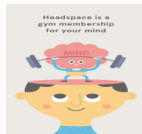


# Self-help Apps/ Websites

Age 11-13 KS3



**MindShift**- Helps you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your Anxiety.



**Headspace**-Teaches you the basics of meditation and

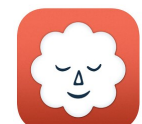


**For Me**- Designed by ChildLine to support young people up to the age of 19. The app covers many issues including self-harm, anxiety, bullying and body image

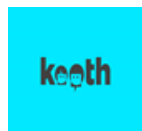


**Calm Harm** provides tasks that help you resist or manage the urge to self-harm.

**Distract** helps to combat the urge by learning self-control;



**Stop, Breathe & Think**, the *app* for meditation & mindfulness, has a unique approach that allows you to check in with your emotions



**Kooth** is a web based confidential support service available to young people aged 10-18 years old, within the Leeds area. Kooth provides a safe and secure means of accessing mental



Self-help using a Cognitive Behaviour Therapy approach. This website provides CBT self help and therapy resources, including worksheets and information sheets and self help

## My wellbeing Workbook

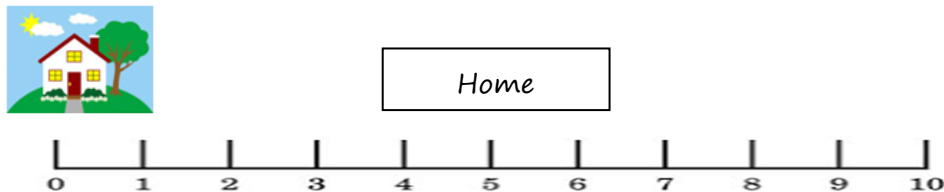
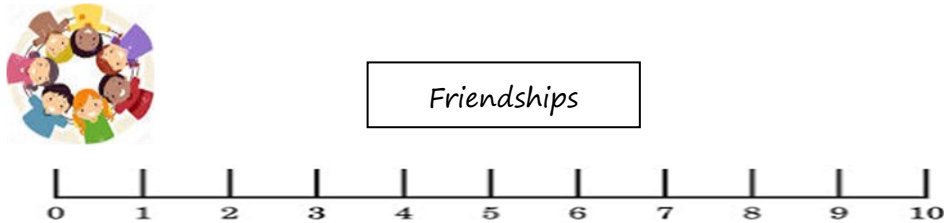
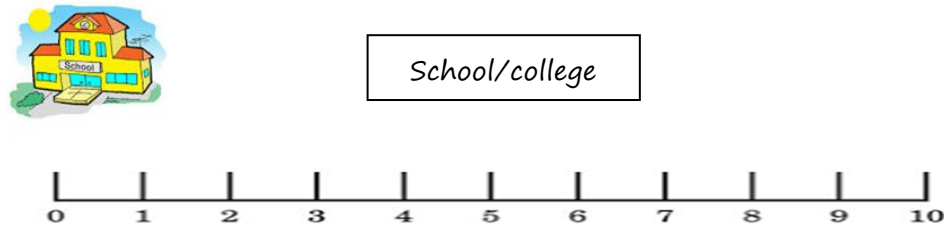
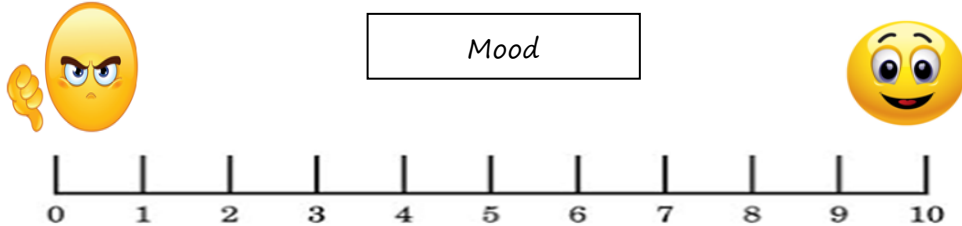


**NHS**

Leeds Community  
Healthcare  
NHS Trust

## How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.



Colour							
Date							

## Website and helplines

**Young Minds** (The UK's leading charity committed to improving emotional wellbeing and mental health of children and young people)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**The Mix** (The UK's leading support and advice service for under 25's on a whole range of topics) [www.themix.org.uk](http://www.themix.org.uk) Telephone: 0808 808 4994

**Child Line** (National Organisation offering free confidential advice and support to children and young people)

[www.childline.org.uk](http://www.childline.org.uk) Tel 0800 1111

**Calmzone.net** (CALM - Campaign Against Living Miserably) aimed at young men [www.thecalmzone.net](http://www.thecalmzone.net) Calm Helpline: 0800 585858

**Samaritans** (confidential emotional support 24 hours a day)

[www.samaritans.org](http://www.samaritans.org) Tel 116 123 Text support number : 07725 90 90 90

**Bereaved children support** (York-based bereavement support for children and young people) <http://www.bcsy.org.uk/>.

**School Wellbeing Service** <http://www.yor-ok.org.uk/sws.htm>

**York Mind** <https://www.yorkmind.org.uk/>

**Papyrus** (Papyrus is the national charity dedicated to the prevention of young suicide.) Hopeline uk 08000684141 Text: 07786209697

# My wellbeing plan



It is really helpful to remember what you want to achieve and all the things/people that will help you..Complete the wellbeing plan below and remember to keep practicing your strategies and reviewing them. Keep the ones that work and change the ones that don't. Keep going you're doing great!!

