

Staying emotionally healthy workbook

for secondary aged students



Aims and goals:

- Learn what is emotional wellbeing
- Learn about 5 ways to well being
- To explore how sleep, diet and exercise can affect our emotional well being
- To explore new ways to manage strong emotions
- To try our relaxation and mindfulness

What is emotional wellbeing?

There are lots of components to being as healthy as you can, physically and mentally. Eating well, exercising, getting as much sleep as you need and taking time for yourself all positively impact on our physical and mental health.

When our bodies are fit and we have good emotional wellbeing we feel that we can cope well and respond positively to life.



We can all probably recognise times when we feel 'down' or 'stressed'. Sometimes there is a clear reason why we are feeling this way and, with time, these feelings pass. Occasionally these feelings may continue, to prevent this we can take steps to make sure we stay emotionally well.

The five steps to wellbeing



Think about what you currently do in each of these five steps to wellbeing. Are you meeting them all or is there more you could be doing to improve your wellbeing? Write your ideas in the boxes below.

Give

Learn

Be active

Connect

How do you connect with others?
Who do you connect with?

Take note

What do you notice about the world
around you that makes you happy?

**You need
8 to 10 hours
sleep every
night!**

Sleep

Everyone has times in their life when they don't sleep well.

Most young people need 8 to 10 hours sleep per night but this varies from person to person.



Why is sleep important?

Sleep is an essential part of your physical and mental wellbeing. It allows you to concentrate better and to store things you have learnt that day, improving the efficacy of your studying.

Being well rested also improves your mood, keeps your immune system strong and means you have the energy you need to exercise and enjoy your extra-curricular activities.

How to get the best night's sleep possible.



Routine

Going to bed at the same time and waking up at the same time every day, even at the weekend; is a good way to ensure you get a good night's sleep as it allows your body to create a routine.

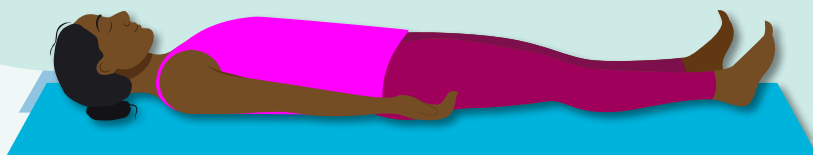
Notebook

You may find keeping a notebook by your bed helpful so that you can jot down any ideas, worries or thoughts you might have during the night and look back at them in the morning, so your mind can have a chance to rest.



Mindfulness

Practising some mindfulness or relaxation before bed, avoiding screens and social media for at least two hours before bed and not exercising immediately before hand are all good ways to help you sleep better. You could even try having a bath to help you relax.



Bedroom Environment

Don't work in your bed, try to keep it only for sleeping, this will help your brain associate that getting into bed means it is time to sleep. Make your bedroom as calming a place as possible with no bright lights and a comfortable temperature.



Caffeine

Caffeinated drinks such as coffee, tea or Cola), nicotine (from cigarettes) and alcohol can all stop you from getting to sleep or can mean your sleep pattern is interrupted and you do not wake up well rested the following day.

Exercise

Exercise can help you fall asleep faster and sleep more soundly, as long as it's done at the right time. Try to finish exercising at least three hours before bed or work out earlier in the day!



These changes may take time to improve your sleep, try each tip consistently for 2 to 3 weeks to see a difference.



Sleep diary



Use the sleep diary below to review how much sleep you are getting and start to understand the quality of this sleep. We recommend using this for 2 to 3 weeks whilst introducing good sleep hygiene.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time I went to bed							
Time I woke up							
Time it took to fall asleep							
Number. of times waking							
Total time asleep							
Today I feel							

Rest and Relax

Just like your body gets tired after exercising, your brain gets tired too. Your brain is always processing information and life experience, even when you are asleep.

It is important to find time to rest and relax, finding activities that are fun and enjoyable. Taking time to rest and relax everyday can prevent you feeling overwhelmed by the intensity of daily life.



What activities do you do now to help you destress?

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What activities do you think you could try as well?

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The power of food

A healthy and balanced diet is important to keep your body healthy and your mind active.

Eating a range of healthy foods will help you to concentrate, be more productive, have more energy and improve your mood.

Now can you think of what food and drinks help you.



Feel better



Give you energy



Help you sleep

Challenging negative thoughts



Everyone experiences negative thoughts at times, but when we are feeling, angry, low or anxious, these thoughts can maintain a negative cycle of unhelpful emotions, behaviours and physical sensations.

