WINTER SUPPORT ZINE

WINTER 2026



"TAKING CARE OF YOURSELF IS PRODUCTIVE"

Create Paisley

Welcome

Welcome to our winter support zine! This zine is here to support your wellbeing and give you ideas to keep busy through the winter months. The best part? Everything inside - from the words and inspiration to the artwork - has been created by young people, for young people. Championed and led by our incredible young volunteers, these pages are packed with ideas from all our groups to support peers. Get cosy, and enjoy what we've created together!



RENFREWSHIRE
COMMUNITY MENTAL HEALTH & WELLBEING FUND

youth arts OPEN FUND

Active Communities

"SMALL STEPS EVERY DAY STILL MOVE YOU FORWARD"

"FOCUS ON WHAT COULD GO RIGHT"



"THE THINGS THAT MAKE ME DIFFERENT ARE THE THINGS THAT MAKE ME, ME"

COLOUR ME



your smile is a reason
for many others to smile
♡



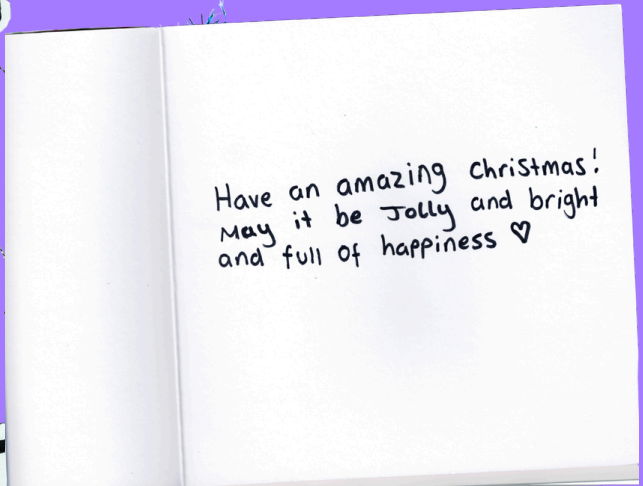
Find these 7 positive words hidden across or down in the grid below:

BRAVE CALM HOPE
JOY KIND PEACE SMILE

B L P E A C E R T M
R K S M I L E W Q N
A D H O P E X Z V L
V F G J O Y B C A M
E C A L M K I N D P
T R W Q Z X V B N M







Create Club Christmas Playlist

Have a listen (and a boogie) to some feel good Christmas songs, selected by the young people of Johnstone Create Club!

Step into Christmas - CMAT version

Last Christmas- WHAM!

Take me home (4 christmas)- Olivia Rodrigo

Santa Tell Me- Ariana Grande

Mistletoe- Justin Bieber

Christmas Tree Farm- Taylor Swift

Run Run Rudolf- Kelly Clarkson

Rockin' around the Christmas Tree- Brenda Lee

Merry Christmas Everyone- Shakin' Stevens

Underneath the Tree- Kelly Clarkson

Frosty the Snowman- The Ronettes

"ALWAYS LOOK FOR THE LIGHT EVEN WHEN YOU FEEL LOST IN THE DARK"



"THIS IS YOUR REMINDER THAT YOU ARE ENOUGH"



~~SELF CARE IDEAS~~

- Paint your nails
- Have a nap
- Watch a comfort movie
- Eat your favourite snack
- Skincare
- Face/Eye masks
- Colour in
- go for a walk
- Make yourself a hot chocolate
- Look through photos that make you smile
- Listen to upbeat music
- Shower (if unable use a baby wipe)
- Use sensory toys etc.
- Spray a calming scent
- Practice breathing techniques
- Buy yourself something nice as a treat
- Have a bath
- Journal
- Reflect on what you've achieved during the week
- Read a book
- Do your make-up for no reason
- Have a comfort meal
- put on a pair of fluffy PJs
- Excercise
- Write a kind note to yourself
- Play with your pet if you have one
- Dance like nobody's watching
- Sing
- Talk with your friends/family
- Stay off your phone for an hour

