

St Paul's Self-Care Pack 2022



The focus of this booklet is to provide tips, self-help ideas, support websites and helplines. Changes and uncertain times can sometimes affect our mental health. One way in which we can look after ourselves is through **Self-Care**. Below are four different ways we can look after ourselves.



What is in our control?

Sometimes self-care can be difficult, especially in uncertain times.

One way to manage this is to have a think about what is in our control and what is not. This is likely to be different for everyone, as we are all unique.

The image below shows the inner and outer circles of control. The inner circle gives examples of things that we can control, whereas the outer circle shows things that we cannot control. At times we may focus more on the things out of our control and this can lead to negative emotions.

Can you think of anything you could let go of that is not in your control?





Mind Full, or Mindful?

<https://www.sportsphysiok.co.uk/wp-content/uploads/2017/03/Mindfulness.jpg>

thoughts, feelings and senses. Some benefits of mindfulness are: reducing stress, helping manage emotions and improved concentration.

Mindfulness

Mindfulness is a technique to help us focus on the **here and now**, rather than worrying about the past or the future. It is a non-judgemental approach that can help bring our awareness to our

Below are two different exercises you can use to practice mindfulness.

GROUNDING WITH YOUR FIVE SENSES

5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

<http://www.carena.org.uk/wp-content/uploads/2019/07/5-senses.jpg>

Just One Breath

BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.



Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



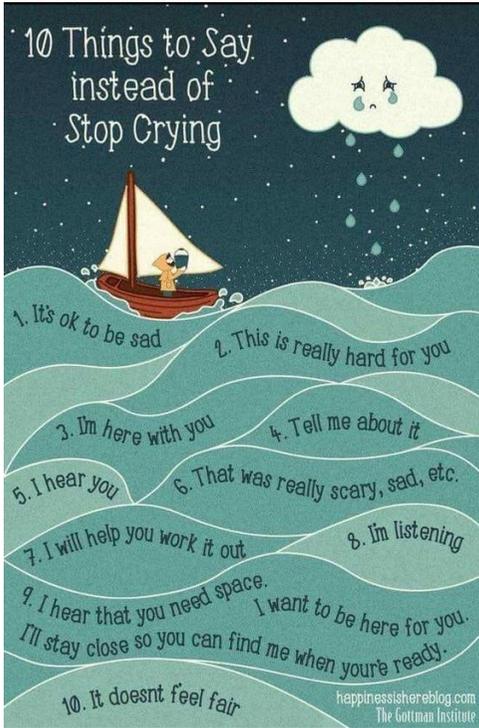
Take another slow deep breath, imagine the air moving down into the lungs and back up.



Take one more deep breath and hold for a moment, then release it.

Big Life Journal - biglifejournal.com

How can we support each other?



Sometimes we might find it difficult to always know how to help others if they are sad or upset.

The image to the left shows some suggestions of how you might be able to support others if they are struggling.

Perhaps take a few minutes to reflect on who you look to for support. See some examples below.

On line
support: Young
minds, Kooth
etc.

Pets

Friends

Who is in your
support network?

School Staff

Support
systems: GP,
NSPCC

Family or
carers

GREAT DREAM

Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things

- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org

Types of Self-Care

The image to the left shows ten ways in which we can look after our wellbeing. The first five are based on the NHS five steps to mental wellbeing.

Try making a self-care activity part of your daily routine. Remember that if one type of activity does not work, it's ok to try something different!

Examples of ways to Self-care:

- Listening to music
- Reading
- Exercising
- Baking or cooking
- Expressing emotions
- Socialising
- Drawing
- Reducing social media use
- Journaling
- Hobbies/interests
- Learn a new skill
- Goal-setting

Go to <https://www.annafreud.org/selfcare/> for over 90 self-care strategies!

My Self-care plan

Try making your own Self-care plan, based on the four different types of Self-care. This can include activities with your friends, family or carers.

Remember Self-care is not Self-indulgent, just like our phones need recharging, so do we!

Physical

Emotional

My Self-care plan

Social

Spiritual

If you are struggling

If you are suffering from low mood or have had thoughts about feeling like you want to hurt yourself, try some of the following coping strategies.

