

SELF-CARE BOOKLET FOR PUPILS



Beaconsfield Drive
Blurton
Stoke-on-Trent
ST3 3JD

Introduction:

During this pandemic you may have experienced a mixed bag of emotions, some of which are positive and some of which are negative. Managing your feelings in a healthy way is an important skill to learn.

Follow this 4-step process and start your Journey of self-care.

- 1. Name the feeling.** What emotion/s are you experiencing? For instance, are you sad, stressed, angry, anxious, joyful, disappointed, excited, hopeful or lonely?
- 2. Accept what you're feeling.** Many people try to avoid their emotions and hope they will just go away, so they don't have to deal with them. This is not the healthy way, avoiding your emotions only fuels them and those emotions can grow and intensify. Remind yourself that it is okay to feel your feelings. **Try saying to yourself, "It's OK to feel....."**
- 3. Express your feeling.** Expressing your feeling is the only way to release it. For instance, you can express your feelings by writing about them, talking to someone you trust, crying, relaxing or exercising. **Just be sure that whatever activity you chose, it does not hurt you or anyone else.**
- 4. Pick a healthy way to take care of yourself.** Ask yourself "What do I need right now to take care of myself". For Instance, you might need a hug, a nap, a walk, a shower or bath, or some support.

Becoming familiar with your feelings. To better understand your feelings, try paying attention to how you feel throughout the day. For Instance, make a note of how you feel in the morning, the afternoon and night, when you write your feeling down try to connect it to your body – where in your body did you notice that feeling and how did you express it.

- **Take a look at the emotions/ feeling vocabulary page to help you to name your emotion/feeling. (See page 2).**
- **Take a look at the healthy ways to cope page for additional ideas. Can you add to this list? (See page 3).**
- **If you feel you need extra support take a look at the where to get help page. (See pages 4 and 5).**
- **Page 6 Activities for mindfulness.**
- **Page 7, 8, 9 and 10 what is anxiety and how to cope with it.**
- **Page 11 Thankfulness activity.**
- **Page 12 Where do I feel activity.**
- **Page 13, 14 and 15 Mandalas colouring activity.**
- **Page 16 Contacts in school.**

EMOTIONS AND FEELINGS

List of Emotions

Amazed	Foolish	Overwhelmed
Angry	Frustrated	Peaceful
Annoyed	Furious	Proud
Anxious	Grieving	Relieved
Ashamed	Happy	Resentful
Bitter	Hopeful	Sad
Bored	Hurt	Satisfied
Comfortable	Inadequate	Scared
Confused	Insecure	Self-conscious
Content	Inspired	Shocked
Depressed	Irritated	Silly
Determined	Jealous	Stupid
Disdain	Joy	Suspicious
Disgusted	Lonely	Tense
Eager	Lost	Terrified
Embarrassed	Loving	Trapped
Energetic	Miserable	Uncomfortable
Envious	Motivated	Worried
	Nervous	Worthless

Healthy ways to cope:

Positive Steps to Wellbeing

<p>Be kind to yourself</p>  <p>Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.</p> <p>Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.</p>	<p>Exercise regularly</p>  <p>Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.</p> <p>Get outside, preferably in a green space or near water.</p> <p>Find an activity you enjoy doing, and just do it.</p>
<p>Take up a hobby and/or learn a new skill</p>  <p>Increase your confidence and interest, meet others, or prepare for finding work.</p>	<p>Have some fun and/or be creative</p>  <p>Having fun or being creative helps us feel better and increases our confidence.</p> <p>Enjoy yourself!</p>
<p>Help others</p>  <p>Get involved with a community project, charity work, or simply help out someone you know.</p> <p>As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.</p>	<p>Relax</p>  <p>Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.</p> <p>Breathe... (imagine a balloon in your belly, inflating and deflating as you breathe in and out)</p>
<p>Eat healthily</p>  <p>Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.</p>	<p>Balance sleep</p>  <p>Get into a healthy sleep routine – including going to bed and getting up at the same time each day.</p>
<p>Connect with others</p>  <p>Stay in touch with family and friends - make regular and frequent contact with them.</p>	<p>Beware drink and drugs</p>  <p>Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.</p>
<p>See the bigger picture</p>  <p>We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')</p> <p>What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?</p>	<p>Accepting: 'It is as it is'</p>  <p>We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.</p> <p>Some situations we just can't change. We can surf those waves rather than try to stop them.</p> <p>Allow those thoughts and sensations just to be – they will pass.</p>

