

Wellbeing Booklet



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<https://rise.childrenssociety>



Introduction

This wellbeing booklet contains helpful worksheets and information to help promote positive mental health and wellbeing.

If there is a QR code at the top left of the page it means we have a helpful YouTube video to help explain! If you are viewing electronically, you can click the QR code!

Need urgent support?

A mental health crisis is an emergency that has a direct and immediate threat to your physical or emotional wellbeing. In these situations, it's important to get help quickly.

Try to stay calm and ask someone for help if you need it. It could help to tell someone you trust, maybe a family member or a friend. They can be with you and help you decide what to do. They can also contact services on your behalf.

If there is any immediate risk to life, contact the emergency services by calling 999.

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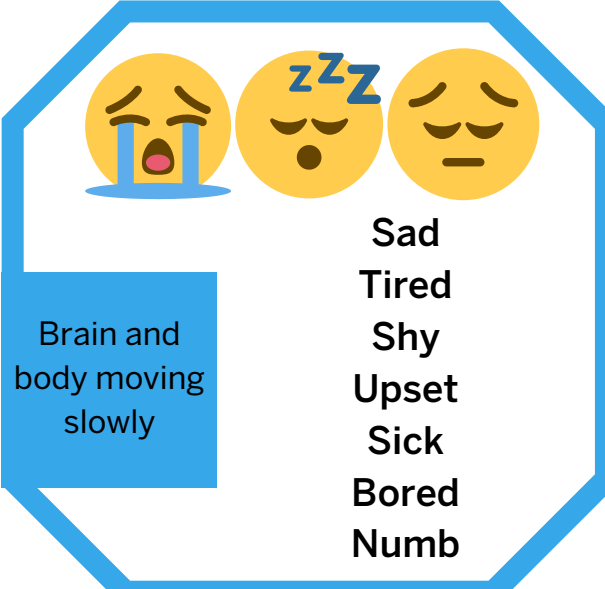


HOW AM I FEELING TODAY?

Sometimes it can be difficult to know or express how we are feeling. Sometimes we ignore what we are feeling right now, we want to rush to the future - skip ahead and feel better fast. If you want to feel better later, then you need to focus on how you feel now.

The following worksheets are designed to help you slow down and check in with how you are feeling now.

MY EMOTIONS BOARD



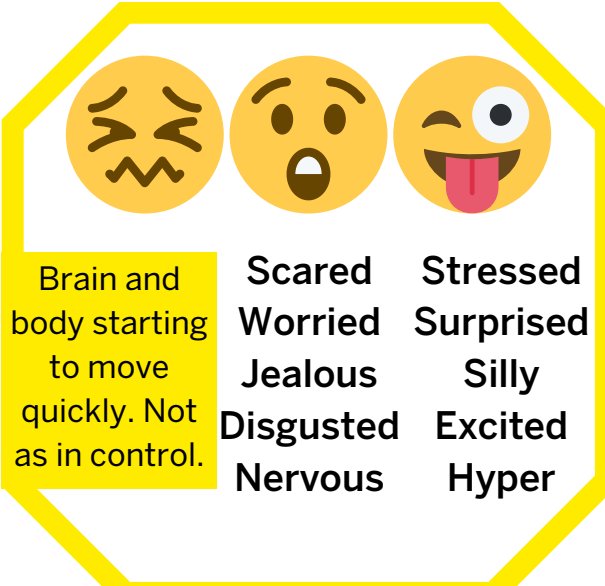
Brain and body moving slowly

Sad
Tired
Shy
Upset
Sick
Bored
Numb



Confident
Focused
Calm
Loving
Loved
Happy
Proud

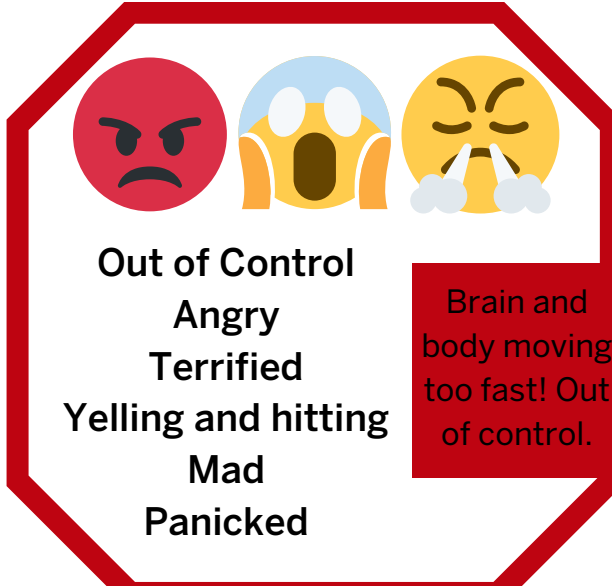
Good to go!



Brain and body starting to move quickly. Not as in control.

Scared
Worried
Jealous
Disgusted
Nervous

Stressed
Surprised
Silly
Excited
Hyper



Out of Control
Angry
Terrified
Yelling and hitting
Mad
Panicked

Brain and body moving too fast! Out of control.