When we start to notice our thoughts having a negative impact, it is important that we challenge them. Asking yourself the following questions can help you to challenge those pesky negative thoughts.

**Would I say
that to a friend?**

**Will I feel this way
tomorrow?
In one week?
In one month?
In one year?**

**Am I discounting
all the positives?**

**Am I using
any unhelpful
thinking styles?
Am I jumping to
conclusions?**

**Is there another
way of viewing
this?**

**Is this fact or
opinion?**

**Could this be
changed to a more
coping thought?**



Feeling good



Sometimes it can feel like you are going through the days on autopilot and this can feel draining, like we have no energy left. It is really important that you spend time each day doing things you enjoy and that make you happy, which will improve your emotional wellbeing.

Write below all the things that recharge your battery.

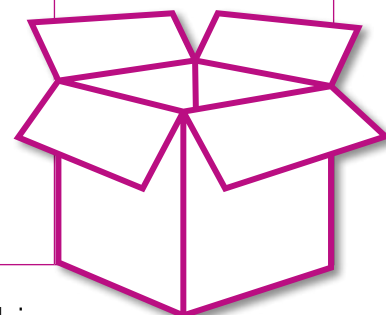
The Self Soothe Box

A self soothe box is a useful tool to use when you are feeling lots of emotions including sadness, anxiety and anger. It is personal to you and can be kept throughout your life!



Here are some ideas on what to include in a self soothe box.

Sensory Items	Photos	Hobby items	Notes	Relaxation
Things like: fidget cubes / spinners or stress balls. These items can help restlessness.	Pictures of loved ones / friends / pets etc. These can help to remind you of your close relationships and who is around to support you.	Things like: music, books, games, colouring, books. These can help to relax and distract you.	Supportive notes from yourself or people in your support network. These can help provide reassurance and place things into perspective.	Things like: breathing and other relaxation techniques, that you may have found useful.

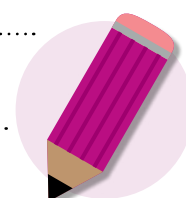


We recommend finding a shoe box and taking time to decorate this how you like, to make sure it's personal to you. Collect together items that are meaningful to you, or you know will be helpful. Make sure to keep it somewhere you can easily access it.

Why not have a go at making your own?

Write some ideas below of what you would include...

.....	
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.....	
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.....	



Refocus your mind

When your mind wanders to negative thoughts, it is important to bring yourself back to the here and now by distracting your mind. Here's some ideas to try!



Letters game

Go through the alphabet and name countries, animals, and food!



Counting game

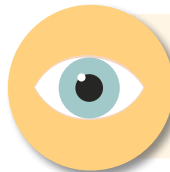
Pick a number, add it to the number before and see how far you get!

Grounding

When you begin to feel strong emotions, it is important to bring yourself back to the here and now, by distracting your mind.

Try using your 5 senses to name five things you can see, four things you can hear, three things you can feel, two things you can smell and one thing you can taste.

When doing this try to notice things that you hadn't previously seen or give a brief description.



5 things
I can see



4 things
I can hear



3 things
I can touch



2 things
I can smell



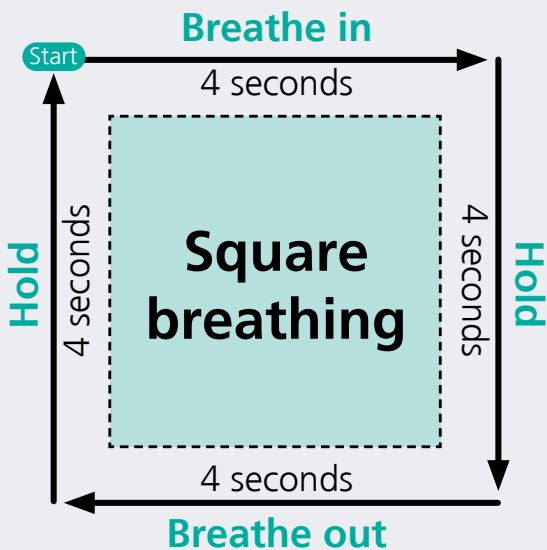
1 thing
I can taste



Relaxation

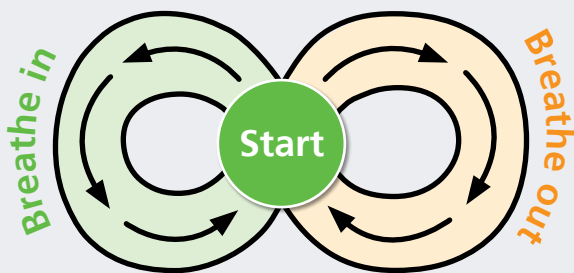


We can use relaxation methods to help manage the physical sensations we experience in our bodies and calm strong feelings. Here are a few methods to try