Try to understand and identify what may be causing you to feel like this. By doing this you can start to develop healthier alternatives such as releasing strong emotions by:

- Scribbling with red ink
- Listening to music or writing music
- Writing down your feelings and then rip the paper up
- Take a bath or hot/cold shower
- Call a friend for distraction
- Punch a cushion
- Squeeze a stress ball
- Squeeze ice really hard
- Exercise- go for a walk/ride a bike/go running
- Write a list of your achievements
- Ask yourself “Do I feel angry?” “Do I feel anxious?” “What about...?”
- Reason with yourself
- Reduce stress e.g. having enough sleep and a balanced diet
- Seek help from organisations (see next page)

From this list or using other healthier alternatives try to create your own safety plan. Try to include: Ways you will calm & soothe yourself, how you will cope & what you will tell yourself and who you will call and go to for support.

Helplines for support over the summer

If you or someone you know needs help right now, you should try to talk to a parent or carer, or a trusted adult such as a GP.

If talking to an adult is not possible, the following organisations are available 7 days a week:

If you are worried that a young person is at immediate risk of harm, or is not safe, call **999** or go to **A&E**.

TALK TO US
If things are getting to you

116 123 FREE
This number is FREE to call round the clock

jo@samaritans.org
samaritans.org

SAMARITANS

Having a mental health crisis?

Text YM to 85258

YOUNGMINDS Crisis Messenger
powered by **shout 85258**

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

PAPERUS
prevention of young suicide

HOPELineUK 0800 068 41 41

THE MIX

Essential support for under 25s

0808 808 4994

NSPCC

Cruelty to children must stop. **FULL STOP.**

0808 800 5000

LGBT foundation

WE'RE HERE IF YOU NEED US

0345 3 30 30 30 lgbt.foundation

Kooth is an online and confidential service giving help and advice about emotional health. kooth.com

kooth

My Safety Plan

What makes you feel upset?

How can I keep myself safe right now? (Speaking to someone for help? Are there things around you making you feel unsafe? Can being somewhere else make you feel better/safer?)

What helps me to feel good? (Favourite activity or game? Favourite food or snack? Being with friends & family?)

If I need help, who can I call? (A friend, parent or relative? Or a help line see page 11)

My Emergency Safety Plan

If I don't feel safe inside my house, I will go to a safe place and call someone who can help me.

My safe place inside my house is:

The person I can call is:

Their number is:

Or if I need to go somewhere outside my house, my safe place is:

I will phone the police if I am afraid that I might get hurt or am hurt

Call 999

I will talk to someone that I trust about what is happening to me and if I need some support, this may be friend or a trusted adult I know.

That person is:

I can contact them on:

That person is:

I can contact them on:

The details of three support services I can access who understand about young people experiencing relationship violence and abuse are:

Police call 999

Children's Services 0161 234 5001

Childline 0800 1111

Emergency Contacts & Useful resources and apps to support your wellbeing

- **Children's Services 0161 234 5001**
- **Police Emergency 999**
- **Childline <https://www.childline.org.uk/>**
- **Childline Telephone: 0800 1111**
- **Buzz**
<https://buzzmanchester.co.uk/learnabouthealth/mentalhealthguides>
- **MIND www.mind.org**
- **Young Minds www.youngminds.org.uk**
- **NSPCC <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/self-harm/>**
- **LGBT Foundation <http://lgbt.foundation/>**
- **Kooth** (Free, safe and anonymous online support for young people aged 10-25) www.kooth.com
- **'Stay Alive' App www.prevent-suicide.org.uk**
- **Calm Harm App** (Self-harm support/distraction app)
- **Headspace** (mindfulness/relaxation app)
- **Self Help Resources/Worksheets <https://www.getselfhelp.co.uk>**
- **NHS 111**
- **Meetoo App** for teenagers (11+) providing resources and a fully moderated community where you can share your problems, get support and help other people too.
- **Beat** offers information and support for anybody affected by eating disorders. 0808 801 0711 fyp@beateatingdisorders.org.uk
- **Winston's Wish** (Childhood bereavement charity in the UK. Offers support to bereaved children and their families)
www.winstonswish.org 08088 020 021
- **Child Bereavement UK www.childbereavementuk.org**
0800 028 8840

- **Cruse Bereavement Care** www.hopeagain.org.uk 0808 808 1677
- <https://www.camhs-resources.co.uk/websites>
- **Think Ninja** is a mental health app designed for 10 to 18 year olds. It helps develops skills to build resilience and stay well.
<https://www.healios.org.uk/clinical-care-service/>

Take care of yourself and reach out for support if and when you need it.



By Sarah Mollon