YOUR FEEL GOOD BOOKLET

afcniblues

actionforchildrenuk

actionblues

Looking after your wellbeing

You might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.

This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing.

Eat Well and Stay Hydrated

- Think about your diet. Your appetite might change if your routine changes, or if you're less active than you usually are. Eating regularly and keeping your blood sugar stable can help your mood and energy levels.

- Drink water regularly. Drinking enough water is important for your mental and physical health. Changing your routine might affect when you drink or what fluids you drink. It could help to set an alarm or use an app to remind you.

Connect with people - Stay in touch digitally

- Make plans to video chat with people or groups you'd normally see in person.

- You can also arrange phone calls or send instant messages or texts.

- If you're worried that you might run out of stuff to talk about, make a plan with someone to watch a show or read a book separately so that you can discuss it when you contact each other.

Try to keep active

Build physical activity into your daily routine, if possible. Most of us don't have exercise equipment like treadmills where we live, but there are still activities you can do. Exercising at home can be simple and there are options for most ages and abilities, such as:

cleaning your home dancing to music going up and down stairs online exercise

Get as much sunlight, fresh air and nature as you can

Spending time in green space or bringing nature into your everyday life can benefit your mental and physical wellbeing. It can improve your mood, reduce feelings of stress or anger, and make you feel more relaxed.

It's possible to still get these positive effects from nature while staying indoors at home. You could try: Spend time with the windows open to let in fresh air.

Arrange a comfortable space to sit, for example by a window where you can look out over a view of trees or the sky or watch birds and other animals.
Listen to natural sounds, like recordings or apps that play birdsong, ocean waves or rainfall. Get as much natural light as you can. Spend time in your garden if you have one or open your front or back door and sit on the doors.

10 MINUTES TO
RECOGNISE THE GOOD STUFF

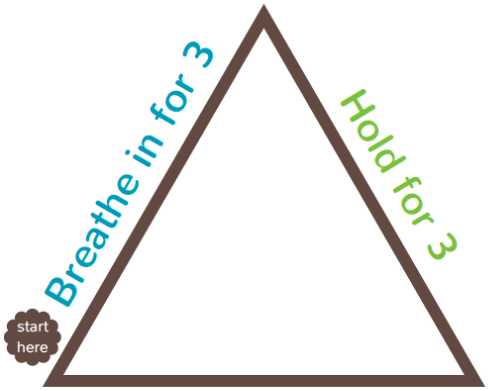
Things, people and places you like:

One thing that's going well for you right now:

One thing you've worked hard to achieve:

Two people you can count on for kind words or a warm hug:

Three things you're looking forward to:



Take 5 Breathing

Hold out your hand like a star

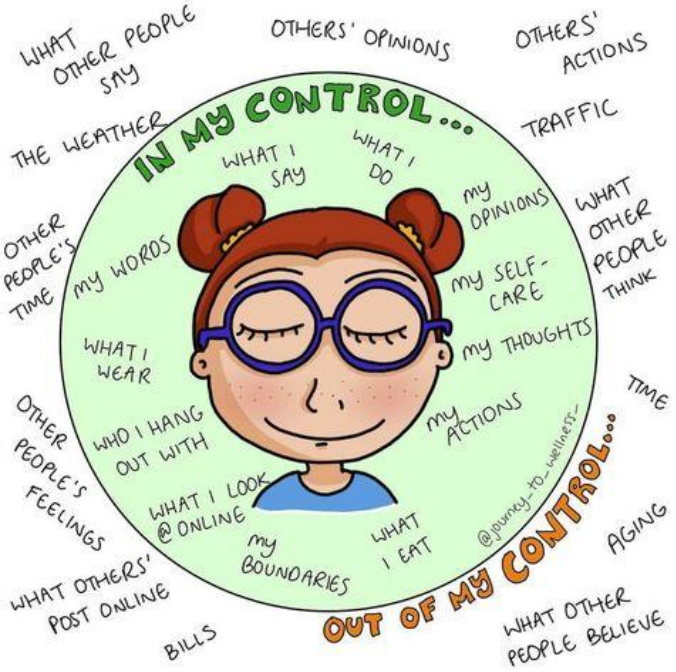
Pretend your pointer finger (other hand) is a special pencil

Trace up and down your fingers

Breathe in as you go up

Breathe out as you go down

Go slowly and notice how it feels



be mindful®

Breathe In. Breath Out – Feel the flow of breath.