CUP OF FEELINGS

What is in my cup today?

Colour inside this cup to show how much of each emotion you're feeling right now!

Use the blank spaces to pick other colours and feelings that you'd like.

Use the blank spaces to pick other colours and feelings that you'd like



Yellow = Happy

Red = Angry

Pink = Hopeful

Purple = Scared

Orange = Nervous

Green = Excited

Blue = Sad

Brown = Surprised

___ = ___

___ = ___

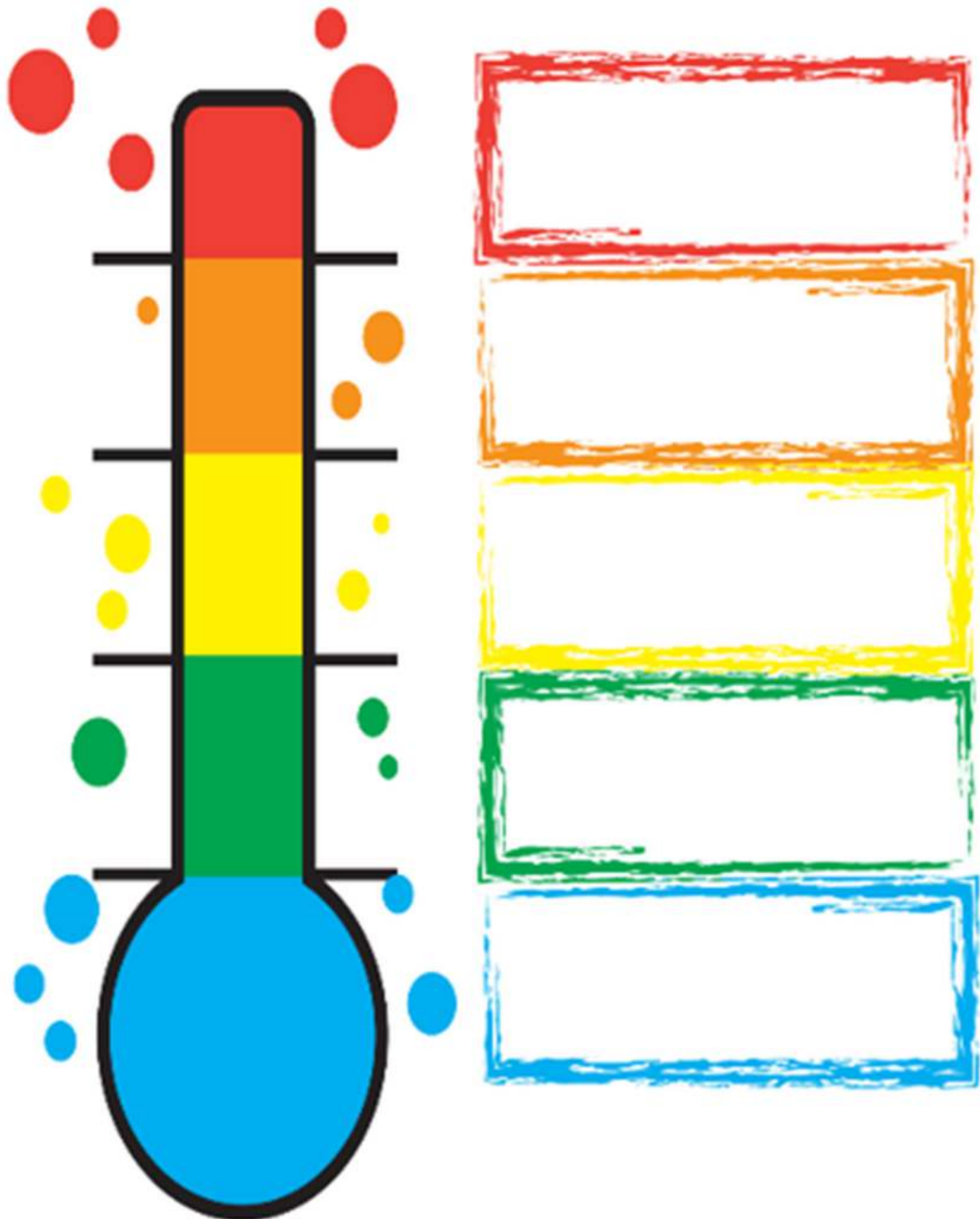
___ = ___

___ = ___

EMOTIONS THERMOMETER

The bottom of the thermometer is when our mind and body are moving slowly, we might feel sluggish or relaxed and calm. Our energy levels and emotions change as we move up the thermometer becoming more intense until we reach the top!

Write down an emotion for each section of the thermometer e.g., tired, happy, irritated, worried, angry. Then write down what makes you feel this way.



