

Mental Health...What is it?

Everyone has mental health. Mental health is how we think, it is how we feel and how we act day to day. Good mental health is when your thoughts, feelings and actions are more positive, and your ability to cope well with everyday pressures is at a high.

On the other side, there is bad mental health, which is very much the opposite. Your thoughts, feelings and actions are negative, you feel tired and drained and your ability to cope with those pressures is at an all-time low.

No one can be happy all the time, and sometimes things will happen that will negatively affect your mental health. This is where we need to try and use positive outlets to pull ourselves back to a better place. This is what we aim to help within these pages!

The five steps to wellbeing are:

Connect: Connection helps to strengthen relationships with everyone around you! If you are alone and isolated your mental health suffers!

Learning: Keeps the brain working, keeps you stimulated and ready to go!

Keep active: Physical activity can improve your physical health, which in turn will benefit your mental health.

Giving: Random acts of genuine kindness, large or small, will increase happiness and positivity.

Taking notice: pay attention to the present moment! Look at where you are, and what is happening around you. This can boost our positive thoughts and mentalities.

These 5 points will not only benefit your mental health, but the mental health of those around you. We hope this packs contents can help you with the coping strategies to get you back into a good place and improve your mental health and wellbeing.

What Will Help?

A) Physical activities

Physical activities are a massive part of your mental wellbeing. Increased physical activity stimulates the brain, as it gets your blood flowing which regulates oxygen and helps you feel energised. There are many forms of physical activity, such as:

Work out – get to a gym, or find some free weights, and start lifting (safely, of course)

Going on runs/walks – set some certain routes, or have a step goal, and walk or run. Try find pretty or scenic routes, as it makes it a more enjoyable experience.

Cycling – much like walking or running, cycling is good exercise, and can be a very pretty experience if planned right. A better alternative for heavier people, as it is easier on the knees and other joints,

Dog walking – This is excellent exercise, as it is practical, and more often than not, won't even feel like exercise!

Find a club – There are usually a multitude of different sports teams/clubs in most areas, whether it is through schools, youth clubs, or specific sports-based projects.

Yoga – An extremely important part of exercise is stretching. Yoga incorporates both exercise and stretching into one package.

Exercise will not only benefit our body, but our minds too. It gives us an excellent escape from anything that may be going on in our day to days that would be getting us down, as well as allowing us to blow steam off a positive and healthy outlet. It benefits our social skills, as we need to learn to communicate, whether it be as a team, a small group, or even a duo. The sense of discipline will help your daily schedule, as it fills time, we would be doing nothing with something enjoyable and productive. More important than anything, being happy with not only ourselves, but the effort we take on ourselves, and the progress our bodies make, is hugely important to our self-esteem, and how we feel about ourselves.

B) Good Hygiene and Cleanliness

Hygiene and cleanliness is really easy to let go sometimes. If we have an off day, or a stay in bed day, the first thing we drop is usually a brushing of the teeth, or maybe we miss a shower. One offs are fine but don't let it slip any further as it's a sign of poor mental health and can lead to hurtful comments which can make you feel really low!

C) Having a balanced diet

A big part of beginning to feel better in how we look is watching we put into our bodies. A healthier diet not only helps us shift weight in a healthy fashion, but not filling our bodies with the wrong sorts of food is quintessential to better wellbeing, physically and mentally. We can ensure we don't do this by setting balanced meal plans out and putting a little bit of thought into what we eat.

Nutrition

Good nutrition is important for living a healthy lifestyle. When good nutrition is partnered with physical activity, it will help with maintaining a healthy body weight, lowering your risk of chronic illness, and promotes an overall health, which in turn will benefit your mental health.

The impact of good nutrition

Good nutrition has a direct line to your overall health, and how well you live your life. Following a healthy diet, consisting of fruits and vegetables and whole grains, will not satisfy your body. You need to eat sensible amounts from the different food groups: fruit and vegetables, starchy foods (such as breads, cereals, rice etc), dairy (milk, cheese, yoghurt), proteins (meat, eggs, almonds). A healthy balance of these food groups will keep you feeling good inside, and out!



D) Sleep

Sleep is massively important to your physical and mental health. Doesn't matter what age you are, or how busy you are, you should always try for the right amount of sleep. The recommended hours of sleep are:

3-5 years – 10-13 hours per 24 hours (including naps).

6-12 years – 9-12 hours per 24 hours.

13-18 years – 8-10 hours per 24 hours.

18-60 years – 7 or more hours per night.

Sleeping the right number of hours for your age group can help you in many ways. It helps prevent weight gain (it doesn't make you lose weight, however, just stops it from piling on as much as easy). This is quintessential, as piling weight on will lower self-esteem, as well as negatively effect energy levels, and general health. Not getting the right amounts of sleep causes us to release hormones that increase appetite and lower our ability to produce other hormones, causing you to not feel when you are as full as normal, as accurately as you would after a full night's sleep. The decrease in our energy levels often makes us less likely to cook or eat properly, which is going to naturally make us look to take out/junk food, for its ease.

Not getting the right levels of sleep can increase our ability to feel stressed, while diminishing our ability to deal or handle with the things that are stressing us. Stress is detrimental to deteriorating mental health, as it is often the first step into mental health issues. The increase of stress can be tiring on your physical state too. Your body needs to rest after long, busy days. Your brain, your heart, and other crucial organs need this rest, or it can lead to serious ailments affecting them all separately.

Your reaction times and ability to react will feel a lack of sleep. This increases an individual's chances of having an accident, in serious cases resulting in being really hurt. It also negatively affects your ability to concentrate, and sometimes your memory.

Tips for getting better sleep

- Avoid sugar or caffeine at least 4 hours before you go to sleep. This involves chocolates, cakes, energy drinks, coffee and tea. Try healthy snacks, and warm drinks without caffeine, such as hot milk, hot chocolate etc.
- Drink plenty of water. Water is wonderful for us, keeps us hydrated, and also helps the body rest and repair while asleep.
- Avoid distractions in bed. Put your phone away from you on charge. If you cant get to sleep without watching something, try listening to something instead, like podcasts or music. Televisions and phones produce a blue light that are built to get our attention, hence keeping us awake
- As a whole, get comfortable. Get all the duvets on, get the pillows piled, and try and feel your best when in bed. Get snug.
- Putting a routine helps teach the body know when its time to shut down. Wash and brush your teeth at a certain time, set certain times for watching something or doing stuff, and try and get to sleep at a similar time every night. The same goes for waking up, eventually your body will just become used to set sleeping times.

How to support others?

Listening

Listening is a big skill when it comes to helping others. Learning to sit down and listen to another person is one of the things that makes people feel like someone cares about their issues and feelings, in a safe manner. There are many key points into learning to listen to someone and appearing like you are listening. Firstly, face the speaker. Try maintaining eye contact, unless dealing with someone who struggles maintaining eye contact. Remain attentive, but also keep relaxed. You need to not stress the speaker out with your reactions. Remember to keep an open mind about what is being spoke about, as you have been entrusted with this knowledge. Wait for the speaker to finish talking before trying to react verbally, don't interrupt, let the speaker flow. Remember to ask questions when these silences do arise, and ping points they've said back at them, to reassure them you're listening. Remain empathetic, and remain caring throughout, and most importantly pay attention to what isn't said. Watch for reactions, and facial expressions. These can be just as important as words.

