



THINK, TIME, TALK

Good emotional health and “feeling good” is an important part of our overall health that helps us to enjoy the good things in life and cope with more challenging times.

We know that to stay healthy we need to be active and eat well; likewise, there are things we can do every day to take care of our emotional health.

The ‘Think, Time, Talk’ guidance will show you how you can use the ‘Five Ways To Wellbeing’ to support your emotional health.

THINK Positive

We all experience negative thoughts, and this can affect how we think and feel about ourselves. By recognising these thoughts and challenging them we can help to stop them affecting our mood and self-esteem. **Consider the following thought challenges:**

Is that really true?

What else could be happening?

Does that really matter to me?

What would my friends/family say?

Be kind to yourself:

- Recognise your strengths
- Take pride in your achievements
- Reward yourself for making an effort

Sometimes we can be so focused on our thoughts and worries we can begin to feel overwhelmed and anxious and we forget to live in the moment. By pausing and paying attention only to our senses we can give our minds a valuable few moments of peace.

Grounding Exercise

Look around you, identify + name:

5 things you see
4 things you feel
3 things you hear
2 things you smell
1 thing you taste

Take a moment to consider the following:

What do I like about myself?

What am I good at?

What can I do to reward myself?

When can I take time to "pause" during the day?

What can I do every day to relax?

Try the following breathing exercise to help you stay calm:

- Let your breath flow as deep down into your body as it is comfortable without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly - some people find it helpful to count steadily from 1 to 5 - you may not be able to reach 5 at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for 3 to 5 minutes.

Take TIME Out

Taking time out of your busy schedule to engage in activities you enjoy will give your emotional wellbeing a real boost. Try to find physical activities that you enjoy and can fit into your regular schedule.



Did you know that learning something new can give you a great sense of achievement and improve your self-esteem.

Take a moment to consider the following:



What kinds of physical activity could I do and when?

What hobbies or areas of interest would I like to develop and how?





TALK

Our family and social relationships can make a real difference to our emotional health. Positive relationships keep us connected to those around us and can give us a sense of security, purpose and belonging; all of which will promote our sense of self-worth and support our emotional health. Being kind to others can also help to support our emotional health; a smile, a few kind words or a few moments of your time helping someone else can create positive feelings for you and those around you.

Take a moment to consider the following:



What things
can I do to show
kindness to others?

How/when can
I spend quality
time with my friends
and family?

How can I cut
down on my screen
time and have more face
to face conversations?

My WELLBEING Plan

When we are struggling with difficult feelings it can be hard to think clearly about ways to help ourselves. Completing a wellbeing plan while we are feeling good can help us to remember what to do to help ourselves when we are feeling low or anxious. Consider sharing all or part of your Wellbeing Plan with your parents/carers or perhaps another adult you can trust. This way they will be better able to support you and your emotional health.



How do I know when I am struggling with difficult feelings: (thoughts/body sensations)?

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What can I do to help myself feel better?

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How will others know that I am finding things difficult?

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Who can I talk to for support?

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How can others support me to deal with difficult feelings?

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Finally!



We all have times when we feel worried or down. When we do it's important to share our feelings with someone we can trust. Talking can help us to manage difficult feelings, making them easier to cope with and reminds us that we are not alone. Talking to a parent/carer or other responsible adult can be really useful. There are also confidential support services available to you:



You can access a qualified counsellor online at [Kooth.com](https://www.kooth.com). This free service is available Monday to Friday 12pm to 10pm and Saturday to Sunday 6pm to 10pm.



You can speak to someone by calling Childline on **0800 1111** anytime of the day or night. It's a free service, you don't need credit on your phone to call and the number doesn't show on phone bills.



You can Text a School Nurse on **07480 635363** for advice and support anytime of the day or night. A School Nurse will reply between 9am and 5pm; Monday to Friday.

For more information check out the following websites: healthforteens.co.uk
youngminds.org.uk



childline

ONLINE, ON THE PHONE, ANYTIME

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