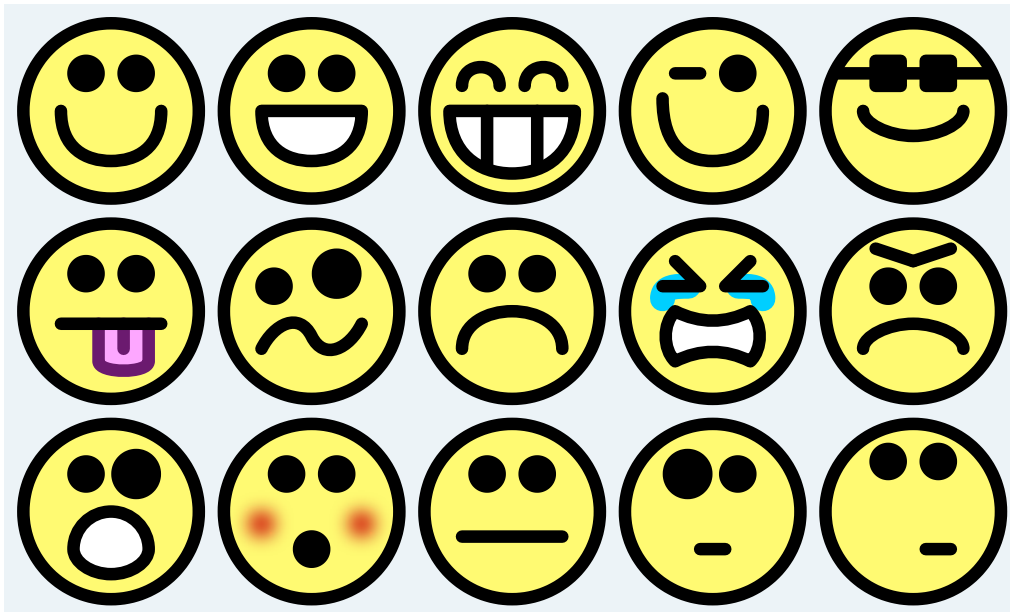
RATE IT!

When you notice an emotion around you rate it on a scale of 0 to 10. (0=not around at all and 10 = the strongest you have ever felt that emotion).

Set a timer for 1 minute and do some deep breathing.

Remind yourself that this *feeling will pass*.

Rate the feeling again and repeat if needed.