Be present

Being present in someone's day to day life can be as much help as listening. Actually being there and being able to calm someone down as stressful events happen will help show an individual that people are there to help. Make yourself available to call or text as much as you can (but make sure this doesn't affect your mental health negatively however, this is a big responsibility). Just generally involve these people in your plans where appropriate, and make sure they feel included and welcomed when they do come.

Trust more

Learning to trust can be difficult for a lot of people. The trick is learning who and when to trust. Trust is a vital part in any friendship or relationship, and without it, these will crumble from the get-go. Look out for major red flags, and behaviors that would put you off being close to someone.

Things To Watch out for!

Self-Harm & Suicidal Thoughts

Self-harm is a hard point to discuss, with anyone. It feels taboo, however, learning to talk about it will absolutely help save either someone else, or even yourself, from their darkest thoughts in bad times.

The Reasons people self-harm

There are no specific rules set as to why an individual self-harms. It can be torture, self loathe, a form of punishment, or even a force of habit or a negative coping mechanism. People sometimes describe it as a relief or a release of the build up of bad or negative thoughts, or a way to make a give a mental issue into a physical problem. There are many things that can cause an individual to hurt themselves, including, but not exclusively; money, bullying, abuse or traumatic experiences, lack of self-esteem, stressful environments or societal issues and pressures. The ruth is, that anything that can make you feel sad, anxious or angry can be the reason you begin to self-harm.

Forms of self-harm

There are many different ways in which an individual can hurt themselves when down. This can involve; Cutting yourself, Poisoning yourself, Over-eating or under-eating, Exercising excessively, Biting yourself, Picking or scratching at your skin, Burning your skin, Pulling your hair, Stabbing yourself with objects, hitting yourself or walls.

Stepping away from self-harm

If you are self-harming, or know someone who is self-harming, it is really important to try and find ways to wean away from or stop completely. For instance, instead of cutting yourself, colour yourself in, or place a bobble on your wrist and pull on it whenever you feel like self-harming. Try Hitting cushions instead of walls or punishing yourself. Tear a piece of paper into shreds, or find sheets of paper to just ruin, or pour your feelings into sheets of paper, and get it off your chest rather than hurting yourself.

Reaching out – Negative & Suicidal thoughts

This may be the most important section of this booklet. If you, a friend or a loved one is experiencing any form of negative or suicidal thoughts, which include that of self-harm or worse, it is important to know who you can reach out to. Firstly, it's really good to have friends around you in these bad times, and they can be monumentally helpful in these occasions, but it is unfair to expect a friend to take all of your problems on. You need to reach out to a professional, as hard as that can be. Use this friendship as a crutch to help you get that help, whether it be coming to an appointment, being there through a phone call, or even just support about getting help.

Who can you reach out to?

There are many various experts who are happy to help when it comes to your mental health. The Stanley Area Youth Consortium have our own form of mental health support in all of their associate clubs and are accessible over all appropriate social medias for mental health aid. As well as this, PACT House Think Positive offer help via counselling, over the phone, in person or out in the wilderness. After this, the NHS have appropriate mental health aid for different age groups available through your GP, online or by phone. Outside of this, we have attached a section at the end solely with help lines and websites in case you or a loved one needs help.



Where Can I go for Help?

Start by Talking to your youth worker about our Mental Health Pathway.

Young Minds.

Their purpose is to stop young people's mental health reaching crisis point.

"Every young person whose mental health ends up in crisis is a young person who has been failed. We know that the earlier young people can access the right help, the more likely it is that they can avoid these crises"

Young Minds - <https://www.youngminds.org.uk> - 0808 802 5544.

Contact Times - 9:30am- 4pm

Think Positive – Pact House.

Think Positive is a dedicated service run from PACT House Stanley for mental health services and wellbeing support and action within its local community. Think positive is accessible to all ages.

Think positive @PACT House – 07735 143086/ 01207 280407 info@thinkpositivedurham.org

Samaritans.

Make sure there is someone there for anyone who needs someone.

"We give people ways to cope and the skills to be there for others. We want to encourage, promote and celebrate those moments of connection between people that can protect and even save lives."

Samaritans - <https://www.samaritans.org> – 07725 90 90 90.

CAMHS (Child and Adolescent mental health service).

CAMHS is a service from the NHS that assesses and treats young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food and eating, self-harming, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties.

CAMHS – <https://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/north-durham-camhs/> – 0115 854 2299

Princes Trust.

The Princes Trust group is a global network of charities founded by His Royal Highness The Prince of Wales. Their mission is to transform lives and build sustainable communities worldwide, with a particular focus on supporting young people into employment and enterprise.

Princes Trust – <https://www.Princes-trust.org.uk> – 0800 842842

Barnardo's.

Barnardo's understands the importance of ethnic and cultural identities in its family placement work and aims, where possible, to achieve placements with adopters who reflect and/or promote the ethnic origin, cultural background, religion and language of the children to be placed.

Barnardo's – <https://www.Barnardos.org.uk> – 0800 328 7795

Contact Times – 9am- 5:30pm

Stem 4.

It's a charity that supports positive mental health in teenagers. It gives mental health information through Apps and Education.

The apps they use are Calm Harm, Clear Fear, Move Mood, Combine Mind.

The resources you can access via their comprehensive library for free, which consist of a wide variety of leaflets, videos and guides on a range of mental health issues from coronavirus advise to Anxiety and Depression. They have resources for students and schools to help raise awareness.

Stem 4 – <https://Stem4.org.uk> .

CYPMHS.

Offers mental health help from specialists that vary depending on where you live, there could be a waiting list to be seen and that will be different depending on where you live as well. There will be many CYPMHS websites all different depending on location, which will have information about access, referrals and more, including phone numbers, so you can get in touch directly for detailed advice.

CYPMHS – <https://www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/children-young-people-mental-health-services-cypmhs/>

Down-to-Earth Parenting Advise.

Find advice and activities to support mental health and wellbeing for you and your child.

Practical advice and coping mechanisms to help you positively manage your mental health.

Down-to-Earth offers you the chance to have a parent coach to try and help you with any difficulties - from weaning to teenage worries. They offer understanding around your unique problems via live chat and advice articles.

Down-to-Earth Parenting Advise – <https://Parents.actionforchildren.org.uk> .

Able Futures.

Able Futures provides support for people working and living with mental health difficulties, employers and providers of apprenticeships. It is a nationwide partnership set up to provide access to Work Mental Health support service on behalf of the Department for Work and Pensions. Able Futures provides advice, guidance and support to people with issues on their mind effecting their time at work.

Able Futures – Confidential – <https://able-futures.co.uk> .

CAYP

We are specialists in psychological assessment, intervention and support for Children, Adolescents and Young People. CAYP – Counselling – https://www.cayp-psychology.com/?gclid=EAlaIQobChMIr4qDtYXF8wIVEKh3Ch1SLAQwEAAAYASAAEgKUsPD_BwE

We are based in Manchester, and we offer clinics in the North West, Newcastle-upon-Tyne, and Kent, and we are available nationwide.

