

# ST PATRICK'S MENTAL HEALTH SERVICES'

## RECOVERY PICNIC

29 August 2020



Celebrate mental health recovery and host your own Recovery Picnic with a little help from St Patrick's Mental Health Services.

Register your interest by emailing 'Picnic' to [communications@stpatsmail.com](mailto:communications@stpatsmail.com) and receive exclusive recipes prior to the event, and a link to the online picnic resource webpage on the day.

### Wellbeing workshops

Take some time out to relax and enjoy one of the wellbeing workshops hosted by our team:

- Yoga with Ed Sweetman
- Mindfulness with Debbie Van Tonder

### Wellbeing activities for young people

Get crafty and enjoy #MindYourSelfie wellbeing activities from our Walk in My Shoes campaign, suitable for all ages.

- Selfie 'Steem activity to share positive messages about ourselves and each other
- Selfie Tips through our Origami Chatterbox game
- Mindfulness colouring sheets
- Mindfulness exercises for all ages
- Worry Lorry

### 'Boost your Mood' picnic basket

Who says healthy food can't be delicious? Download our recipes to create a perfect picnic basket with ingredients that will benefit your mind and body.

- Tuna, avocado and quinoa salad
- Flapjacks
- Fruity, low-sugar lemonade
- Strawberry milk pops
- Healthy chocolate banana ice-cream

### Family activity packs

Keep the whole family entertained with our fun activity packs for outdoor and indoor games (just in case the weather doesn't hold up!). You will need some household items for these activities, but not too many.

#### **At one with nature**

- Five Senses Scavenger Hunt
- Colours of Nature: A Summer Nature Trail

#### **Indoor games**

- Household bowling
- Blindfold pictionary
- Colour Lego hunt

#### **Outdoor games**

- Soccer target practice like no other (you may get wet)
- Target throwing
- Giant garden sock-matching game

### Picnic playlists

Stream our specially created picnic playlists to create some tranquility for your wellbeing activities or lift the atmosphere for your family fun.

- Calming music
- Feel good tunes
- Family favourites



## What you'll need

You can get involved with any parts of the picnic that you want to and below you'll find some tips on what things you'll need to get the most out of the Recovery Picnic.

### **For your picnic basket**

To make some of our recipes that are not only delicious but good for your mental health, some of the main ingredients you will need are:

- Tuna
- Avocado
- Quinoa
- Cherry tomatoes
- Feta cheese
- Spinach
- Oats
- Dried fruit
- Strawberries
- Bananas
- Milk

### **For your games**

- Plain paper
- Coloured pencils or pens
- A small ball
- 10 plastic cups/bottles or toilet rolls
- Coloured paper
- Lego
- Football
- Chalk
- A laundry basket

### **For your family wellbeing activities**

- Access to a printer to print our range of Walk in My Shoes wellbeing resources
- Pens or pencils
- Colouring pencils
- Earphones or speakers to listen to mindfulness clips and picnic playlists