I am feeling _____

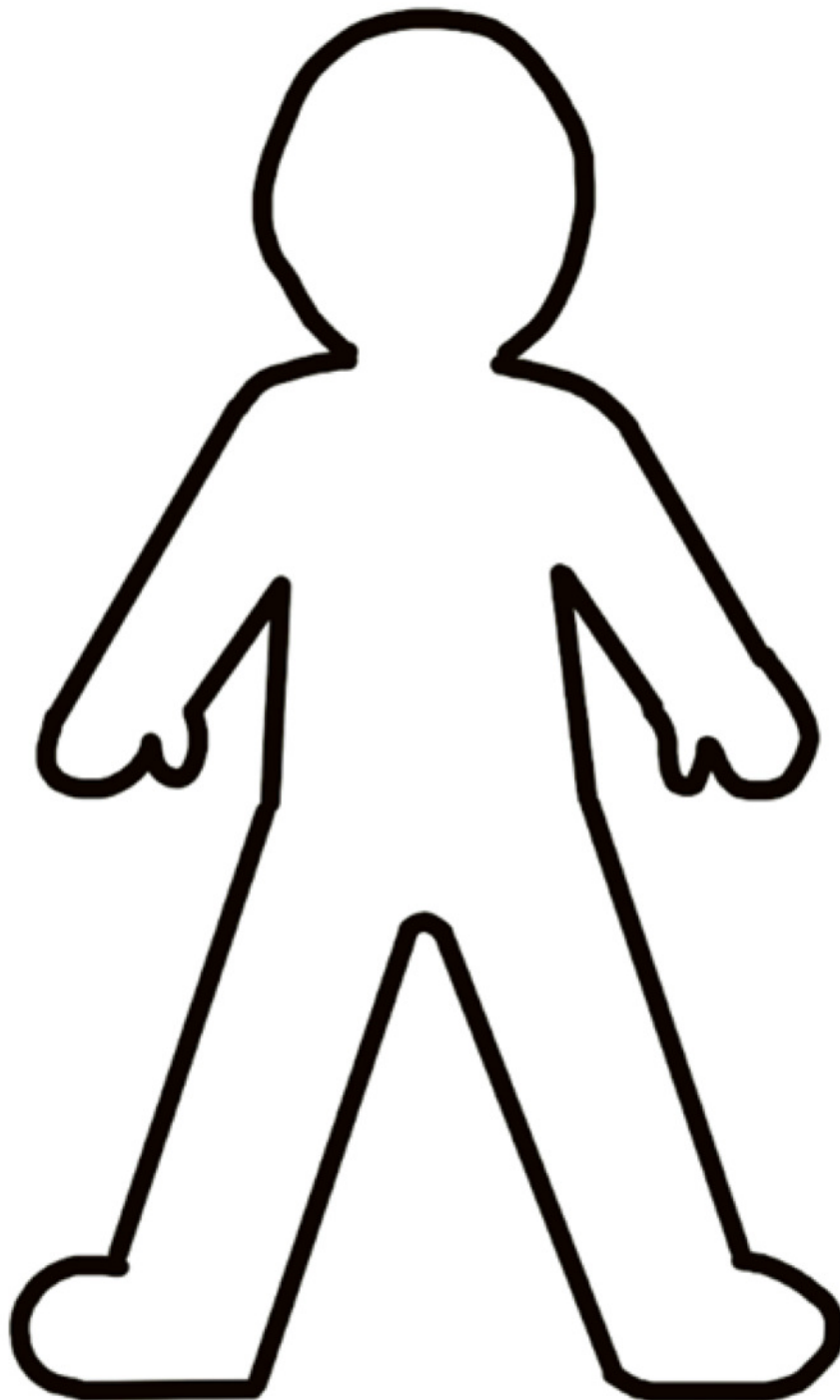
0 1 2 3 4 5 6 7 8 9 10



BODY MAPPING

Emotion = _____

Draw or write the sensations you feel in your body when experiencing this emotion e.g., butterflies in stomach or headache. You may find it helpful to add behaviours as well e.g. nail biting.





BODY MAPPING

If you prefer, you can cut out these images and stick them on the body outline to help describe how this emotions feels.



5 WAYS TO WELLBEING

Your wellbeing includes looking after both your physical and mental health, to maintain your wellbeing, you need a good balance for both.



Connect

Connect with others. Talk, actively listen. Be present and be there to feel connected.

People I want to connect with:



Being Active

Being active can have a good affect on your mood. Do what you can, start small and enjoy what you do.

How I want to stay active:



Take Notice

Focus on the present day. At the end of each day think of three things you are grateful for.

I am grateful for:



Give

Give your time, give your words, and share with others. Be there with others. But also remember to give to yourself, what do you need?

Ways to show kindness to myself:



Keep Learning

Embrace new experiences and surprise yourself. Keep growing your mind and using the skills you have learnt.

Skills I want to learn or develop:



SLEEP

Why is sleep important?

Sleep is such an important part of our lives: as important as air, water and food. It is essential for:

- General physical health
- Restoring energy
- Repairing injuries
- Growth
- Emotional wellbeing and mood
- Concentration
- Memory
- Performance
- Getting along with others.

How do you feel when you don't get enough sleep?

- Feel worn out
- No energy
- No motivation
- Struggle to stay awake when it's quiet
- Hard to concentrate
- Clumsy or accident prone
- Short temper, no patience, grumpy
- Impulsive, irrational or **unhappy** behaviour
- Stronger, less controllable emotions
- Low mood, more anxiety and stress

Sleep scale

On a scale of 0 - 10, 0 being terrible and 10 great, rate your sleep over the next week.

M	T	W	T	F	S	S



Sleep Tips

- Stick to the same bedtime and wake up time everyday.
- Share your worries to relax your mind.
- Exercise earlier in the day.
- Try to use your bed only for sleeping to help your brain associate bed with sleep. Create a bedroom that's comfy, cosy, cool and quiet.
- Bedtime routine - create a predictable series of events leading to bedtime. E.g., brush teeth, pj's and story.
- Choose quiet, calm and relaxing activities before bedtime.
- Limit technology usage an hour before bed.
- Tap on different parts of your body - tense then relax your body one part at a time, starting with your feet.



STRATEGIES - CALMING

Find more breathing exercises and resources in our Self-Care section of our website

Take a break

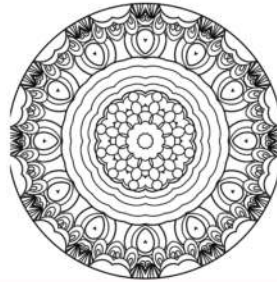
Take some time away from your normal routines or thoughts.

Read a book, have a bubble bath, bake, go for a walk or get creative!



Colouring in

Take a mindful moment to sit and concentrate on colouring, notice the colours you are using, the shades and textures. Be in that moment, concentrate solely on what you are creating.



Space

Take a moment and have some space by yourself, allow your emotions to come around and sit with them. Breathe through the emotions and take time.

- Lie on your bed
- Go to a safe space
- Hide under a blanket
- Create your own calming space



Listen to music



Hot Chocolate Breathing

Pretend that you have your hands wrapped around a mug of hot chocolate.

Breathe in through your nose for 4 seconds as though you are smelling the delicious chocolatey smell.

Then breathe out through your mouth for 4 seconds as though you are blowing it to cool it down.



Spend time in nature



Find Your Happy Place

Find somewhere quiet where you won't be interrupted.

Imagine a place where you feel happy, grounded and safe. This may be somewhere you have been before or imaginary.

Engage all your senses: what can you see? feel? hear? smell? taste?



Fidget Toys

Fidget toys can help self-soothe, instilling focus and enabling concentration,



Mindfulness

Practising mindfulness helps us pay more attention to the present moment. It can help us enjoy the world around us more and understand ourselves better. Check out our [meditations](#) for guided meditations.





STRATEGIES - ACTIVE AND DISTRACTIONS

Active relaxation

Relaxation doesn't have to mean sitting still, gentle exercise can help you relax too.

Take a gentle walk, try yoga, pilates or gentle stretching.



Exercise

Exercise can help to clear our minds, refocus and provide a release of built-up emotions.

