

Notes on completing 'My Wellbeing Toolkit':

Things that calm and soothe me

(and make me feel happier):

What makes you feel calmer, soothed or happier? A picture? A special blanket? Some chocolate? A cuddle with your nan? Use these things whenever you need them

Things I should try to take NOTICE of:

Think about your opportunities to be aware of and wonder at the world to, savour the moment and be grateful. This will help you appreciate what matters to you most.

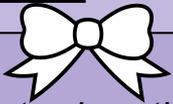
People to CONNECT with:

Social relationships are critical to our wellbeing. Who are your vital connections and what connections do you want to develop?

Things I can do to keep ACTIVE:

What can you do that is active? Go for a walk or run. Step outside, being in nature helps. Cycle, play a game, dance. Even if you do not feel like it, do something! Exercise has been proven to boost your mood.

Things I can GIVE:



What nice things could you do for someone else? Giving makes you feel good and develops connections with the people around you.

Things I can LEARN:

What new things you want to learn and try? You might want to develop an interest or hobby, learn to play an instrument or how to cook your favourite food. Set a challenge for yourself you will enjoy achieving. Learning new things will make you more confident, plus they are fun!

Things to avoid that make me feel worse:



What things can you make you feel worse? Is it a toxic person to avoid, or a sad song? Remember drugs and alcohol have also been shown to have a negative effect on mood.

In a crisis I need to:

*This is the space to note what to do when things feel really bad. Remember you can always speak to a trusted adult or your GP about how you're feeling. You can also ring ChildLine on **08001111** or Samaritans on **116 123**. In an emergency ring **999**.*