Be aware of every daily activity (texting, working)

Pay attention to all your senses – notice taste, texture of food.

Go outdoors – Walk around in nature.

As soon as the mind wanders, bring it back to your breath.

Forgive yourself for every negative thought.

Empty the Mind – Take a few moments to be still.

Be grateful – say thank you to nature, people and things.

Practice non-judgemental listening.

Go easy on yourself with time, you will see the progress.

Self-care

I need...

Rest/ Relaxation

-Listen to music
-Take a timeout
- Bubble Bath / Shower
-Take a nap
-Watch fave movie
- Read Book/ Magazine

Expression

-Draw / Paint
- Sing/ Dance
- Gardening
-- Sports

Companionship

- Call a Friend
- Write a Letter
- Play with a pet
- Go for a walk with a friend
- Spend time with family

Health / Spirituality

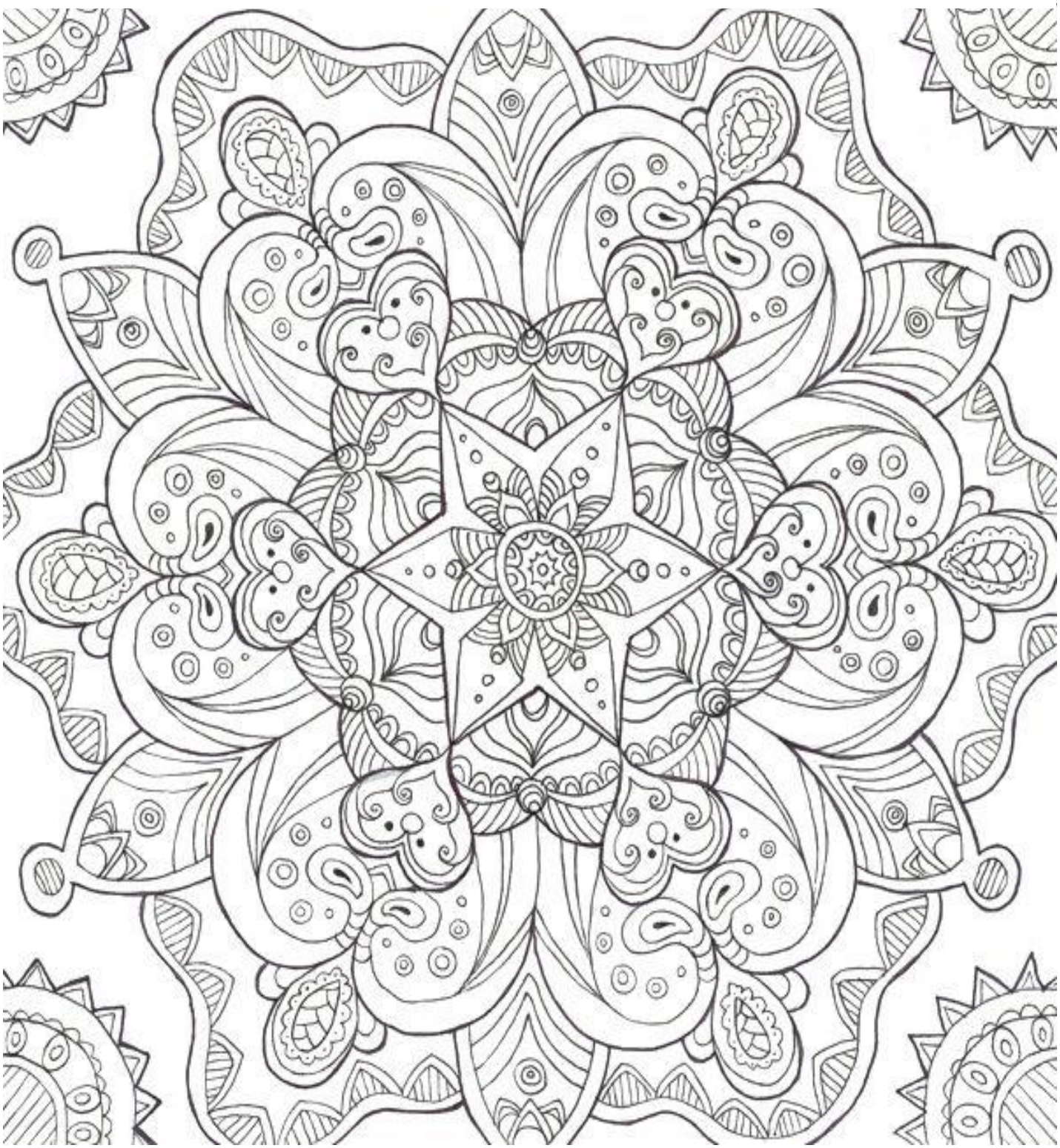
- Make a healthy snack
- Practice yoga
- Go for a walk/ run
-- Mindfulness
- Positive Affirmations