Go for a run, a bike ride, do some skipping or push ups on a wall.



Shoulder roll breathing

Choose a comfortable sitting position.

As you take a slow deep breath in through your nose, raise your shoulders up towards your ears.

Breathe slowly out through your mouth and lower your shoulders.

Repeat slowly, rolling your shoulder up and down in time with your breath.



Finger Pull

Put one hand palm up and one hand palm down.

Touch your fingers together and curl so they are locked together.

Pull them apart and hold for 10 seconds.



Rip!

Get all the anxious or angry thoughts out of your mind by writing them down.

When you've written them all down, rip the paper into tiny pieces and put it in the bin.

Palm Push

Face your palms together

Push them firmly

Hold for 10 seconds

Repeat



Distraction

When we cannot do anything about our thoughts and worries, then it is sometimes useful to distract ourselves.

You could play:

- What would you do if...: you had a superpower, won the lottery?
- A-Z: Find 5 things for every letter of the alphabet.
- 10s - 10 colours in the room, 10 Disney films...



Happy Memories

When times are tough, think of a time when you felt happy.

Research shows we can boost our mood by reflecting on a positive memory.



Count the Colours

Pick a colour to focus on, e.g., purple.

How many purple things can you see?

Close your eyes, how many purple things can you imagine?

Why not count the rainbow colours?





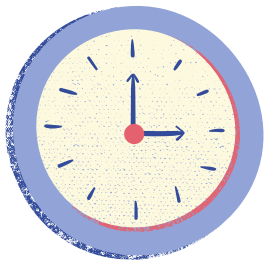
ANXIETY

The following worksheets are designed to help you manage feelings of anxiety. You can also download our [self-help guide](#) from our website for more support.

WORRY TREE

Use the worry tree to notice your worries and decide whether there is something you can do about your worry.





Worry Time

Worry time involves setting a specific time each day to worry. It works by empowering you to take control of your worries so they don't take over your day. You don't dismiss your worries, instead you simply put them on hold for later.

You'll need a jar or box to put your worries in - you can make your own out of card or paper and decorate it any way you choose.

1

Choose a specific time to worry

Ideally not close to bedtime. Stick to the same time each day so you build a routine. Choose how long you will need – 15, 20, 30mins? This may reduce over time.

2

Capture your worries

As you notice a worry write it down. If you made a worry box, keep it in this. You can use a notebook, your phone, bits of paper etc as long as you keep a log. If you notice this is a practical worry, use the problem solving technique outlined previously.

3

Refocus

Once you have captured your worry, it's important to refocus on the present. This may be difficult at first but remember, you will come back to the worry later. To do this, you can try some of the following:

1. Pay close attention to the activity you were doing before the worry occurred.
2. Try a grounding technique – 5 senses grounding
3. Do something you enjoy (listen to music, read a book, draw a picture, exercise)

4

Worry Time

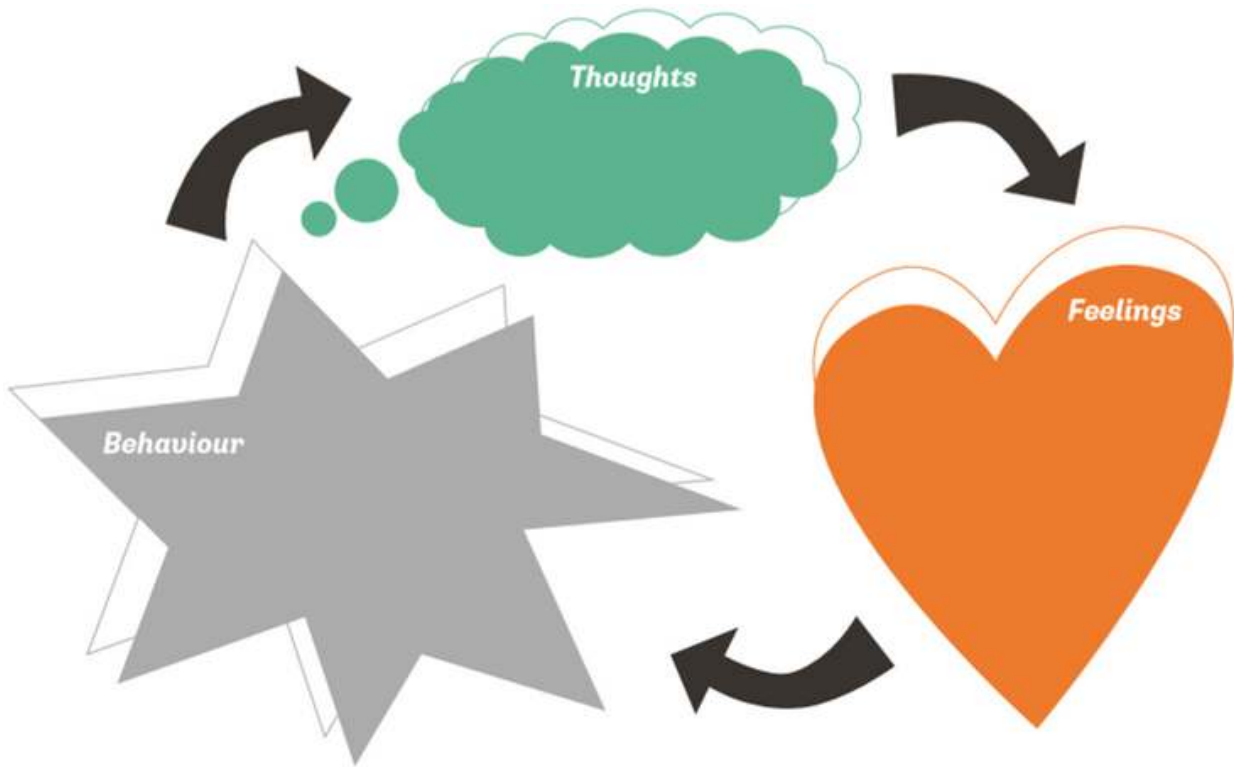
Time to worry! Get out your list of worries and choose one to start with.

