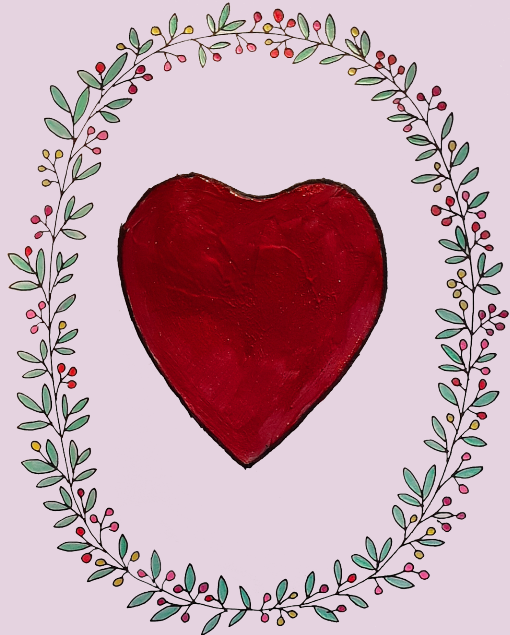
Gratitude Diary

Gratitude means being thankful.

It is very helpful to have a little diary or a book where you can write down two things that you are thankful for.

This will help you to focus on positive feelings before you go to bed.

No matter how small the gratitude is it will still have a great effect on your mind.



Useful phone numbers (Leeds)

If you are finding it difficult to sleep and you think it would be helpful to talk to someone, here are some phone numbers you can call or text:

If you are under 18:

Speak to **Leeds MindMate SPA** (Single Point of Access) who will work with local services to help find the right support for you. **Phone 0300 555 0324 – Open: During office hours (9am to 5pm)**

Teen Connect is a helpline for Leeds based, 11 to 18 year olds who are in crisis. **Call 0808 800 1212**, send a **text to 0771 566 1559** or go to **lsics.org.uk/services/connect-helpline/teen-connect/** for support.

Open: Mon to Fri, 3.30pm to 2.00am
Sat and Sun, 6.00pm to 2.00am

If you are aged 18 or over:

Speak to the **Adult SPA** if you feel you are in need of urgent care or treatment for a mental health crisis.

Call 0300 300 1485

Open: All day, every day.

Visit **mindmate.org.uk** for more information on where to get help.

Sleep routine

We all need different things to help us sleep. This is what helps us. Try some of these or come up with your own to make your own bedtime routine.

'Try listening to relaxing music, I like reggae.'

'Try something slow-paced before bed like reading, colouring or lego puzzles.'

'Take a shower or bubble bath.'

'I drink chamomile tea or pineapple tea to help me feel sleepy.'

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Illustrations drawn by young people we have worked with.

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