Worry Tree

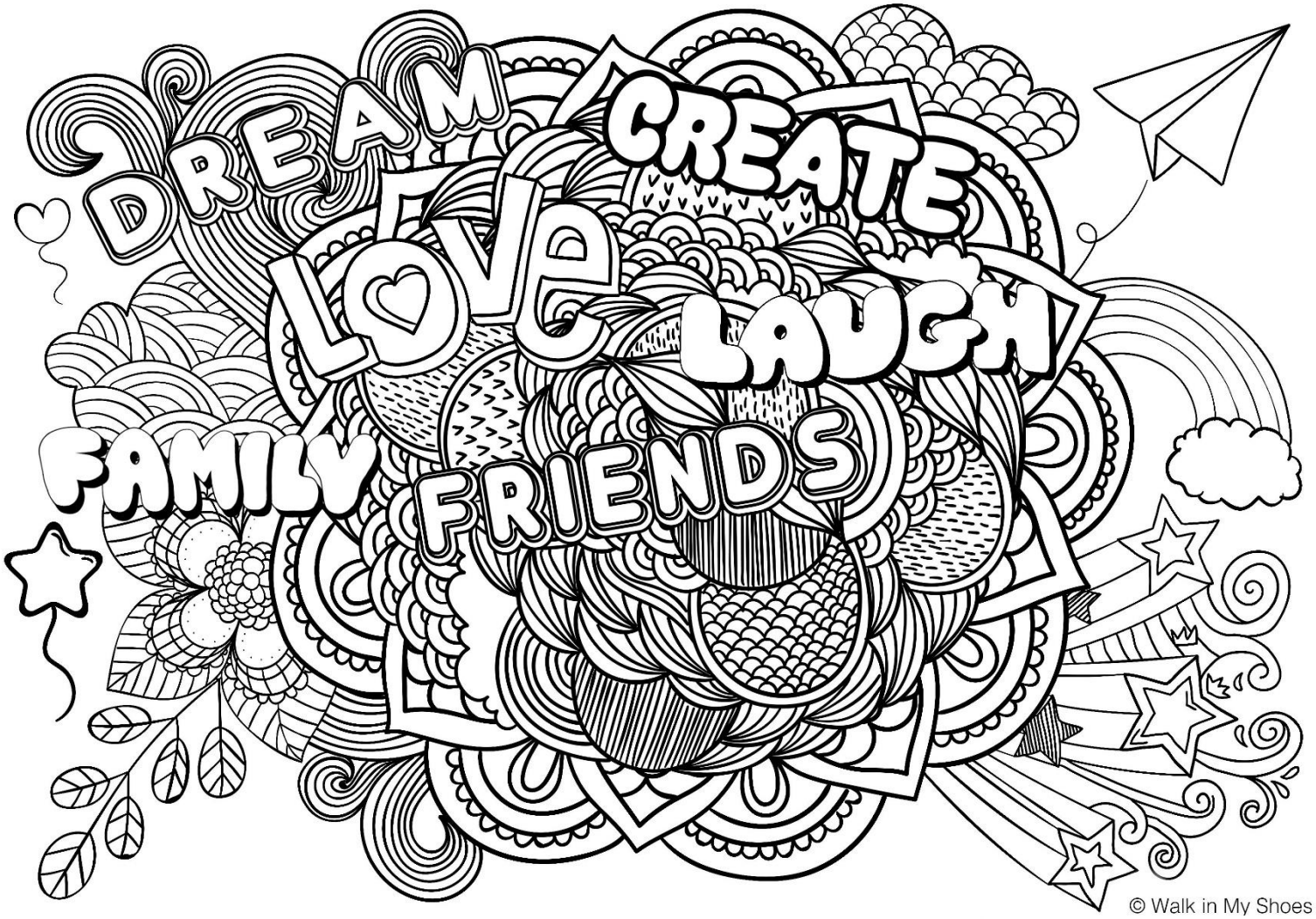
ISWAN

Try some Mindful Colouring…

Mindful Colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

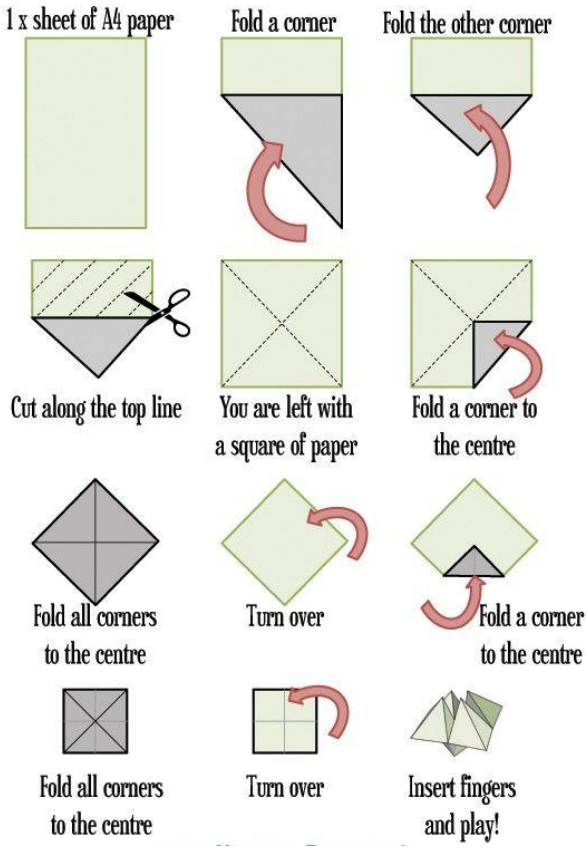


Mindfulness can improve our overall sense of well-being. We feel more relaxed by paying attention to the present moment. We are also practicing training our minds to focus which can help in our study and work.