My goals:-

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Helpful strategies:-

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People/activities I enjoy:-

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I can talk to:-

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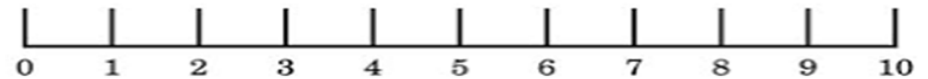
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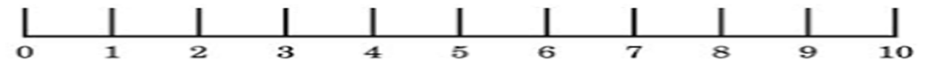
## How am I feeling today?



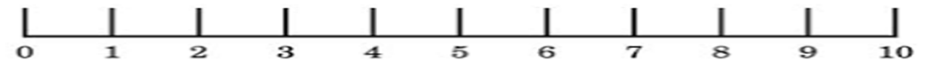
Mood



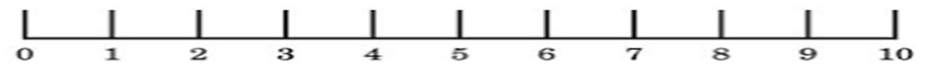
School/college



Friendships



Home



Colour							
Date							

## Positive thinking



Write at least one thing per day that has made you laugh feel happy, proud, positive

Day	Event	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



## BEGINS WITH ME

Write a log of all the acts of kindness you do and how it makes you feel.

Day	Act of kindness	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Random acts of Kindness

Being kind to people not only makes them feel happy, but can also make you feel great!. Here are some ideas of random acts of



Donate  
clothesbooks  
dvds etc



Cheer some-  
one up by  
telling a joke



Smile at  
everyone you  
come across



Say  
hi/hello



Give hugs to  
friends and  
family



Leave positive  
post- it notes  
for people



Help with  
the chores



Volunteer to  
help at school/  
in the  
community



Give out  
compliments



Open doors  
for people

# Positive Affirmations

It can be difficult to think positively when we are worried or stressed. It is important to promote positive affirmations to yourselves, friends and families.



# Positive Affirmations

It is really important to remind yourself that you are fantastic. Complete the sentence's below using positive "I AM" statements. E.g. I am friendly, I am kind.

1. I am .....
2. I am .....
3. I am .....
4. I am .....
5. I am .....
6. I am .....
7. I am .....
8. I am .....
9. I am .....
10. I am .....



# Exercise



Day	Type of exercise	How did it make you feel?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		



# Physical Exercise

When we do physical exercise our body releases happy chemicals called endorphins which make us feel good. Therefore it is a great idea to exercise for at least 30 minutes a day so we stay healthy and feel fantastic. Here are some ideas below to try.



Cycling



Basketball



Football



circuits



Jogging



Yoga



The gym

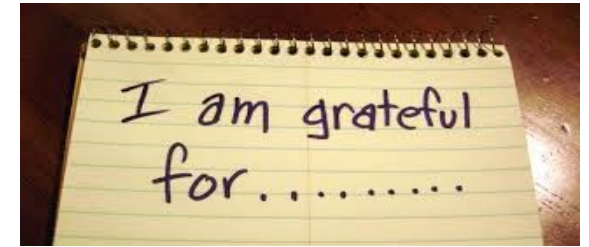


Boxing



Tennis

# Gratitude Diary



Write at least one thing that you are grateful for each day such as the sun was shining today.

Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday

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# Relaxation



## Progressive Muscle Relaxation

Our bodies respond automatically to stressful situations and thoughts by becoming tense. The opposite relationship also works: a good way of relaxing the mind is to deliberately relax the body.

In a progressive muscle relaxation each muscle group is tensed in turn, and the tension is then released. This relaxes the muscles and allows you to notice the contrast between tension and relaxation.

Relaxation should be enjoyable so if any part of the exercise is too difficult skip it for the moment. If you have any injuries you may wish to leave out that part of the exercise.

## Preparation

Lie down flat on your back, on a firm bed, a couch, or on the floor. Support your head and neck with a pillow or cushion. Alternatively sit in a comfortable chair with your head well-supported. Close your eyes if you are comfortable doing so.

## Instructions

Focus your attention on different parts of your body in sequence. Go through the sequence three times:

1) *Tense & release: Tense that body part, hold it for a few moments, then relax*

2) *Lightly tense & release: Tense that body part with just enough tension to notice, then relax*

3) *Release only: Just pay attention to each muscle group and decide to relax it*

## Recommended sequence

1 Right hand & arm

(clench the fist & tighten the muscles in the arm)

2 Left hand & arm

3 Right leg

(tense the leg, lifting the knee slightly)

4 Left leg

5 Stomach & chest

6 Back muscles

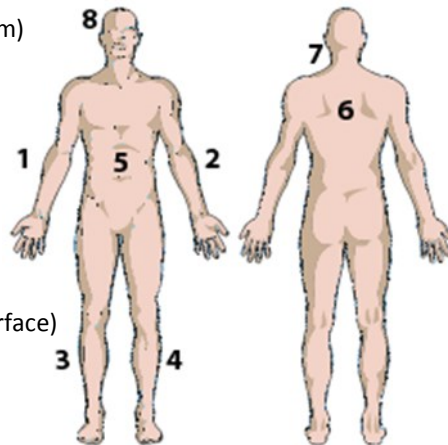
(pull the shoulders back slightly)

7 Neck & throat

(push the head back slightly into the pillow/surface)

8 Face

(scrunch up the muscles in your face)



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# Mindfulness

## Grounding technique Notice

5 things you can



4 things you can



3 things you can



2 things you can



1 Deep breath