Chat Health - <https://chathealth.nhs.uk/start-a-chat/h/NorthTynesideParents/> -

07480 635908 – Contact Times – 9am- 5pm.



Two Week Activity Journal

It's ALL About ME!



SAYC's Fun Journal to Track, Moods Habits and give you positive activities which can help with your Mental Health and wellbeing

This journal is to help you to try and work through things which are bothering you and to give you some positive things to do and think about

There are two weeks of activities to fill in. Give it a go, it will help us and you, see the sort of things which make you feel better and worse and help us to suggest practical things you can do to help yourself. The rest of it is just fun or relaxing and can help to distract you from what's making you unhappy!

1) This week's "ME" journal – Fill in things which are worrying you, be honest!

The things that I'm most grateful for. Have a think it can make you feel better thinking about the good things! It could be friends, family, your pet, walking, your job, a place you go, a hobby, the sunset....

People that I will talk to if I need some support. Who can you go to? If you can't think of anyone, ask your youth worker and they will help! In fact, put your youth worker down as someone who can help!

Things I will do to cheer myself up. That's the things you like to do! Do them!

Three Positive Goals for the week - It could be a tiny goal or a big goal – having a short walk every day. Not eating chocolate today.

2) The draw a picture thing is a little bit of Art Therapy. So do what it says on the tin. Draw A Picture...any picture...draw it...or if you don't like to draw, stick something you like on the page.... whatever.... Tell us about it if you'd like to explain what you were thinking about at the time.

3) Sleep and Energy Tracker – Low mood can go hand in hand with poor sleep and energy. Let us know how many hours sleep you got and what time you went to bed. Tell us how you felt through the day were you full of energy or really tired?

4) Mood Tracking – Lets see if there is any pattern in your moods? Write in your own moods and colour code the ones you use. Colour in the sun the colour of your mood! Tell us a few words about Why you felt this way?

5) My Week

- Important Things Which Happened today
- What made me happy or Grateful?
- What I'd like to change!
- An achievable goal for tomorrow: set a goal which will help you change anything that went wrong today. So if you'd like to change the fact that you ate too much chocolate today, tomorrows goal could be to swap the chocolate fix for something healthier.

6) My Problem-Solving Kit

You may have many things you need to fix and that can get hard to deal with all in one go. Problems are much easier to solve if we work on them one problem at a time and break each problem up into steps to make it more manageable

- Tell us what the problem is or the thing you need to change?
- Tell us who knows about it already?
- Fill in your plan
- My Problem is:
- My Plan is to speak to:
- I'm going to tell them this:
- Where and when?
- How Will I tell them? Phone/text/email/face to face etc.

7) **Draw a Mandala** and colour it... Drawing Mandalas is good. Doodle in the little sections and colour it in. It can be as simple of complicated as you like! Now color in a **mosaic**, make a picture or a pattern.

8) **Habit Tracker** - Let's get some good habits going. Color in a heart every day you do one. Think of some good habits of your own and write them in the ? boxes!

9) **Anxiety Prep Tool kit** -If you know something is going to worry and upset you think it all through and get prepared. Fill in each section and you often find things aren't as bad as you think.

10) **Positive Coping strategy ideas** – Do these instead of something negative. Tick the ones you try. Add in some of your own on the ? section!

The sections are spaced out with some colouring pages and activities to try, and the last two pages are all about making yourself relax and feel better.

Talk to your youth worker when you are filling in your journal and show them once a week so you can come up with new ideas to get things to improve.

Week 1 This Week's "ME" Journal!

Date:
Things which are worrying me:
The Things that I'm most grateful for:
People That I will talk to if I need some support:
Things I will do to cheer myself Up:
Three Positive Goals for the week

A Picture...any picture...draw it...stick it on.... whatever.... Tell us about it if you'd like to 😊

Sleep and Energy Tracker




































Date

Hours of Sleep													
	1	2	3	4	5	6	7	8	9	10	11	12	
MON													
TUES													
WED													
THUR													
FRI													
SAT													
SUN													

Energy Levels					
	1 Poor	2	3	4	5 Lots
MON					
TUES					
WED					
THUR					
FRI					
SAT					
SUN					



Mood Tracking

Date:	MON	TUE	WED	THUR	FRI	SAT	SUn
Early Morning	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Morning	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Afternoon	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Evening	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Night	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?

Colour the Key to Track Your Regular Moods and Think About Why You Might feel that way. Add in your own moods and feelings to personalize the tracker. Track Patterns across your Week.

Disappointed		Loved		?	
Excited		Creative		?	
Happy		Alone		?	
Sad		Scared		?	
Calm		Frustrated		?	
Anxious		Lost		?	
Jealous		Tired		?	
Energetic		Grateful		?	
Angry		Hurt		?	

<p>Thursday</p> <p>Date:</p>	<p>Important Things Which Happened today</p> <p>What made me happy or Grateful?</p> <p>What I'd like to change!</p> <p>An achievable goal for tomorrow...</p>
<p>Friday</p> <p>Date:</p>	<p>Important Things Which Happened today</p> <p>What made me happy or Grateful?</p> <p>What I'd like to change!</p> <p>An achievable goal for tomorrow...</p>
<p>Saturday</p> <p>Date:</p>	<p>Important Things Which Happened today</p> <p>What made me happy or Grateful?</p> <p>What I'd like to change!</p> <p>An achievable goal for tomorrow...</p>

Sunday	Important Things Which Happened today
Date:	What made me happy or Grateful? What I'd like to change! An achievable goal for tomorrow...