Self-care advice:

Please find attached some links to video clips on self-care advice.

Be kind to yourself:

<https://youtu.be/rfH8u47yDxM>

Relaxation techniques:

https://youtu.be/CH_2ZvYWIBU

Sleep:

<https://youtu.be/iaFoICXCDQc>

Spending time with supportive people:

<https://youtu.be/EMWBf-UOA8M>

Yoga:

https://youtu.be/f7Iy5J2_Sas

Creative writing:

<https://youtu.be/Dx4f6TEqn2M>

Physical exercise:

<https://youtu.be/zGx1cUT8VBE>

Spending time with pets or animals:

<https://youtu.be/pq0aM4JPAk8>

Sport:

<https://youtu.be/N6q4AVsq7zo>

Goal Setting:

<https://youtu.be/JxDEOKDypCs>

Challenging negative thoughts:

<https://youtu.be/rplsi85Boll>

Volunteering and taking care of others:

<https://youtu.be/Bj62viBVDm4>

Helpful Support:

Young Minds

YoungMinds Crisis Messenger

- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis - just text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus

No Panic

www.nopanic.org.uk

- No Panic are the people to call if you are suffering from panic attacks, OCD, phobias, and other related anxiety disorders.
- Helpline: 0844 967 4848 (Daily 10am – 10pm; charges apply)
- Youth helpline for 13 - 20 year olds: 0330 606 1174 (Mon - Fri 3pm – 6pm; charges apply)
- Having a panic attack? Crisis number with recording of a breathing technique: 01952 680835 (24 hours)
- Email: admin@nopanic.org.uk

Child Line

www.childline.org.uk

- If you're under 19 you can confidentially call, email or chat online about any problem big or small
- Free phone 24h helpline: 0800 1111
- Sign up for a childline account on the website to be able to message a counsellor anytime without using your email address
- Chat 1:1 with an online advisor

The Mix

www.themix.org.uk

- If you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- Free phone: 0808 808 4994 (1pm - 11pm daily)

Mindful Minute Break Cards

Brain Break Breathing



Butterfly Breaths

Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

Brain Break Breathing



Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Slowly stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.

Brain Break Breathing

Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making. Repeat 5 - 10 times. Each time you breathe in imagine you are adding another color to your rainbow. What colors are you adding to your rainbow? Once your rainbow is done slowly open your eyes.



Brain Break Breathing

Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is waves in the ocean and your hands are a sailboat. Each time you breathe in the sailboat goes up on the waves and each time you breathe out the sailboat goes down on the waves. Repeat.