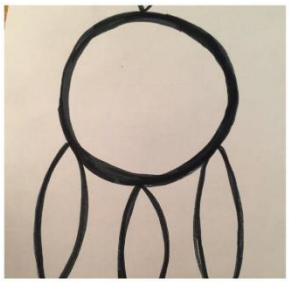
© Walk in My Shoes

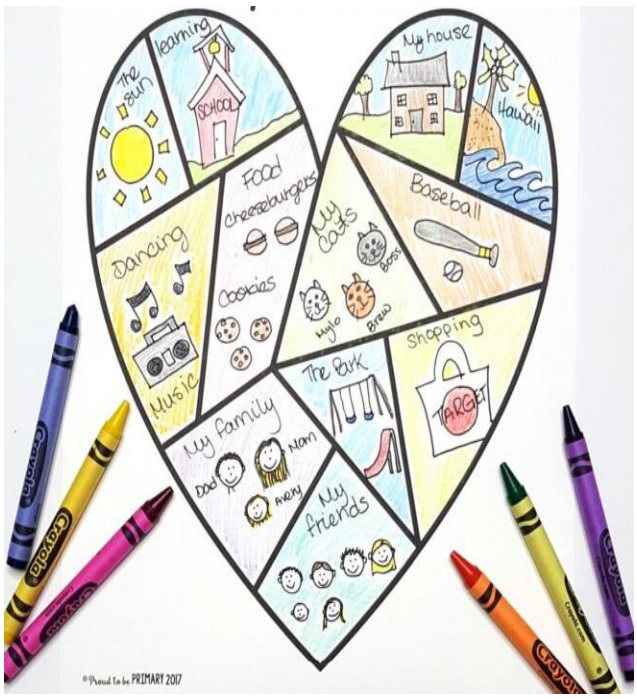
ColoringGarden.com



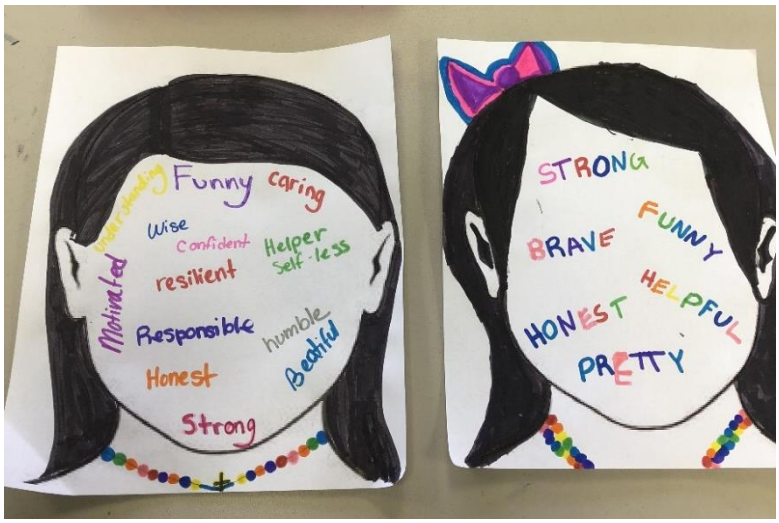
Why not make yourself a chatterbox, this is a great mindfulness activity and fun too!

Drawing and art ideas…. make a dream catcher to fill your worries and recognise the important things in your life→





Fill your heart with all the things you love, or alternatively…. Do a self portrait to recognise all the positive things about yourself.



Listen to music…
make a new playlist!

Do some journaling, drawing or painting.

Put on some music and have a dance! Release some happy endorphins!

Unwind with some yoga...

Check out yoga for beginners on YouTube!

Play an instrument or write a song.

Relax and read a book

Play a game online with friends

STOPP

pacifica

Action for Children

- Worried or Anxious?
- Stressed?
- Trouble sleeping?
- Angry?

Why not try some of these apps that are free to use!

Forest

Breathing Bubbles

MoodSpace

Dare

Sleepo

CALM HARM

Youper

STOP, BREATHE & THINK

Recflectly

SUPERBETTER

Where to go for advice and support online…

kooth → Kooth offers anonymous counselling support online

Build Sound Minds by Action for Children, offers support for looking after yourself and resources for managing worries

BUILD SOUND MINDS

FFLAG

FFLAG offers advice, support, resources and personal experiences around being LGBT+

THE MIX

The Mix offers free confidential support to young people via online, social and

the PROUD Trust home of LGBT+ youth

The Proud Trust offers advice and support around being LGBT+

YOUNGMINDS

YoungMinds offers online advice and support for young people.

mind for better mental health

Mind offers online advice and support for young people.

Telephone Support Lines for Young People

Who can Help?	What Do They Do?	What Topics Can They Help With?	How Can They be Contacted?