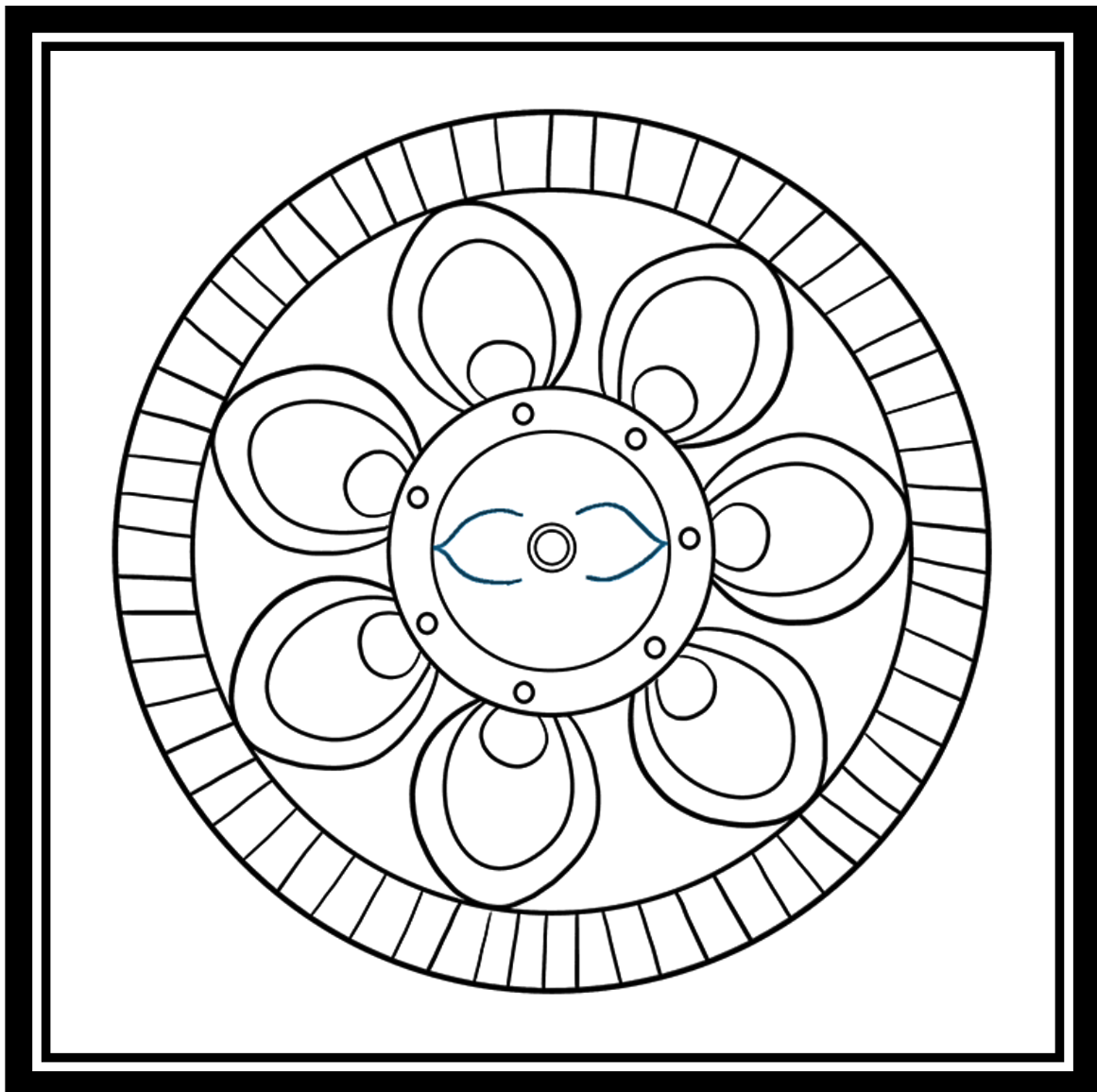
My Plan is to speak to:

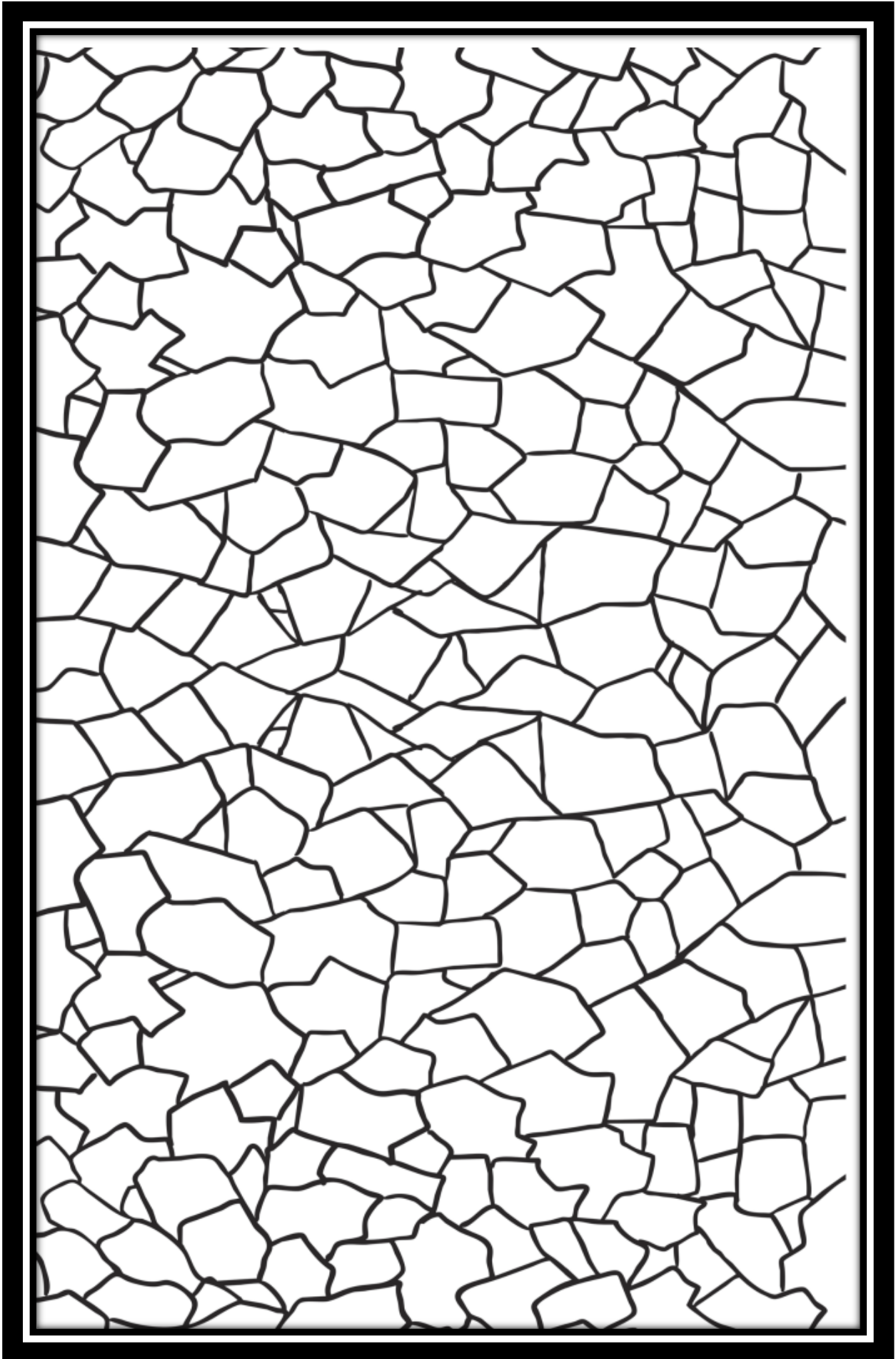
I'm going to tell them this:

Where and when?

How will I tell them?

Draw a Mandala and colour it.....