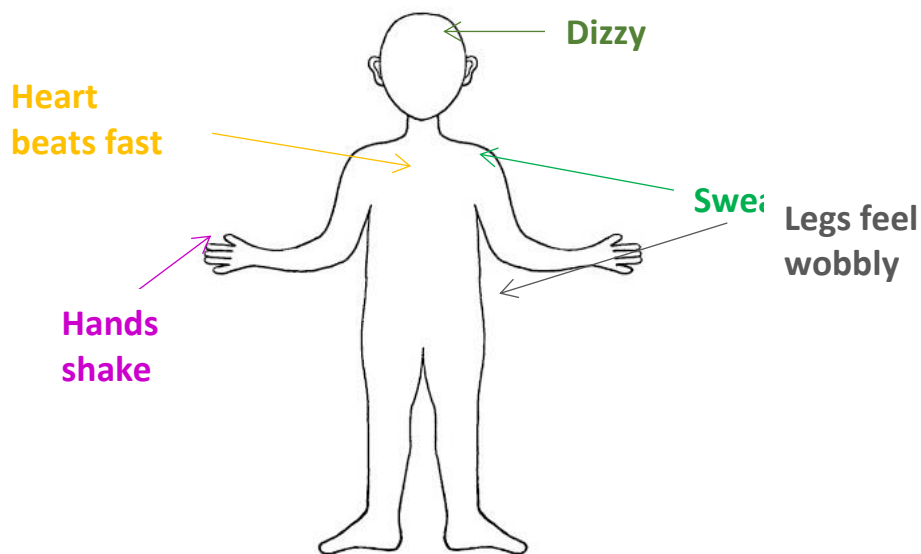
All about anxiety:

Anxiety is the body's way of responding to being in danger.

Adrenaline is rushed into our bloodstream to enable us to run away or fight. This is our body's alarm system. This is known as Fight, Flight, and Freeze.

Fight, Flight and Freeze

When we feel we are in danger (real or perceived) we can feel it in our bodies. This is our body's way of protecting us and this is known as fight, flight or freeze.



We get these feelings because our body wants us to fight something or run away.

This happens to everyone sometimes! In fact, this has been how humans keep safe since CAVEMEN.

When a caveman was faced with a sabretooth tiger, he had to decide quickly.

Do I FIGHT??



Or do I run away and FLEE!

This causes our heart to beat really fast, so that all of our muscles work to fight or run. However, these feelings in our body can be very horrible. Especially if the thing we are scared of isn't a Sabretooth Tiger.



People who are anxious tend to be on the lookout for danger which makes it more likely that the alarm system will be activated.

How to cope with anxiety:

Coping Skills

Anxiety

Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.



Challenging irrational thoughts:

Put thoughts on trial. Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (*verifiable facts only*), and against your thought. Compare the evidence and determine whether your thought is accurate or not.

Use Socratic questioning. Question the thoughts that contribute to your anxiety. Ask yourself:

- "Is my thought based on facts or feelings?"
- "How would my best friend see this situation?"
- "How likely is it that my fear will come true?"
- "What's *most likely* to happen?"
- "If my fear comes true, will it still matter in a week? A month? A year?"

Imagery:

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don't just think fleetingly about this place--really imagine it.

- What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.
- What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.
- Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.
- What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.
- What scents are present? Are they strong or faint? What does the air smell like? Take some time to appreciate the scents.

8 WAYS A CHILD'S ANXIETY SHOWS UP AS SOMETHING ELSE

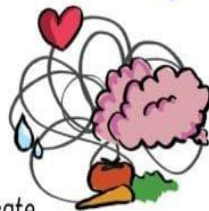
1. Anger

The perception of danger, stress or opposition is enough to trigger the fight or flight response leaving your child angry and without a way to communicate why.



2. Difficulty Sleeping

In children, having difficulty falling asleep or staying asleep is one of the hallmark characteristics of anxiety.



3. Defiance

Unable to communicate what is really going on, it is easy to interpret the child's defiance as a lack of discipline instead of an attempt to control a situation where they feel anxious and helpless.

5. Lack of Focus

Children with anxiety are often so caught up in their own thoughts that they do not pay attention to what is going on around them.

FOCUS

6. Avoidance

Children who are trying to avoid a particular person, place or task often end up experiencing more of whatever it is they are avoiding.



7. Negativity

People with anxiety tend to experience negative thoughts at a much greater intensity than positive ones.

8. Overplanning

Overplanning and defiance go hand in hand in their root cause. Where anxiety can cause some children to try to take back control through defiant behavior, it can cause others to overplan for situations where planning is minimal or unnecessary.



4. Chandeliering

Chandeliering is when a seemingly calm person suddenly flies off the handle for no reason. They have pushed hurt and anxiety so deep for so long that a seemingly innocent comment or event suddenly sends them straight through the chandelier.



