About me

My favourite place

.....

I am happiest when

.....

The thing I love the most is

.....

The thing I dislike the most is

.....

This one is for you

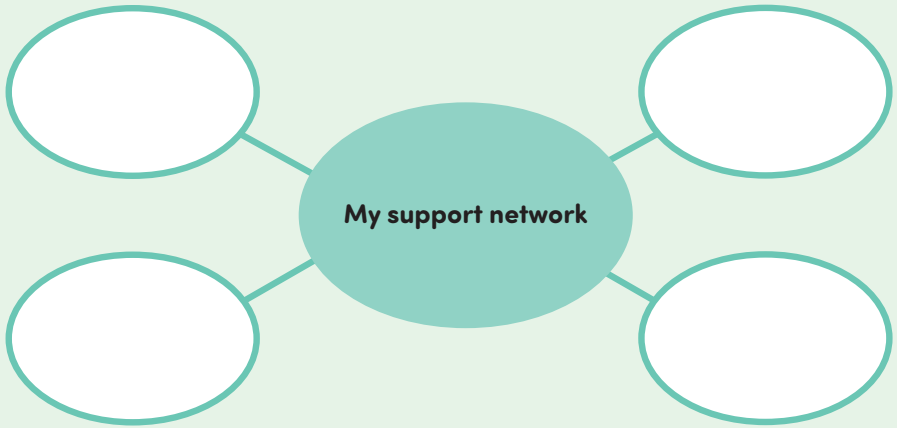
.....

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan

Try this

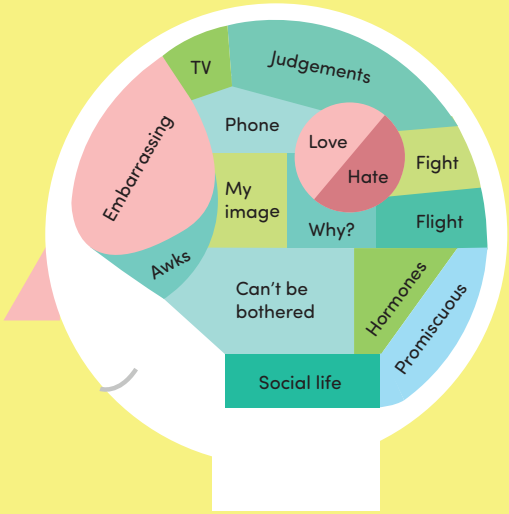
Add in your support network here. This might include friends / family or anyone who you can turn to when you need support. Revisit this page whenever you need support.



5 things I am good at

1. .....
2. .....
3. .....
4. .....
5. .....

Our brains



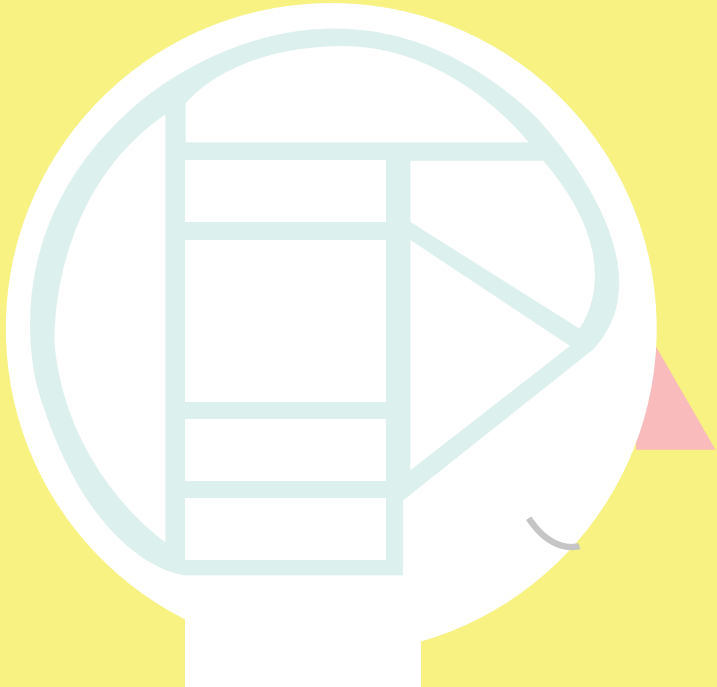
A lot goes on in our growing brains so don't give yourself a hard time.

You might not experience all these things, or you might experience some of them more than others.