Habit Tracker

	MON	TUE	WED	THUR	FRI	SAT	SUN
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
Read for a half an hour	♡	♡	♡	♡	♡	♡	♡
Meditate	♡	♡	♡	♡	♡	♡	♡
Exercise [mins]	♡	♡	♡	♡	♡	♡	♡
Fill in my Journal	♡	♡	♡	♡	♡	♡	♡
Make bed	♡	♡	♡	♡	♡	♡	♡
Wake up by [am]	♡	♡	♡	♡	♡	♡	♡
Go to bed by [pm]	♡	♡	♡	♡	♡	♡	♡
Take a shower	♡	♡	♡	♡	♡	♡	♡
Take medication/vitamins/supplements	♡	♡	♡	♡	♡	♡	♡
Music, art, crafts	♡	♡	♡	♡	♡	♡	♡
Apply for a job or voluntary role	♡	♡	♡	♡	♡	♡	♡
Put all the dishes away	♡	♡	♡	♡	♡	♡	♡
Walk or run	♡	♡	♡	♡	♡	♡	♡
Call a friend or family member	♡	♡	♡	♡	♡	♡	♡
Volunteer	♡	♡	♡	♡	♡	♡	♡
Publish a blog or positive post	♡	♡	♡	♡	♡	♡	♡
Vacuum, tidy or clean	♡	♡	♡	♡	♡	♡	♡
Take out rubbish/recycling	♡	♡	♡	♡	♡	♡	♡
Do the laundry	♡	♡	♡	♡	♡	♡	♡
Water the plants	♡	♡	♡	♡	♡	♡	♡
Put money into savings	♡	♡	♡	♡	♡	♡	♡
Cook and eat a healthy meal	♡	♡	♡	♡	♡	♡	♡
Really listen to a friend	♡	♡	♡	♡	♡	♡	♡
No alcohol	♡	♡	♡	♡	♡	♡	♡
Limit TV watching	♡	♡	♡	♡	♡	♡	♡
No online purchases	♡	♡	♡	♡	♡	♡	♡
No fizzy pop	♡	♡	♡	♡	♡	♡	♡
Limit Computer games	♡	♡	♡	♡	♡	♡	♡
No caffeine	♡	♡	♡	♡	♡	♡	♡
No smoking	♡	♡	♡	♡	♡	♡	♡

ANXIETY PREP

It can be helpful to be prepared when you are going into a situation that might make you feel anxious or nervous. Use this worksheet to figure out things that you can do before and during the situation to help you cope if you become anxious.

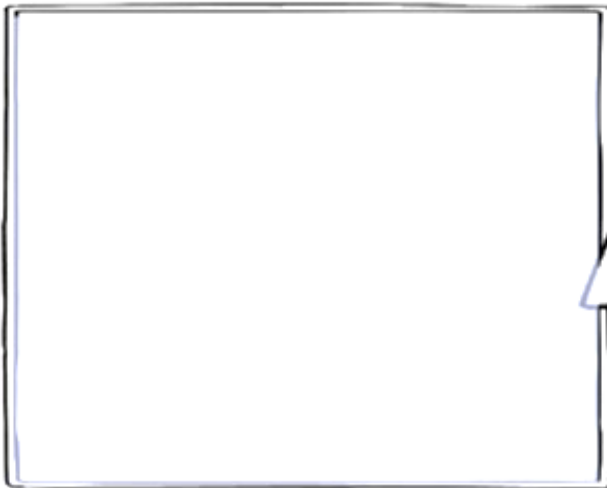
WHAT'S THE SITUATION?



WHAT MIGHT MAKE ME FEEL ANXIOUS?



WHAT THINGS CAN I SAY OR DO BEFORE TO PREPARE FOR THIS SITUATION?



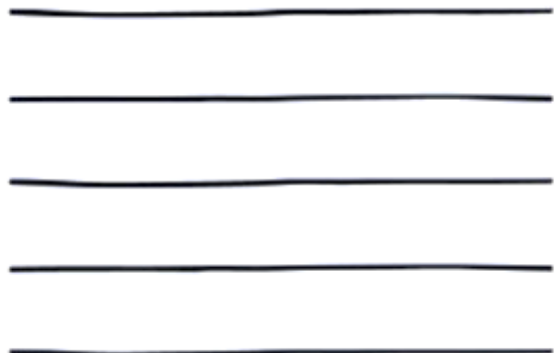
HOW HAVE I HANDLED IT BEFORE?



HOW WILL I KNOW THAT I'M GETTING ANXIOUS?



COPING SKILLS I CAN USE IF I START TO FEEL ANXIOUS!



Check out the next page for some good coping skills you can use to distract yourself!

Positive Coping Strategy Ideas!

What could I do	Try it?	What could I do	Try it?
Exercise (running, walking, etc.).		Make a list of good things in your life.	
Put on fake tattoos.		Read something funny	
Write (poetry, stories, journal).		Go to a friend's house.	
Scribble/doodle on paper.		Jump on a trampoline.	
Be with other people.		Watch an old, happy movie.	
Watch a favorite TV show.		Contact a hotline/ your therapist a charity	
Post on web boards, and answer posts		Talk to someone close to you.	
Go see a movie.		Ride a bicycle.	
Do a wordsearch or crossword or other puzzle		Feed the ducks, birds, or squirrels.	
Do schoolwork.		Color with Crayons.	
Play a musical instrument.		Memorize a poem, play, or song.	
Paint your nails, do your make-up or hair		Stretch.	
Sing.		Search for ridiculous things on the internet	
Study the sky.		Shop" on-line (without buying anything).	
Punch a punching bag or a cushion		Color-coordinate your wardrobe.	
Cover yourself with Elastoplast's where you want to cut.		Watch fish.	
Let yourself cry.		Make a CD/playlist of your favorite music	
Take a nap (only if you are tired).		Plant some seeds.	
Take a hot shower or relaxing bath.		Pretend search for your perfect new home or car	
Play with a pet.		Try to make as many words out of your full name	
Go shopping.		Sort through your photographs.	
Clean something.		Play with a balloon.	
Knit or sew.		Give yourself a facial.	
Read a good book.		Find yourself some toys and play.	
Listen to music.		Start collecting something.	
Try aromatherapy (candle, lotion massage oils or room spray)		Play video/computer games.	
Meditate.		Clean up rubbish at your local park., nature area etc	
Go somewhere very public.		Perform a random act of kindness	
Bake cookies.		Text or call an old friend.	
Alphabetize your CDs/DVDs/books.		Write yourself an "I love you because..." letter.	
Paint or draw.		Look up new words and use them.	
Rip paper into itty-bitty pieces		Rearrange furniture.	
Shoot hoops, kick a ball.		Write a letter to someone that you might not send.	
Write a letter or send an email.		Smile at least five people.	
Plan your dream room (colors/furniture)		Play with little kids.	
Hug a pillow or stuffed animal.		Go for a walk (with or without a	
Hyperfocus on something like a rock, a hand, leaf or flower.		Take photographs of scenery	
Dance.		Put a puzzle together.	
Make a hot chocolate, milkshake or smoothie		Clean your room /closet.	
Play with modeling clay, blue tack or Play Dough.		Try to do handstands, cartwheels, etc	
Build a pillow fort.		Yoga	
Go for a nice, long drive.		Take Mindful photographs of everyday things.	
Complete something you've been avoiding.		Teach your pet a new trick.	
Draw on yourself with a marker.		Learn a new language.	
Take up a new hobby.		Move EVERYTHING in your room to a new place.	
Look up recipes, cook a meal.		Spend time playing with a pet	
Look at pretty things, like flowers, photographs or art		Get together with friends and play frisbee or sports.	
Create or build something.		Hug a friend or family member.	
Volunteer		Search on-line for new songs/artists	
Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)		Make a list of goals for the week/month or longer term	
Plan an event you are going to a prom, wedding etc		Face paint.	
?		?	
?		?	
?		?	

Week 2 - This Week's ME Journal!