Ask yourself the following questions:

- How did you feel when you wrote the worry down and how do you feel now? Has this changed?
- Did the thing you were worrying about happen? If it did, how did you cope?
- Are any of these worries no longer a problem?
- If I had worried about this all day, would it have made a difference?
- Can I challenge this worry by thinking about it a different way?

Once your worry time is over you can rip up the worries and throw them in the bin. Practice some more relaxation techniques to end.

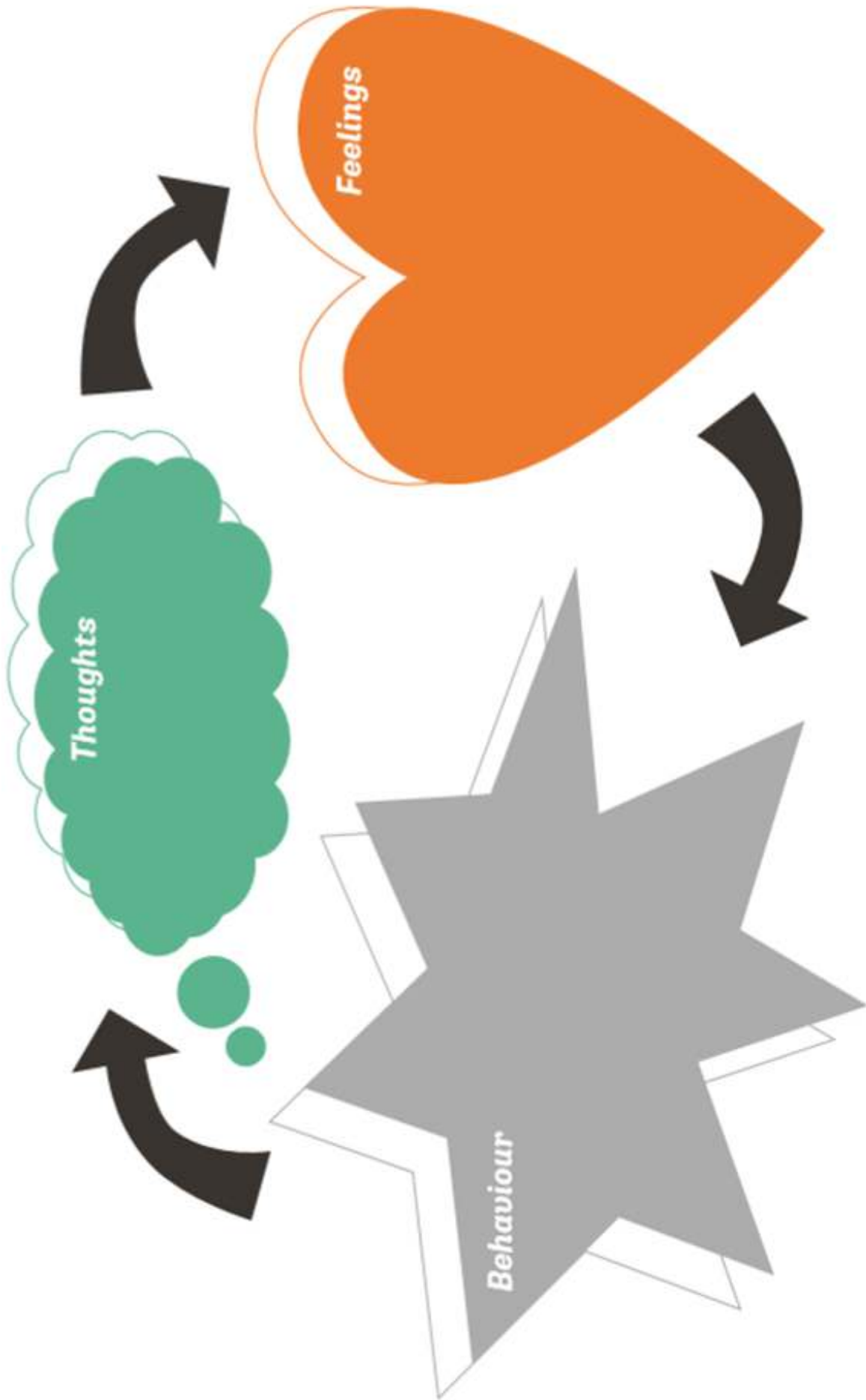
Situations, thoughts, feelings and actions are all linked together



What to do . . .