BUSY BEES

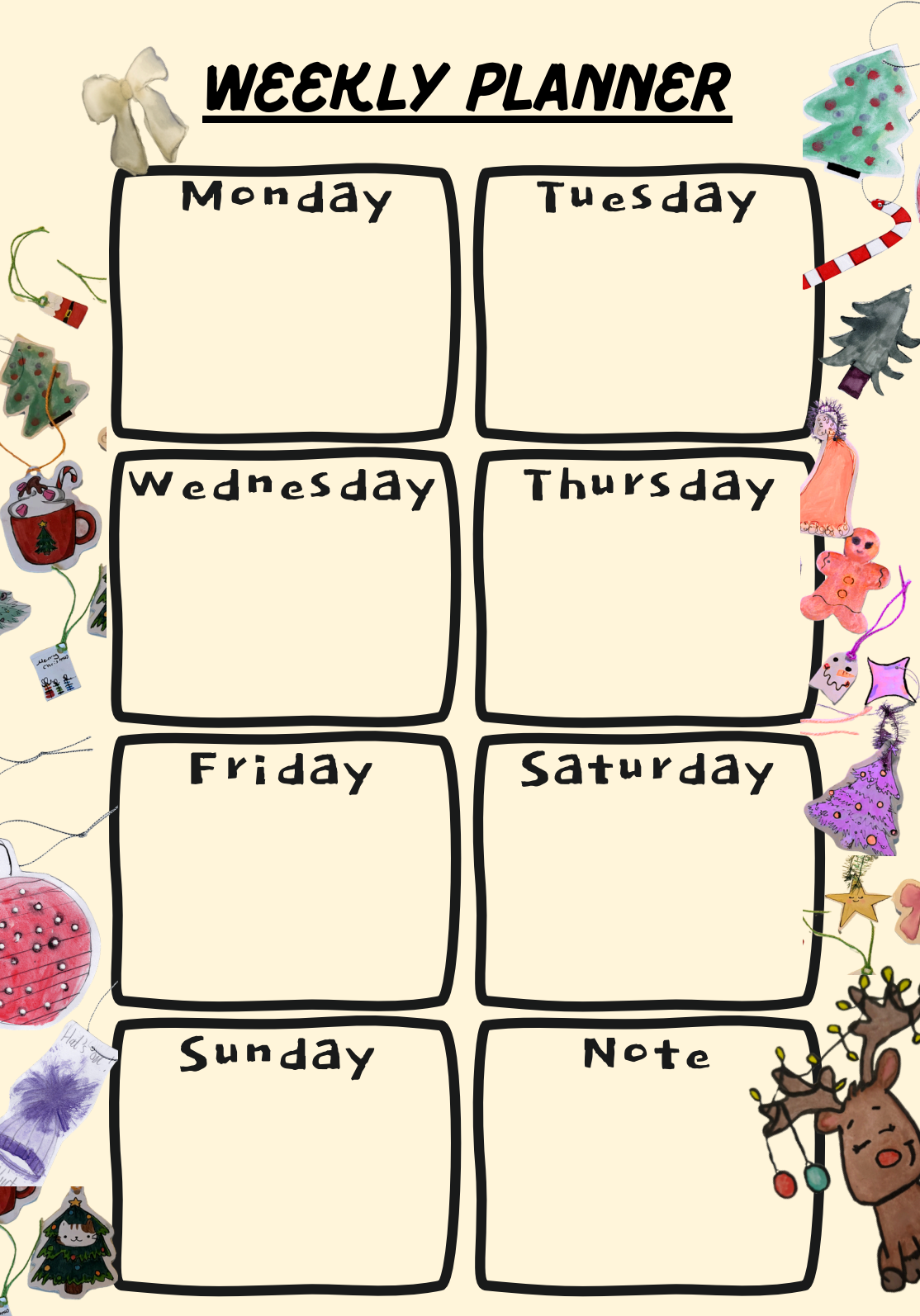
CHECK OUT WAYS TO STAY BUZZZZZZY OVER THE WINTER MONTHS...

THINGS TO DO

- Draw
- Colour in
- crochet
- Pipe cleaner art
- Watch a movie / TV show
- Make your own self Soothe box
- Go shopping
- Go to the cinema
- Meet friends
- Go to a cafe
- Go charity shop hunting
- Make your own Jewelerry
- Watch the Sunrise / Sunset
- Bake
- Make a picture collage
- Build Lego
- Diamond art
- Go for a walk
- Read a book / comic
- Go on a photo walk (take photos of something from each letter of the alphabet)
- visit your local library
- create a vision board for 2027
- Listen to music
- visit a museum
- Yoga
- create a new music playlist
- Tidy your room
- Do a puzzle
- Clay modelling
- Paint positive rocks
- Clean your make-up brushes
- Fill a jar of kind words to yourself.

WEEKLY PLANNER

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Note



WRITE OR DRAW WHAT'S ON YOUR MIND. SAVE IT FOR LATER, OR TEAR IT OUT WHENEVER YOU'RE READY.

"YOUR PROGRESS CAN LOOK DIFFERENT FROM OTHERS"





Need a chat or some support this winter? Scan a QR code or call one of these organisations - support is a tap or ring away



SHOUT - Free 24/7 confidential text line for young people
TEXT 'shout' to 85258

Ren10 mental health support for young people

Childline phone number: 0800 1111
and online support

NHS24 phone number: 111
and online support

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More info



The FYF Charity Hub, St James House,
25 St James' St, Paisley PA3 2HQ