Date:
Things which are worrying me:
The Things that I'm most grateful for:
People That I will talk to if I need some support:
Things I will do to cheer myself Up:
Three Positive Goals for the week

A Picture...any picture...draw it...stick it on.... whatever.... Tell us about it if you'd like to 😊

Sleep and Energy Tracker




































Date

Hours of Sleep													
	1	2	3	4	5	6	7	8	9	10	11	12	
MON													
TUES													
WED													
THUR													
FRI													
SAT													
SUN													

Energy Levels					
	1 Poor	2	3	4	5 Lots
MON					
TUES					
WED					
THUR					
FRI					
SAT					
SUN					



Mood Tracking

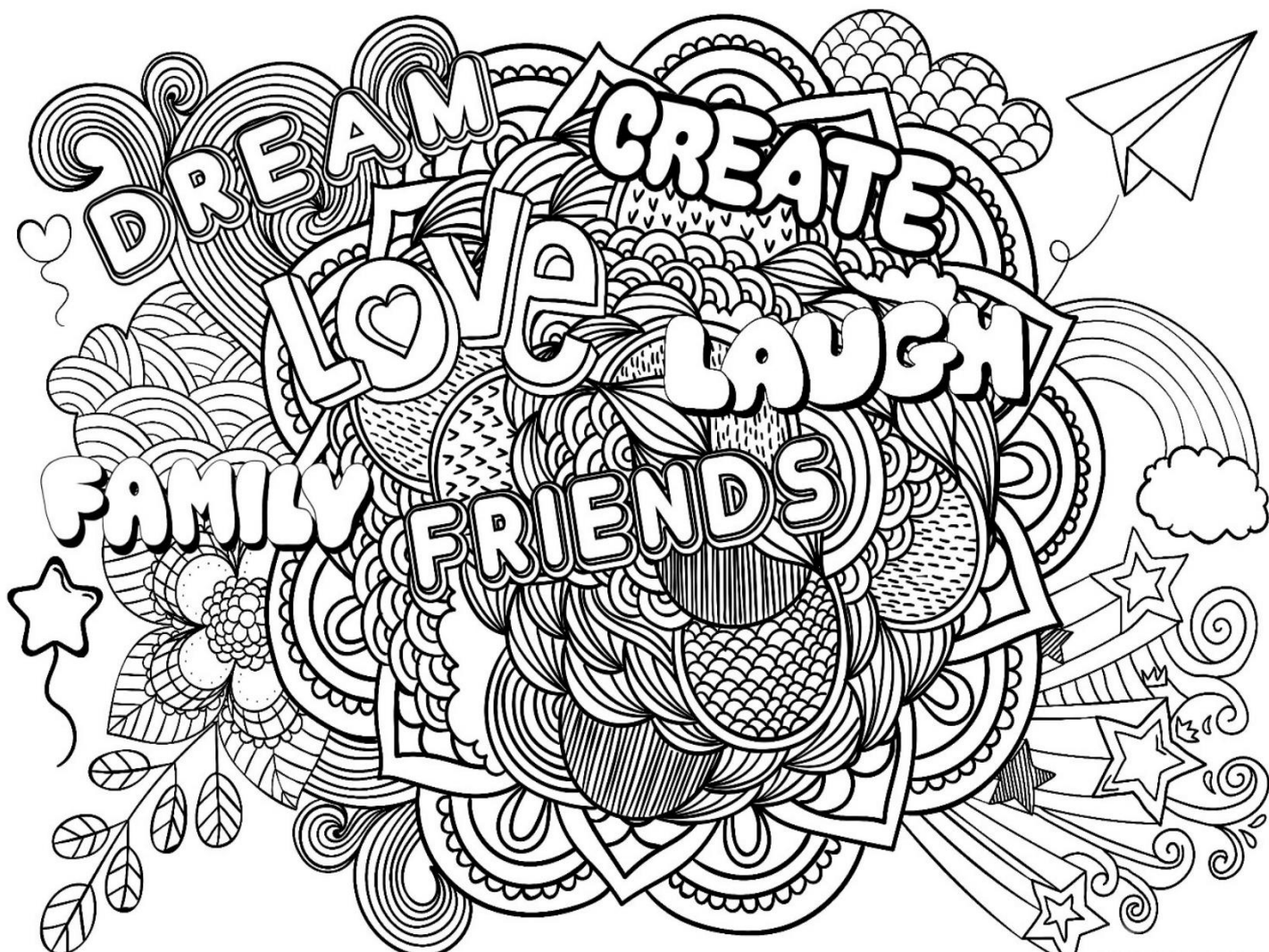
Date:	MON	TUE	WED	THUR	FRI	SAT	SUn
Early Morning	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Morning	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Afternoon	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Evening	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?
Night	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?	Mood Colour  Why?

Colour the Key to Track Your Regular Moods and Think About Why You Might feel that way. Add in your own moods and feelings to personalize the tracker. Track Patterns across your Week.

Disappointed		Loved		?	
Excited		Creative		?	
Happy		Alone		?	
Sad		Scared		?	
Calm		Frustrated		?	
Anxious		Lost		?	
Jealous		Tired		?	
Energetic		Grateful		?	
Angry		Hurt		?	

<p>Thursday</p> <p>Date:</p>	<p>Important Things Which Happened today</p> <p>What made me happy or Grateful?</p> <p>What I'd like to change!</p> <p>An achievable goal for tomorrow...</p>
<p>Friday</p> <p>Date:</p>	<p>Important Things Which Happened today</p> <p>What made me happy or Grateful?</p> <p>What I'd like to change!</p> <p>An achievable goal for tomorrow...</p>
<p>Saturday</p> <p>Date:</p>	<p>Important Things Which Happened today</p> <p>What made me happy or Grateful?</p> <p>What I'd like to change!</p> <p>An achievable goal for tomorrow...</p>

Sunday	Important Things Which Happened today
Date:	What made me happy or Grateful?
	What I'd like to change!
	An achievable goal for tomorrow...



You may have many things you need to fix and that can get hard to deal with all-in-one go. Problems are much easier to solve if we work on them one problem at a time and break each problem up into steps to make it more manageable....

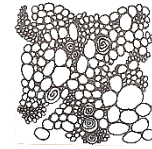
<p>What is my problem or the thing I need to change?</p>
<p>Who knows about it already?</p>
<p>Can I Change it by worrying about it?</p>
<p>Is it really my Problem? Sometimes we take things on or to heart when really, we just need to take a step back from an issue. Be honest is this your problem and what will happen if you walk away from it?</p>
<p>Is it too much for me to deal with alone? Is someone going to be at risk, you or another person. If so, it is really important that you speak to someone who can help.</p>
<p>If so, who else could help with it? Can I tell my parents or speak to friends? Can I speak to the person who is causing my problem? Is there a helpline or support agency to help? Do I need to speak the police if I or someone else is in danger or is there someone who can do that for me? Could I speak to a Youth Worker? Could I speak to a teacher? Is there a family member or friend who could help?</p>
<p>How could I get in touch with these people in a way that doesn't worry me? Could I speak face to face, telephone, write a letter, text, email, use social media messages, a chat facility?</p>
<p>What is the worst that could happen if I tell someone? Usually, it's nowhere near as bad as you think!</p>
<p>So... My Problem is:</p>

My Plan is to speak to:
I'm going to tell them this:
Where and when?
How Will I tell them?