INSPIRE Students	INSPIRE provides advice on how to help and support pupils/ students.	Mental Health Alcohol and Drugs Money Exams Relationships Identity	02890328474
Lifeline	Crisis response line for people in distress or despair	Depression Mental health Suicidal thoughts Textphone users (for deaf and hard of hearing):	08088008000 18001 0808808800
Childline	Childline provides support and guidance on multiple topics including:	Bullying You and your body Home and Family Relationships Sex School	0800 1111 www.childline.org.uk 1-2-1 counsellor chat
The MIX	Crisis messenger text service	Alcohol Homelessness Suicidal thoughts General advice Mental health Sex/ relationships	08088084994
NSPCC	Advice on safeguarding and child protection issues and somewhere to report concerns	Safeguarding Child abuse Child protection	08088005000
Aware	Aware is a mental health charity working exclusively for those with depression and mental health concerns	Depression Bipolar disorder	08451202961
Frank	Confidential advice on drugs	Alcohol Drugs	03001236600
SIMON Community	Support for individuals and families who are at risk of becoming homeless	Homelessness Housing	08001712222

Family Planning Association	Advice on sexual health	Sexual health Pregnancy Contraception STDs	03451228687
Domestic and Sexual Violence Helpline	Advice for anyone affected by domestic and sexual violence	Domestic violence Sexual violence	0808021414
The Migrant Centre NI	Financial Health and Well being		07769903471
Cara-Friend/ LGBT Switchboard NI	Support and counselling for the Gay, Lesbian and Transgender communities	LGBTQ+ advice Sex and relationship advice	08088000390
Women's Aid	Specialist services for women, children and young people who have experienced domestic and sexual violence.	Domestic Violence Sexual violence Relationships	08088021414
Family Support NI	Website to access support in your area – for a wide range of issues – giving local contact details		www.familysupportni.gov.uk