Notice how our thoughts, feelings and actions are linked together and can all influence each other. Sometimes we can become caught in unhelpful cycles of thinking, feeling and doing. We can begin to find helpful cycles by changing one thing. It doesn't have to be big – small changes can make a difference.

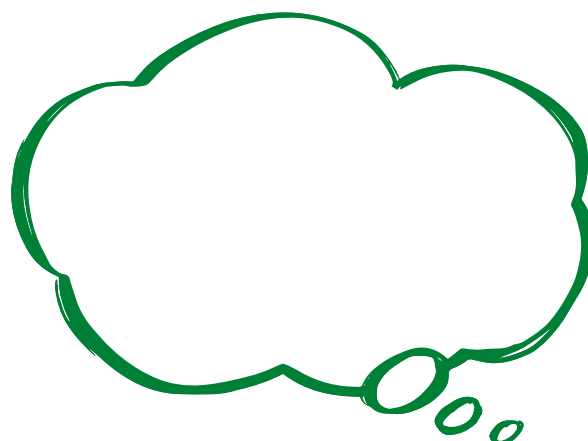
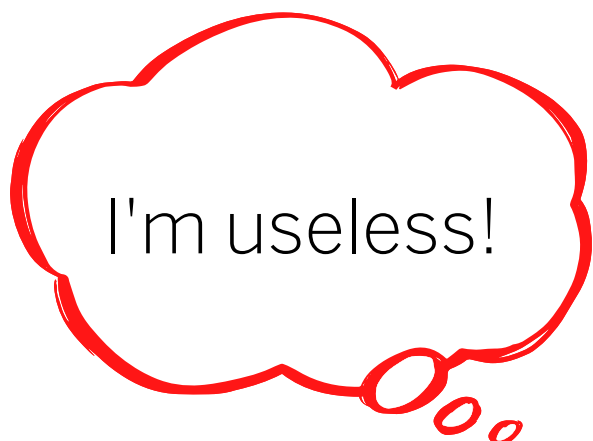
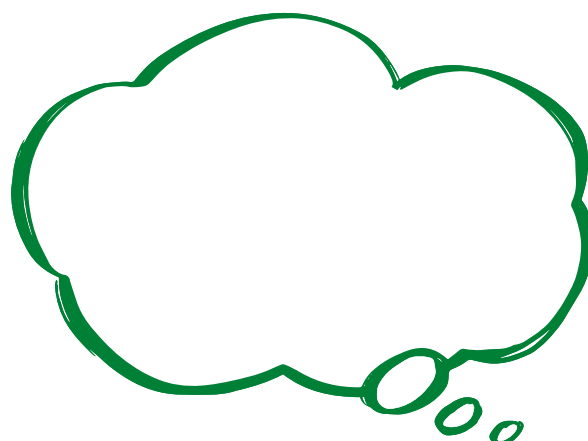
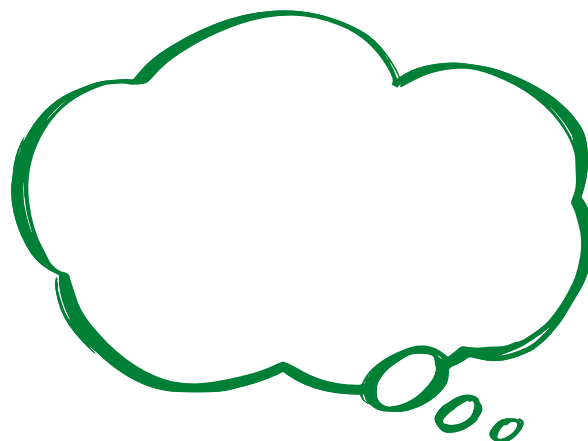
Draw out your own cycle – what thoughts are you experiencing? What emotions are you feeling? And what do you do as a result when they come around?





Thought Challenging

Just because we think something, doesn't make it true. Rather than believe our **unhelpful** thoughts, we can try to flip them so they become more **helpful**. Can you flip these unhelpful thoughts into something that feels more helpful for you?



Thought Challenging

To help flip your thoughts into a helpful positive thought, try and ask yourself some of these questions:



Alternative?

Is there another way to think about this situation, even it seems unlikely?

When things like this have happened before, what have been the reasons?

What advice would I give a friend who was feeling the way I do?

Evidence?

Can I be 100% sure my negative thought is true? If not, why not?

How likely is it that my thought is correct?

Is there any evidence that doesn't support my negative thought?

If I've had this negative thought before, has it always been accurate?

What if it's true?

If it's true, what is the worst thing that can happen? How likely is it that this will happen?

If it's true, will this matter in one week? One year? Ten years?

If my negative thought is true, how can I cope?