Circle Doodles

Step One: Using a nice pen or pencil, slowly draw a smallish circle on your page.



Pay attention to the whole tiny little process. *Watch* as you put the pen to the paper. Notice the *feeling* of your hand brushing minutely across the paper's surface. Try to *hear* the pen or pencil on the paper as you make your mark. *Notice* how your body feels, try to release any muscles you notice tensing. Breathe.

Step Two: Repeat step one, again and again. Pay attention to each little circle you create, as you create it. Be sure that you connect the end point of each circle to its beginning point. Draw slowly enough and mindfully enough that you do this every time. It's easy to lose focus and start drawing raggedy, un-closed, poor little things or circle-ish things with overlapping ends. When you notice you're doing this DON'T berate yourself, just – Pause, Breathe, and Re-Affix your Focus to each of your little circles. And keep on drawing. Slow and sure and focused. Breathe.

Step Three: Variations. Make smaller circles. Make bigger circles. Nestle one next to the other and so on. Play around with spirals. Spiral inward. Spiral outward, but always close up your circles, end to end.

Step Four: Notice your thoughts. Try to let them pass on by. You can think about those things later. Indulge all of your thoughts on that circle-scape growing beneath your hand. Remember to not judge yourself over any part of this activity. Wandering thoughts are expected. Wobbly circles are fine. Squished oval-like circles are interesting. The big thing to do is to let your circles be complete – the end bit connecting with the beginning bit.



Habit Tracker

	MON	TUE	WED	THUR	FRI	SAT	SUN
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
?	♡	♡	♡	♡	♡	♡	♡
Read for a half an hour	♡	♡	♡	♡	♡	♡	♡
Meditate	♡	♡	♡	♡	♡	♡	♡
Exercise [mins]	♡	♡	♡	♡	♡	♡	♡
Fill in my Journal	♡	♡	♡	♡	♡	♡	♡
Make bed	♡	♡	♡	♡	♡	♡	♡
Wake up by [am]	♡	♡	♡	♡	♡	♡	♡
Go to bed by [pm]	♡	♡	♡	♡	♡	♡	♡
Take a shower	♡	♡	♡	♡	♡	♡	♡
Take medication/vitamins/supplements	♡	♡	♡	♡	♡	♡	♡
Music, art, crafts	♡	♡	♡	♡	♡	♡	♡
Apply for a job or voluntary role	♡	♡	♡	♡	♡	♡	♡
Put all the dishes away	♡	♡	♡	♡	♡	♡	♡
Walk or run	♡	♡	♡	♡	♡	♡	♡
Call a friend or family member	♡	♡	♡	♡	♡	♡	♡
Volunteer	♡	♡	♡	♡	♡	♡	♡
Publish a blog or positive post	♡	♡	♡	♡	♡	♡	♡
Vacuum, tidy or clean	♡	♡	♡	♡	♡	♡	♡
Take out rubbish/recycling	♡	♡	♡	♡	♡	♡	♡
Do the laundry	♡	♡	♡	♡	♡	♡	♡
Water the plants	♡	♡	♡	♡	♡	♡	♡
Put money into savings	♡	♡	♡	♡	♡	♡	♡
Cook and eat a healthy meal	♡	♡	♡	♡	♡	♡	♡
Really listen to a friend	♡	♡	♡	♡	♡	♡	♡
No alcohol	♡	♡	♡	♡	♡	♡	♡
Limit TV watching	♡	♡	♡	♡	♡	♡	♡
No online purchases	♡	♡	♡	♡	♡	♡	♡
No fizzy pop	♡	♡	♡	♡	♡	♡	♡
Limit Computer games	♡	♡	♡	♡	♡	♡	♡
No caffeine	♡	♡	♡	♡	♡	♡	♡
No smoking	♡	♡	♡	♡	♡	♡	♡

ANXIETY PREP

It can be helpful to be prepared when you are going into a situation that might make you feel anxious or nervous. Use this worksheet to figure out things that you can do before and during the situation to help you cope if you become anxious.

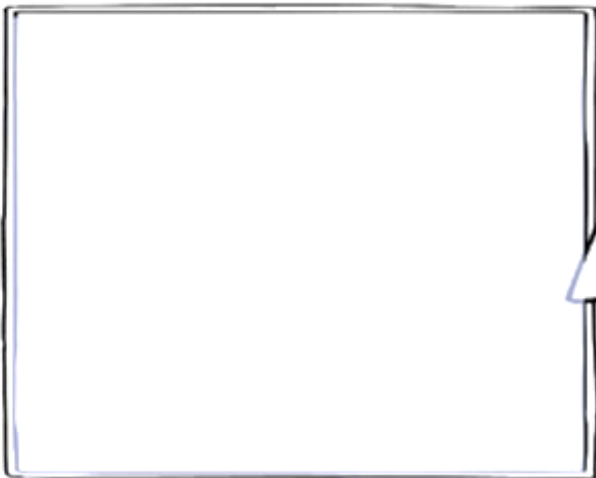
WHAT'S THE SITUATION?



WHAT MIGHT MAKE ME FEEL ANXIOUS?



WHAT THINGS CAN I SAY OR DO BEFORE TO PREPARE FOR THIS SITUATION?



HOW HAVE I HANDLED IT BEFORE?



HOW WILL I KNOW THAT I'M GETTING ANXIOUS?



COPING SKILLS I CAN USE IF I START TO FEEL ANXIOUS!

Check out the next page for some good coping skills you can use to distract yourself!

Positive Coping Strategy Ideas!

What could I do	Try it?	What could I do	Try it?
Exercise (running, walking, etc.).		Make a list of good things in your life.	
Put on fake tattoos.		Read something funny	
Write (poetry, stories, journal).		Go to a friend's house.	
Scribble/doodle on paper.		Jump on a trampoline.	
Be with other people.		Watch an old, happy movie.	
Watch a favorite TV show.		Contact a hotline/ your therapist a charity	
Post on web boards, and answer posts		Talk to someone close to you.	
Go see a movie.		Ride a bicycle.	
Do a wordsearch or crossword or other puzzle		Feed the ducks, birds, or squirrels.	
Do schoolwork.		Color with Crayons.	
Play a musical instrument.		Memorize a poem, play, or song.	
Paint your nails, do your make-up or hair		Stretch.	
Sing.		Search for ridiculous things on the internet	
Study the sky.		Shop" on-line (without buying anything).	
Punch a punching bag or a cushion		Color-coordinate your wardrobe.	
Cover yourself with Elastoplast's where you want to cut.		Watch fish.	
Let yourself cry.		Make a CD/playlist of your favorite music	
Take a nap (only if you are tired).		Plant some seeds.	
Take a hot shower or relaxing bath.		Pretend search for your perfect new home or car	
Play with a pet.		Try to make as many words out of your full name	
Go shopping.		Sort through your photographs.	
Clean something.		Play with a balloon.	
Knit or sew.		Give yourself a facial.	
Read a good book.		Find yourself some toys and play.	
Listen to music.		Start collecting something.	
Try aromatherapy (candle, lotion massage oils or room spray)		Play video/computer games.	
Meditate.		Clean up rubbish at your local park., nature area etc	
Go somewhere very public.		Perform a random act of kindness	
Bake cookies.		Text or call an old friend.	
Alphabetize your CDs/DVDs/books.		Write yourself an "I love you because..." letter.	
Paint or draw.		Look up new words and use them.	
Rip paper into itty-bitty pieces		Rearrange furniture.	
Shoot hoops, kick a ball.		Write a letter to someone that you might not send.	
Write a letter or send an email.		Smile at least five people.	
Plan your dream room (colors/furniture)		Play with little kids.	
Hug a pillow or stuffed animal.		Go for a walk (with or without a	
Hyperfocus on something like a rock, a hand, leaf or flower.		Take photographs of scenery	
Dance.		Put a puzzle together.	
Make a hot chocolate, milkshake or smoothie		Clean your room /closet.	
Play with modeling clay, blue tack or Play Dough.		Try to do handstands, cartwheels, etc	
Build a pillow fort.		Yoga	
Go for a nice, long drive.		Take Mindful photographs of everyday things.	
Complete something you've been avoiding.		Teach your pet a new trick.	
Draw on yourself with a marker.		Learn a new language.	
Take up a new hobby.		Move EVERYTHING in your room to a new place.	
Look up recipes, cook a meal.		Spend time playing with a pet	
Look at pretty things, like flowers, photographs or art		Get together with friends and play frisbee or sports.	
Create or build something.		Hug a friend or family member.	
Volunteer		Search on-line for new songs/artists	
Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)		Make a list of goals for the week/month or longer term	
Plan an event you are going to a prom, wedding etc.		Face paint.	
?		?	
?		?	
?		?	