Remember, we are all different and we are all unique. That's what makes us amazing.

What does your brain feel full of?

Write the things that have been on your mind into the spaces.



Attitude, values and beliefs

Attitude

Is the way you feel or think about something or someone. Your values and beliefs may play a part in your attitude.

Values

Values are strong beliefs or principles that you tend to stick to. Your values may affect your attitude and beliefs.

Beliefs

Is an idea that you accept as true, even if you don't have the facts. Beliefs may change frequently.

List below some of your attitudes, values and beliefs about they way you view yourself and the world you live in.

Revisit this page at a later date and see if your answers have changed. Is there anything you have changed or would like to change?

Values

Attitudes

Beliefs

Control

Some things in our life are things we can control, and others are things we can't. Try not to waste a lot of time worrying about the things you can't control. Instead, focus on what is in your control.

Try this

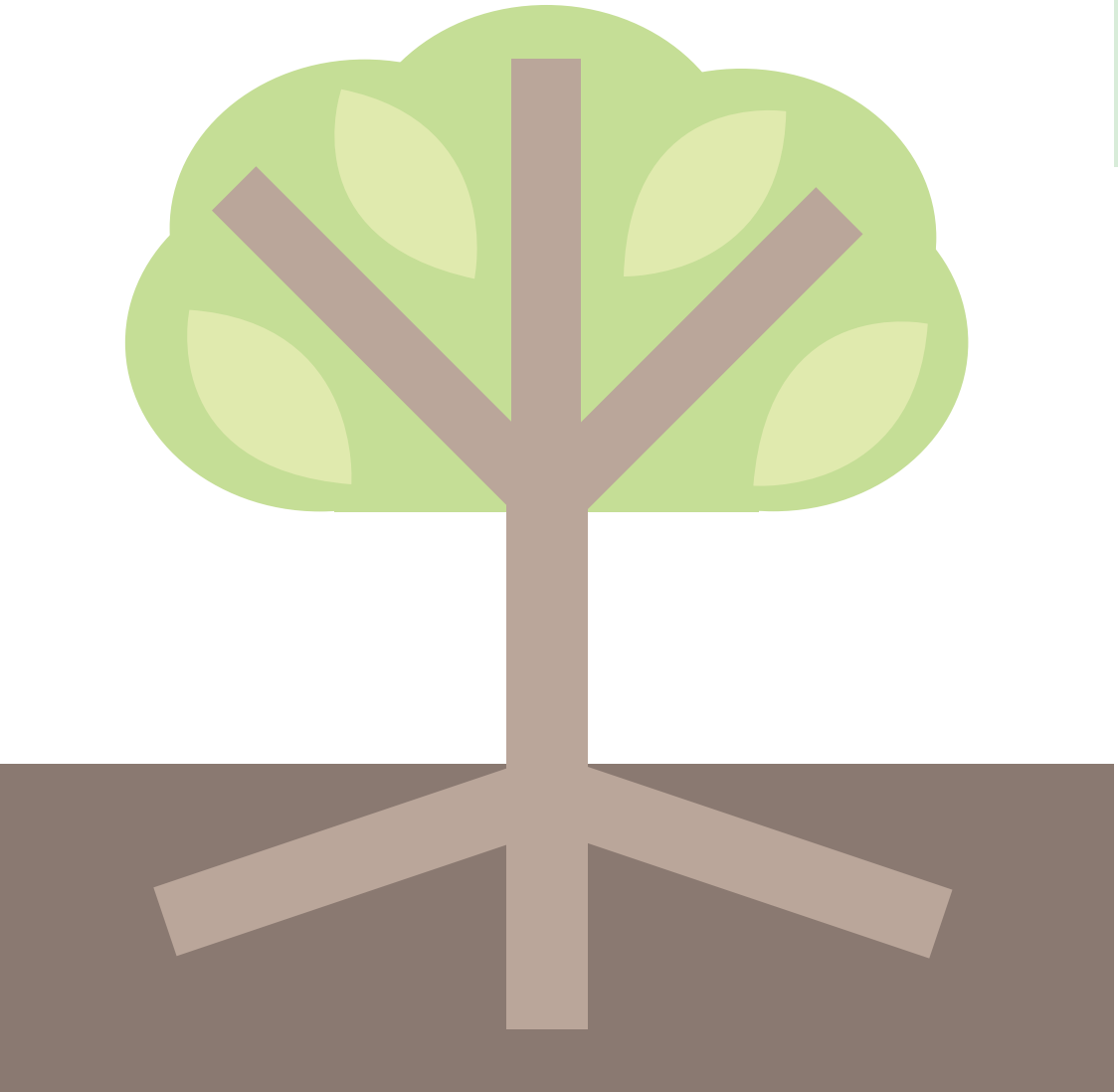
Use the circles below to write some of the things in your life that you can and can't control.