A thankful jar is basically a jar full of thankfulness! ... Every time you feel and/or experience thankfulness, write it on a sheet of paper and put it in your thankful jar.

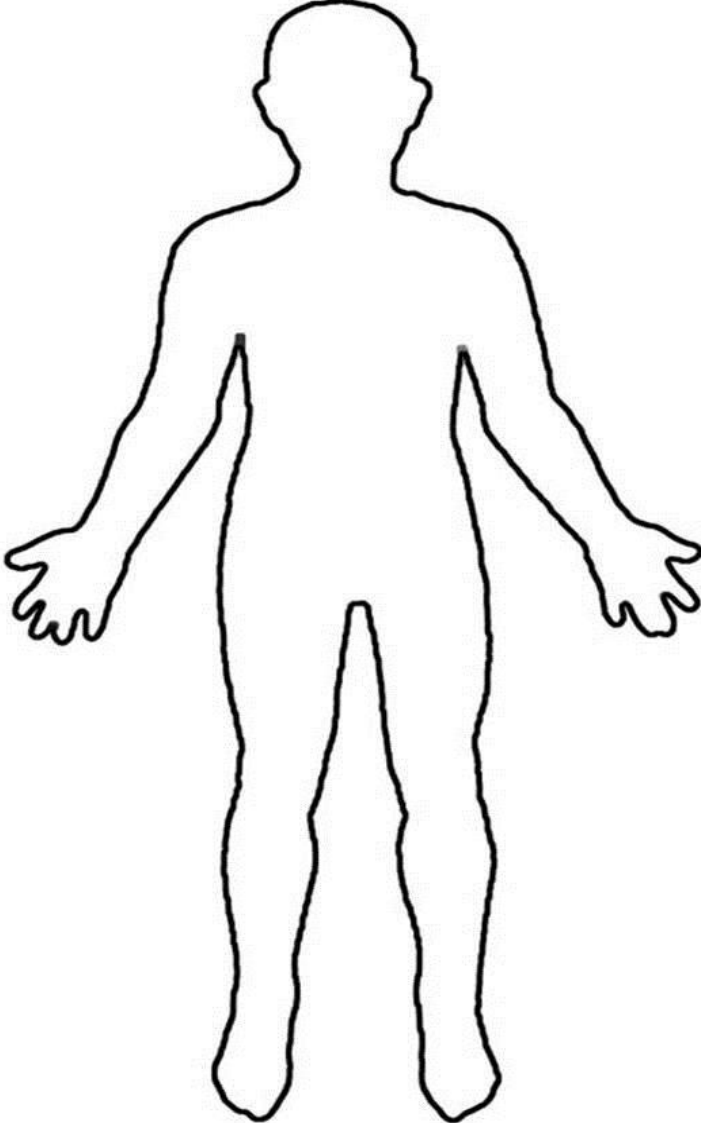


Where do I feel?

We can recognise emotions by feeling them in our body. Colour in where you feel each emotion.

Name _____

When you are upset, where do you feel it?