Try Some Simple but Relaxing Mindfulness Activities

During your practice, when judgments, other thoughts, or any other distractions occur, do not fuss over them, but gently turn your attention back to the exercise.

1. Explore a fruit: Use Observe and Describe to explore an orange. What are the visual features, what does it feel like, and what does it smell like? Now, slowly start to peel the orange and continue to tune in to each sense. Notice any emotions, thoughts, or other experiences that you have during this process, but cling to nothing, instead staying engaged in the activity. Ultimately, you may choose to mindfully eat the orange.

2. Create with Play-Doh: Study the Play-Doh container, noticing the writing, colors, and design elements. Slowly peel the lid off the container, and notice the smell. What comes up for you? Notice any associated feelings, memories, or other experiences, and then turn your attention back to the Play-Doh.

Feel it in your hands and begin to knead and work it. Notice the texture, the temperature, and whether there are changes in its flexibility as you handle it. Experience the Play-Doh without the need to create anything. (Alternatives: Create what you choose with the Play-Doh, be it an animal, a sculpture, or something else. Let go of judgments as to how the creation is shaping up. Or, imagine you are a child experiencing Play-Doh for the first time. Allow yourself to be immersed in this discovery!)

3. Connect with a sound: Put on music; listen to the sounds of waves, nature, or another soothing sound; or pick up on the naturally occurring sounds around you (the hum of an appliance, the sound of traffic, or the bustle of a workplace). Close your eyes and tune in to your chosen sound. Stay with the sound, returning to it when a distraction happens, and perhaps notice how you breathe along with it

4. Guided imagery: Use an image of a place. Visualize that you are in the place that is being described, hearing the sounds, and feeling the other sensations. Lose yourself in this experience, and, when the exercise is over, bring its benefits back to the present moment.

5. Create a safe place: Similar to guided imagery, create a place that is safe and comfortable. It may be a room, a cabin in the woods, or an imaginary land where you are protected by fire-breathing dragons! Use your senses to fully enter the safe place. Notice how it looks, paying attention to even the smallest details. Notice the sounds, or the silence. How does it feel? Stay in this place for a while, and go there whenever you need to soothe and calm yourself.

6. Sounds of a bell: Strike a bell or chime, or clang mini-cymbals to create a tone. Listen to the sound until it fades into complete silence. Repeat as many times as you wish. This can be done anytime during the day, before meetings, before meals, or at any other time that you want a break or to return to the moment.

7. Mindful eating: Strive to eat mindfully each time you sit down to eat. Notice your food, seeing the shapes, colors, and textures. Smell the aromas. Take it all in before experiencing your first small bite. Our taste buds register tastes more vividly during the first few bites. Eat these bites slowly, experiencing

8. Mindfulness of smell: Gather a variety of scented candles or essential oils and spend some time exploring the smell of each one. Notice the differences and any reactions you have to each kind of smell. Alternatively, disguise the labels on your candles or oils and see whether you or others can guess each scent.

9. **Mindful listening:** Pick a song, close your eyes, and listen closely to the music. Follow the lyrics, notice the different instruments, or take in the song as a whole experience. If you have heard the song before, did you notice anything new? Alternatively, pick a song that has a repetitive lyric, phrase, or melody line. Count how many times you hear the reoccurring detail.

10. **Mindfulness of touch:** Take any object into your hands. Explore the object with your hands and fingers, feeling the shape(s), texture(s), and temperature of the object. This can be done in combination with vision, or done with your eyes closed, focusing exclusively on touch. Alternatively, gather various fabrics such as silk, cotton, wool, and velvet and experience the different feels. Of course, this exercise can be done with any collection of objects (e.g., stress ball, worry stone, sandpaper).

11. **Mindfulness of nature/thunderstorms:** Put on a nature CD or the sound of a thunderstorm. Listen and notice what emotions, thoughts, and sensations start to come up.

12. **Mindful walking:** Take a walk outside or around your room. Pay attention to the sensation of your feet in contact with the ground. Let go of thoughts, emotions, and other distractions and just walk, as if being mindful of every step is vitally important. Alternatively, play a game and avoid cracks (or step on them) or count steps between fixed objects such as light poles or mailboxes.

13. **Mindful nature walk:** Take a walk outside through nature. Notice the sounds and smells. What do you see? Take this time to observe, as if this is the first time you have experienced this scenery and the surrounding elements of nature. When you find yourself getting distracted, come back to the scenery around you.

14. **Objects in a bag:** Take a bag and add in various types of objects. Make sure the objects are different in texture and shape. Pass the bag around a group of friends or, family and take turns using your sense of touch to guess what each object is. Observe and describe the sensations. If you want to do this alone get someone to fill up the bag for you.

15. **Rocket Ship:** Imagine you have a spaceship that can rocket you to your favorite place, real or imagined. Climb into your ship and count down from 10 to 1 and then blast off to your destination. Stay at your destination awhile and practice breathing, and then ride back home via your rocket ship or another means feeling relaxed and refreshed.

16. **Meditate on an object:** Find something in the room to focus on and use that object to ground you while you breathe. It could be a painting, a vase, or any ordinary household object. Fix your gaze on your chosen object, staying with it as you breathe. If you get distracted just pull yourself back to the object of focus.

I am Wonderfully made *I am Calm*
I am Unique **I am Blessed** **I am fun**
I ENJOY LEARNING *I am Thankful* **I am Kind**
I AM AWESOME **I am honest**
I am confident *I am happy with my body*
I AM FRIENDLY **I AM BRAVE** **I AM WISE**
I AM SMART **I am Thoughtful**
I am Bold *I am creative* **I AM ME**

Enjoy Some Positive Affirmations!!! Can You Add Anything to this?