"There will be haters, there will be doubters, there will be non-believers, and then there will be you proving them wrong."

Jennifer Van Allen

Well-being tree

This is your well-being tree. In the branches put your goals, in the roots write the support network who can help you to achieve your goals and in the leaves write positive words, people and actions that will help you achieve them.



Mindfulness

Have you tried mindfulness? This is a practice that draws on your five senses.

You can do this by paying attention when you next eat – what textures can you feel, what is the smell, what is the taste, does it look like how it tastes? Or try a breathing exercise: close your eyes take in one deep breath and release. What can you hear, what can you smell, can you feel your heart beating? Try to take time out to be mindful at least once a day, maybe add it to your weekly goals?

Emotional first aid

It's good to have some things ready to help get you through an emotionally difficult time. Why not create your own emotional first aid kit?

You could get creative and decorate a small box or you could simply use a pencil case. In the box place things that make you feel happy for example; you might like drawing so include a pencil and paper, a smooth stone for grounding, a list of people you can turn to for support or photos that make you smile.

Gather all these altogether and make sure that you keep the box with you at times when you anticipate you will feel low, anxious or stressed.

Try this

What are some things you could include in your emotional first aid kit?

Sight	
Smell	**Taste**
Touch	**Hearing**

Making your own emotional first aid kit

Fill it with items that make you feel happy. Be sure to include things that will engage all five of your senses.

Taste

Something yummy! A favourite chocolate, a sharp tasting sour sweet, hot chocolate.

Hearing

Relaxing music, a voice recording from someone you love, ASMR.

Sight

Pictures, films, souvenirs from holidays, artwork, letters or cards, books.

Touch

Fluffy fabrics, a cuddly toy, slime, a fidget toy.

Smell

A candle, perfume, dried flowers, your partners jumper.

"I have not failed. I've just found 10,000 ways that won't work."

Thomas Edison

Sleep

Why is it important?

- Sleep helps to repair the body
- Lowers stress levels
- Supports growth and development
- Maintains a healthy immune system
- Helps improve learning, creativity and memory

"If you are always trying to be normal you will never know how amazing you can be."

Maya Angelou

What happens if I don't get enough sleep?

- Difficulties remembering things
- Lack of concentration or motivation
- Could cause irritability
- Lack of sleep can lead to headaches

Try this

There are many things you could do to help you with your sleep.

We've given you some starting points here:

- Try going to bed and getting up at the same times every day
- Avoiding eating a large meal just before going to sleep
- Write down things that are worrying you before you go to sleep
- Make sure you exercise regularly
- Turn off your phone one hour before bed
- Keep your bedroom quiet, cool and dark

Square breathing

"It is during our darkest moments that we must focus to see the light"

Aristotle

What is it?

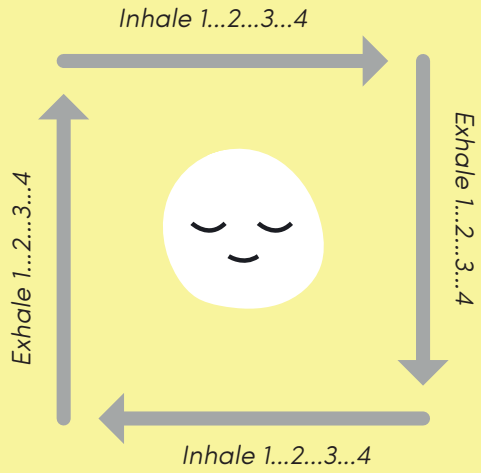
Square breathing is a controlled breathing exercise that uses the art of mindfulness.

What's the point of it?

Square breathing is a great stress reliever and can help you to feel calm in times of distress. Concentrating on your each breath may help you to feel more grounded, breathe more deeply, get better sleep and reduce feelings of anxiety or depression. It may feel strange at first but if you don't get it the first time, you can always try again.

How do I do it?