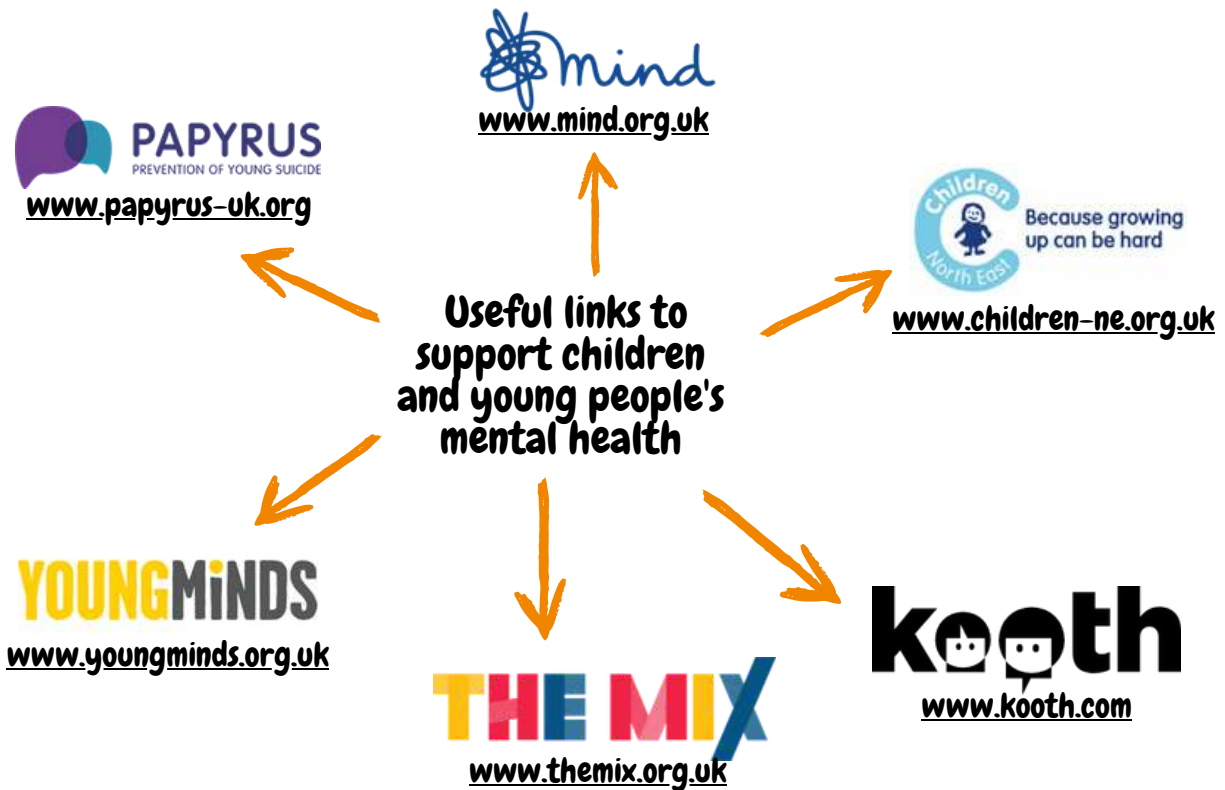


Positive Self-Talk

What positive self-talk can you say to yourself?

<i>I've got this</i>	<i>Be strong be you</i>	<i>This may be hard but I'm going to keep trying</i>
<i>Mistakes help me learn better</i>	<i>I can give it a try; I have done new things before.</i>	<i>I am strong</i>
<i>This feeling will pass</i>	<i>I can use a breathing strategy</i>	<i>I can get through this</i>

Further Support and Information



Apps



Headspace
A meditation app that acts as a personal guide to health and happiness.



MoodGym
An online cognitive behaviour therapy program for depression and anxiety.



Smiling Mind
A meditation program to help bring mindfulness into your life



Calm Harm
An app that helps young people manage the urge to self-harm.



ThinkNinja
Designed for children and young people (10-18 years old) to help with anxiety and low mood.



Clear Fear
An app that helps you face your fears and reduce the physical responses to anxiety.


Finding Help - Crisis Support Services


Need urgent support?

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Try to stay calm and ask someone for help if you need it. It could help to tell someone you trust, maybe a family member or a friend. They can be with you and help you decide what to do. They can also contact services on your behalf.


If there is any immediate risk to life, contact the emergency services by calling 999.

- 
NHS
 - Mental health services are free on the NHS. Check with your school to see if there are any Mental Health Support Teams such as RISE in your school. Talk to your GP about a mental health referral.
 - To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online.

- 
Shout


Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text 85258 for immediate help.


- 
Samaritans

You can access confidential emotional support at any time from Samaritans either by:

 - Calling 116 123
 - Emailing jo@samaritans.org
 - www.samaritans.org/scotland/how-we-can-help/contact-samaritan/

- 
Childline (www.childline.org.uk)

Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

- 
HOPELINE (www.papyrus-uk.org/papyrus-hopelineuk)

HOPELINEUK is a confidential support and advice service for:

 - Children and young people under the age of 35 who are experiencing thoughts of suicide
 - Anyone concerned that a young person could be thinking about suicide

Call 0800 068 4141 any day 9am - 12am (midnight)