

Self-care and Mental Health:

Taking care of yourself is important because it helps you live a balanced and fulfilling life. It can improve your physical and mental health, and help you manage stress, anxiety, and low mood.



Physical



Sleep
Stretching
Walking
Exercise
Healthy eating
Rest



Spiritual

Time to yourself
Mediation
Connecting with nature
Journalling
Creating a space
Music

Emotional



Manage stress
Emotional Maturity
Forgiveness
Compassion
Kindness
Kindness to yourself

Space



Safety
Healthy living environment
Security and stability
Organised and clean spaces

Social



Boundaries
Support network
Positive use of Social Media
Time with family and friends
Asking for help

School



Be organised
Trust staff
Ask for help or support
Make new friends
Dream big
Complete homework
Believe in yourself

Personal



Hobbies
Creativity
Setting Goals
Finding your identity
Believing in yourself

Hope for the future



Take a step back
Look at the bigger picture
What do you want to accomplish?
Who is important to you?
What motivates you?
When things are tough, look to the future.

STOPP TECHNIQUE

TAKE A BREATH

OBSERVE: What am I thinking?
What am I reacting to?
What am I feeling in my body?

PULL BACK: Put in some perspective.
See the bigger picture. Is this fact or opinion? How would someone else see this?

PRACTISE WHAT WORKS: What's the best thing to do right now?
What is the most helpful thing for me, others, for the situation?



RIDE THE ROLLERCOASTER



Our emotions are like a rollercoaster, they go up and down and up and down again.

Remember that the intensity of what you are feeling right now will pass!

Ride your emotion out and remember that there will always be an up after a down.

GROUND YOURSELF

If you're feeling nervous, anxious or worried, use this technique to bring your attention back to the current moment.

5 things you can see

4 things you can feel

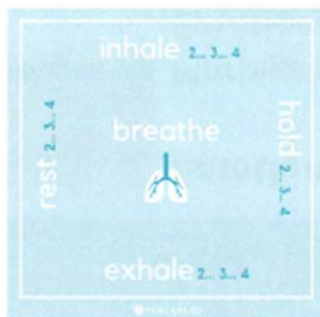
3 things you can hear

2 things you can smell

1 thing you can taste

SQUARE BREATHING

Panic attacks and anxiety can cause shortness of breath. By taking control of our breathing, we can reduce our anxiety and calm our mind.



if you are struggling to Keep Safe

- Ping an elastic band or hairband on your wrist (not too hard)
- Clench an ice cube in your hand
- Draw a butterfly on your arm/wrist to remind you to delay the urge and watch it fly away (15 minute rule)
- Play music loudly
- Write down how you feel
- Sleep
- Talk to a friend
- Watch a funny programme



USEFUL CONTACTS

Childline: 0800 1111

The Childline helpline are open 7:30am to 3:30am EVERY DAY including Christmas Day

Solent Mind helpline: 023 8017 9049

Solent Mind have a free coronavirus helpline that you can ring.
Monday-Friday: 8am-9am and 5pm-8pm
Saturday & Sunday: 9am-5pm

The Samaritans 24/7 Helpline: 116 123

The Samaritans have a confidential helpline that is open 24 hours, 365 days a year.

Shout Crisis Text Line: Text SHOUT to 85258

You can text the Shout Crisis Text Line for free 24 hours, 365 days a year.

ChatHealth (School nursing team) Text: 07507 332891

For confidential advice and support (aged 11-19)

Emergency Services 999: If you cannot keep yourself or someone else safe. You can also go to your nearest A&E department