1. Inhale as deeply as you can and then hold your breath for a count of four.
2. Slowly release your breathe for a count of four.
3. Once again, inhale for a count of four.
4. Then slowly release your breath for a count of four.
5. Repeat five times, or longer if you need to.



How do you feel now?

Muscle relaxation

What is it?

It's a technique that requires you to tense and release your muscles from the tips of your toes, all the way up to your face. This is a great exercise to do before bed.

What's the point of it?

Sometimes when we are feeling stressed, we hold tension in different parts of our bodies. This can result in painful body parts and stiff movements. We can hold tension in our bodies without even realising. When using this technique to relax each muscle, you might feel surprised at how much tension you were holding onto!

How do I do it?

1. Find somewhere comfortable to lay down.
2. Starting at your feet, gently squeeze all the muscles from your toes to your ankles. Hold it for a count of two and then release.
3. Work all the way up your body – legs, hands, arms, stomach, back, shoulders, neck and face.

How do you feel now?

Keeping active

Don't forget that by being outside you will top up your vitamin D levels. Vitamin D is needed to maintain healthy bones, teeth and muscles.

It's scientifically proven that being physically active can help you lead a healthier and happier life.

Physical activity can boost self-esteem, mood, sleep quality and energy. It can release feel-good endorphins and serotonin which lifts and brightens your mood. It is recommended that all young people should take part in moderate to vigorous physical activities for at least one hour every day, and this can be up to several hours.

Moderate intensity

Moderate intensity activity means working hard enough to raise your heartbeat, so you breathe harder and begin to sweat, but are still able to talk.

This could include:

- Bike riding
- Walking the dog
- Turn the music up and dance like no one is watching
- Fast paced housework

Vigorous intensity

Vigorous intensity activity means that your heart rate and breathing are harder and faster but talking is more difficult.

This could include:

- Running
- Roller-blading
- Swimming
- Playing a sport
- Going to the gym

Reflecting

Use this space to reflect your thoughts through pictures.

Reflecting

Use this space to reflect your thoughts through words.

Start of week reflection

Week beginning: .....

What's happening this week?

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- .....
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- .....
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One new thing I'd like to try this week:

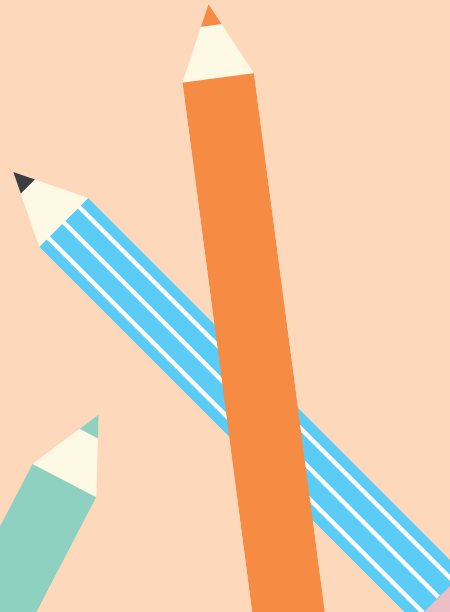
- .....
  .....
  .....

Things to remember

- ☐ Make sure I drink enough water
- ☐ Remember to turn off my phone an hour before bed
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

Weekly checklist

- ☐ Have I drunk enough water?
- ☐ Did I manage 30 minutes of exercise each day?
- ☐ Did I manage to keep in touch with friends?
- ☐ Did I try something new?
- ☐ Did I eat my five a day?



End of week reflection

Week beginning: .....

What's happened this week?

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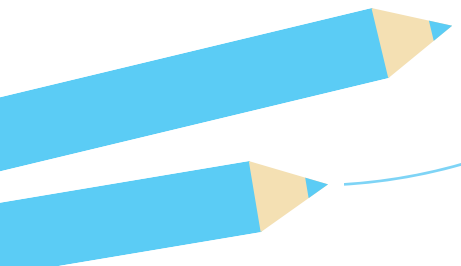

What feelings have you experienced this week?

What went well this week?

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Emotions word search

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

RELIEVED
ANGRY
VALUED
ACCEPTED
SAFE
PRESSURED
CONFIDENT
JOY
STRESSED
EMBARRASSED
MISERABLE
EMPTY
EMPOWERED
OVERWHELMED
MISUNDERSTOOD
THANKFUL
HOPEFUL
RELAXED
AMUSED
SAD
JEALOUS
CARING
COMFORTABLE
FRIGHTENED