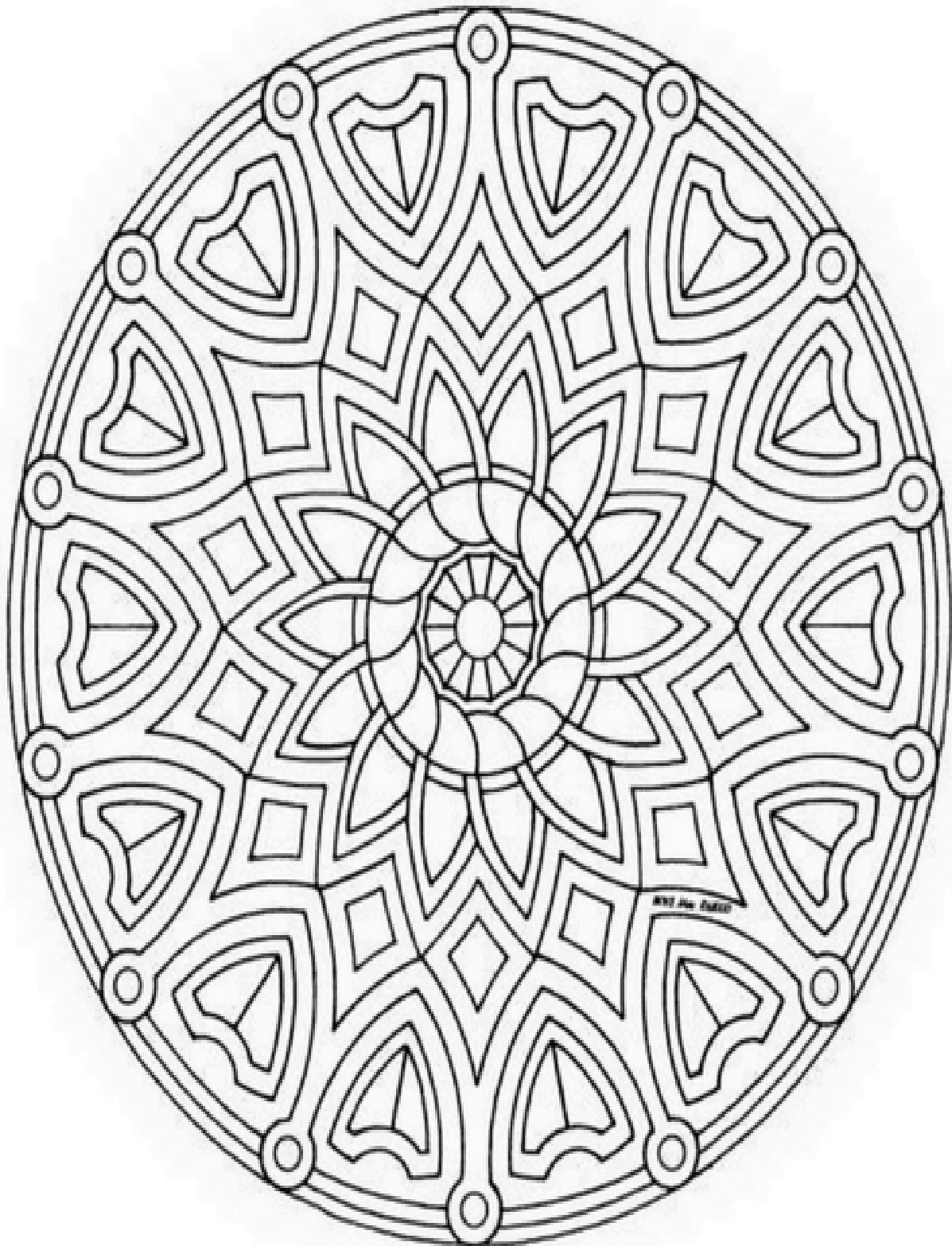
autismteachingstrategies.com

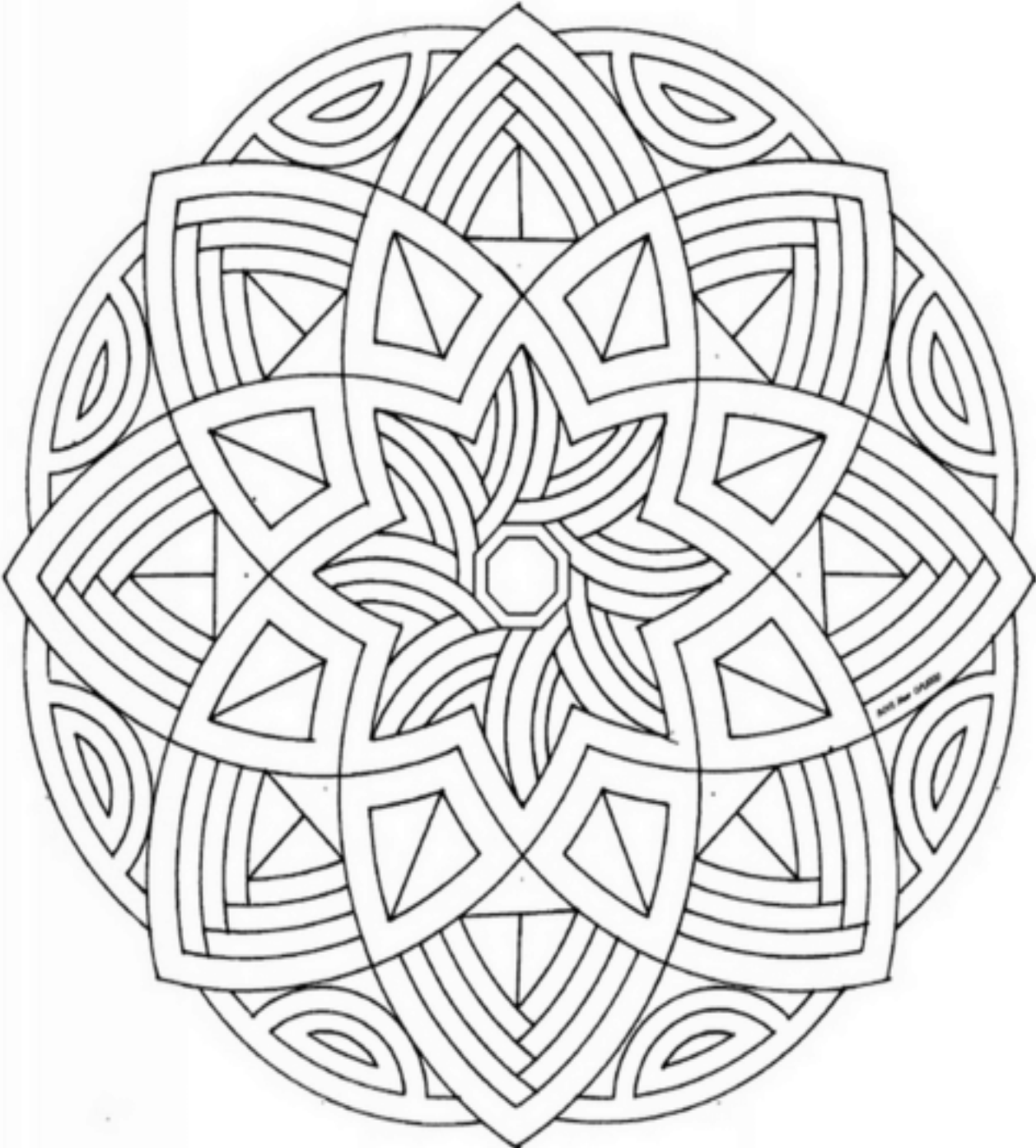
	<u>Sadness</u>	<u>Happiness</u>	<u>Fear</u>	<u>Anger</u>	<u>Love</u>
<u>Colour:</u>					

Mandalas:

You can use these Mandalas to colour in as a tool for stress relief.







Contacts in school:

Heads of Year

Year 7 – Mrs C Richardson crichardson@ossma.co.uk

Year 8 – Miss S Nicholls snicholls@ossma.co.uk

Year 9 – Mr M Millward mmillward@ossma.co.uk

Year 10 – Mr P Taylor ptaylor@ossma.co.uk

Year 11 – Mrs S Walker swalker@ossma.co.uk

Mrs N Shim - MACS place manager nshim@ossma.co.uk

Mrs A Fleming - DSL afleming@ossma.co.uk

Miss C Thompson - cthompson@ossma.co.uk

Mr M Ludlow - mludlow@ossma.co.uk

Mr I Wright DDSL - iwright@ossma.co.uk