Square breathing

- Step 1:** Starting at the top left hand corner of the square, sit upright and slowly inhale through your nose for a slow count of four. Pay attention to the feeling of the air filling your lungs.
- Step 2:** Hold your breath for another slow count of four.
- Step 3:** Exhale slowly and deeply through your mouth to the count of four. Feel the air leave your lungs.
- Step 4:** Hold your breath for the same slow count of four before repeating this process until you feel calm.



Lazy eight breathing

Trace the lazy eight with your finger starting in the middle and taking a deep breath in through your nose. As you cross over to the other side of the eight slowly let your breath out through your mouth. Keep breathing around the lazy eight until you feel calm.

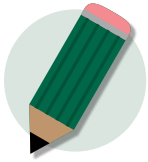


Colour breathing

Visualise your colour either in the form of a light or a mist. Here is an example.

Blue = Calm. See it in front of you around you and enveloping you. As you breathe become aware of the colour; imagine the colour spreading throughout your body and notice the effects it has.

If you want, you can breathe out a negative colour such as **Red = Anger** and feel this emotion leaving your body.



Muscle relaxation

Ask an adult or friend to help you by reading the following script.

*Sit back or
lie down in a
comfortable
position*

1

Please begin by sitting back comfortably or lie down.

Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.) Breathe in again through your nose (pause for 4 seconds) and out through your mouth again (pause for 4 seconds.) Keep breathing like this, imagining any worried thoughts or tightness in your body floating away as you breathe out.

2

Now, we're going to start by focussing on our feet. Tense your feet by curling your toes up like fists. Hold on to that tense feeling (pause for 5 seconds) and now slowly let go, imagining all the tightness in your toes slipping away from your body.

Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

3

Next we're moving to your lower legs and calves. Maybe there's some tightness in your calves, do your legs feel heavy or sluggish? Tense your lower legs now, tensing the calves (pause for 5 seconds) and slowly let go. Now, your upper legs. Squeeze your thighs together (pause for 5 seconds) and now slowly let go.

Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

4

This time, we're moving on to your tummy area. Tense your stomach by sucking in your tummy (pause for 5 seconds) and now slowly release and let go.

Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

5

Moving up, we're going to your shoulders. The shoulders are one of the places that we can hold lots of tension, so really push those shoulders up as high as you can to your ears (pause for 5 seconds) and slowly let go.

Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

6

From your shoulders move on to your arms and hands. Tense up your arms and make your hands into fists, squeezing tight (pause for 5 seconds) and now release, letting your arms go limp and letting go of any tightness.

Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

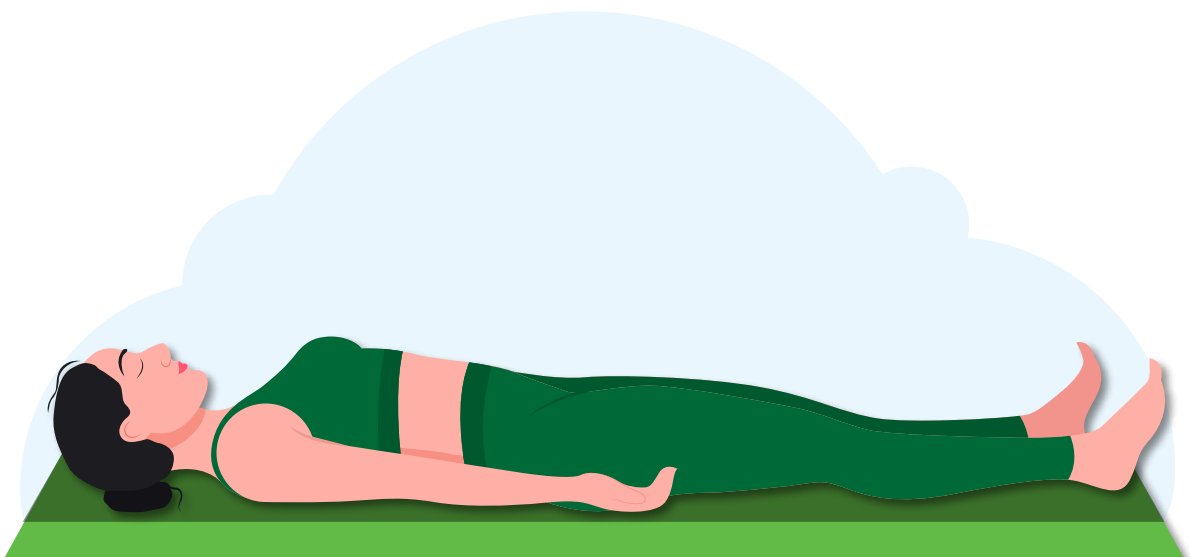
7

Finally, your face. Keeping those eyes closed, scrunch up your face as much as you can and hold it there (pause for 5 seconds.) Now let go slowly and imagine any tightness in your face leaving you.

Take a deep breath in through your nose (pause for 4 seconds) and out through your mouth (pause for 4 seconds.)

8

Now, when you're ready, slowly open your eyes.



Keeping well

Everyone is different, so it's important to think about what helps you stay healthy and well.

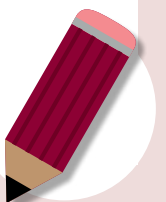
Fill in the boxes below to remind you of what you learnt in future.

You have
worked hard to
make changes
to get where
you are.

What have I learned about how to keep myself healthy?

What do I need to keep doing?

What times ahead might be difficult for me?



**Who can help me and how can they help?
(Write as many names as you can)**

Name:

How can they help?

Name:

How can they help?

Name:

How can they help?

Name:

How can they help?

Name:

How can they help?

Name:

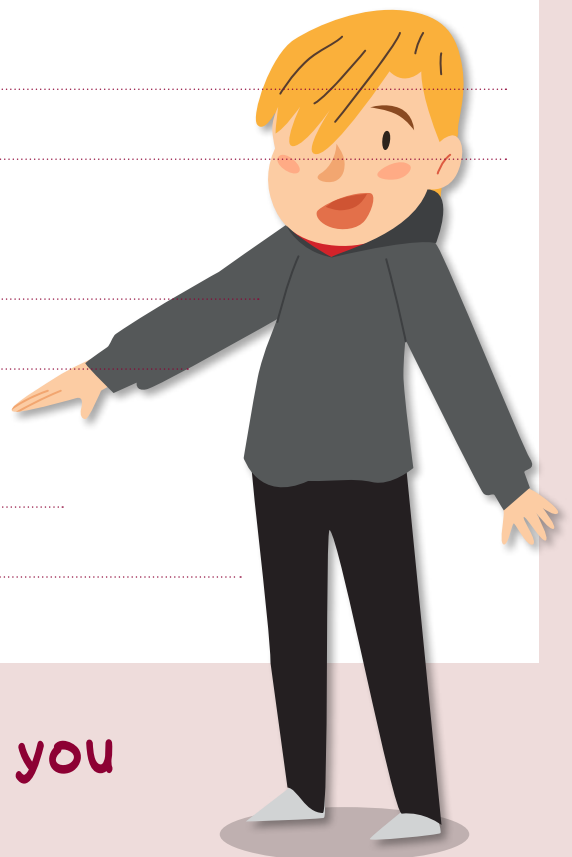
How can they help?

Name:

How can they help?

Name:

How can they help?



**Doing more of what matters to you
helps you get more out of life.**

Useful websites and numbers



Mental Health Crisis Response Team

01744 415 640

24 hours a day
seven days a week.

24/7 Mental Health Crisis Line

Freephone
0800 051 1508

24 hours a day
seven days a week.

Text Support

Text REACH
to 85258

24 hours a day
seven days a week.

HOPELINE247
0800 068 41 41

Are you, or is a young
person you know, not
coping with life?

For confidential suicide
prevention advice
contact **HOPELINE247**.

Call: **0800 068 41 41**
Text: **07860 039 961**

www.papyrus-uk.org

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money and jobs.

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who've been bereaved,
suffered loss or
experienced separation.

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www.listening-ear.co.uk

kooth
www.kooth.com

SAMARITANS

116 123

childline

0800 1111

Additional info

We have other workbooks available.
Please ask your local mental health support team.

We really appreciate your feedback to help us improve our service for you.
Please fill out a short survey once you have completed this workbook.